

NEIGHBOURHOOD HOUSE WEEK

8 - 14
MAY 23

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Monday Music **FREE**

Melodies: 2 - 3.30pm

Just a good ol' sing-a-long. A chance to sing along to your favourite songs. An experienced singing group will lead the way. Come along to sing-a-long or tap your feet.

Tuesday Treats **\$5**

Devonshire Tea: 10.30 - 12

Our 'Plant to Plate' team will be serving up a delicious Devonshire Tea with a coffee in our Community Garden. Chatty Cafe friends are welcome too!

Wednesday Welcome to Japan, lunch: 11.30 - 1pm **\$5**

Join us for a taste of Japan. Get involved in this interactive experience or watch on. Everyone gets to enjoy the delicious cuisine.

Thursday Thoughtfulness **\$5** Mandala Drawing 11-12.30

This drawing/meditation class is for everyone. No experience necessary, artistic skills are not required. Ernestine will guide you thoughtfully through the process. You will be amazed with your mandala creation.

Friday Flow Yoga **\$5**

The practice of yoga can contribute to better health, improved posture, better focus, increased brain function, better sleep and a more grateful outlook on life. Come and try this special class with a new teacher, Irene.

Caulfield South Community House

450 Kooyong Rd, Caulfield South
admin@csch.org.au 9596 8643

Register

