

FUN & FRIENDSHIP

ART THERAPY - POSITIVE MINDFULNESS

Mondays 10 - 11.30am

Research shows it is a proven relaxation therapy to increase self-awareness and, provides techniques to assist you in reducing stress and anxiety. You will be guided through painting, drawing, charcoal and water colours to create your own masterpieces. All class materials are provided. **\$36/term.**

GARDEN CHATTY CAFE

Tuesdays 11am - 12noon

Set in our beautiful Community Garden (weather dep.). Join us for a cuppa and morning tea. Meet a friend or bring a friend! **Gold Coin.**

BOOK CLUB

Day & Evening Groups

Contact the office for days & times

In a respectful and friendly setting, readers are actively encouraged to share their views on a range of books. Books are arranged in advance for easy collection. **Free.**

CANASTA CLUB & MAH-JONG

1pm - 4pm. Canasta Thursdays. Mah-jong Fridays

Enjoy an afternoon of cards and games to stimulate your mind! Enjoy an afternoon with friends and like minded people. All welcome - tables for beginners & experts. A friendly & knowledgeable program leader to show you the tricks & game secrets. **Gold Coin.**

COMMUNITY LUNCH

Wednesdays 11.30am - 1pm

Our clever cooks bring their own specialities and focus on nutrition, wholesome meals, cultural diversity and most important of all - fun & friendship. Join this social group & enjoy a two course lunch. **\$5.**

FUN & FRIENDSHIP AFTERNOON

Thursdays 1pm - 3pm

Would you like a safe, nurturing, friendly space to meet likeminded people? Stimulate your mind while chatting and laughing. Enjoy an afternoon tea. Each week we have something special on offer - Trivia, Knit'n Natter, Painting with watercolour and acrylics and more. Ask us for our updated schedule. **Gold Coin.**

WALKING GROUPS

Tuesdays 10am - 11am (moderate plus)

Discover and tour local attractions by foot! Meet new friends, enjoy the fresh air and increase your level of fitness - two groups: moderate & medium to fast pace. **Free.**

CSCH is a
government child
care subsidy
(CCS) approved
centre



CHILD CARE

EARLY LEARNING CHILD CARE

**Monday, Tuesday and/or Wednesday
9am - 2pm (5hr) & 9am - 4pm (7hr)**

12mth - 5years old

Set in a stimulating, educational environment, our spacious hall and outdoor play space is the perfect opportunity for your child to explore, develop and establish positive social interactions, connections and friendships.

PRE-SCHOOL PROGRAM

Monday, Thursday and/or Friday

9am - 2pm (5hr) & 9am - 4pm (7hr) 3 - 5 years old

A quality, affordable Early Learning Child Care program which focuses on Kindergarten and School Readiness.

Our Bachelor trained Kindergarten Teacher leads our Pre-School programs. We combine the Walker Learning and ELYF curriculum and a play based program built on observing and understanding each child's needs. Our program includes:

- Sportz Buzz or Child Yoga specialised sessions
- Music & Movement specialised sessions
- Community Garden "Growing Our World" education program

Enrol or become a member

All activities require participants to join the House and pay \$20.00 annual subscription / \$12 concession. Scan the QR code to access our website



**450 - 452 Kooyong Road, Caulfield South, VIC, 3162
9596 8643 admin@csch.org.au www.csch.org.au**

Neighbourhood Houses
The Heart of Our Community



**Caulfield South
Community House**



**Awarded
2019
Community
Group of the
Year!**

**Creating
Community
so we can Grow**

HEALTH & WELLBEING

BARRE & BOXING CLASSES

Monday 11.45 - 12.30 (all levels of fitness)

Combination of traditional barre movements using a ballet barre with some resistance work for the legs and arms, a great strengthening session for glutes, core and lower back with a little bit of boxing thrown in for fun! **\$10**

CHAIR YOGA

Thursdays 10.00 - 10.45am

Asana (practice of yoga poses), pranayama (the breath). Allows yoga to be accessible to those with limited mobility and balance. Reduce stress and improve mental clarity. **\$10.**

CHAIR EXERCISE

Tuesdays 9am - 10am & 10am - 11am (low impact - chair work for balance)

Low impact exercises that focus on strengthening muscles while improving flexibility and posture! Staying seated enables those who are frail or not very flexible to safely do the exercises and work towards increasing their strength & flexibility using bands & balls. Great class for beginners. **\$10.**

HATHA YOGA

Tuesdays 7pm - 8pm

Classes incorporating the traditional aspects of Hatha yoga - postures, breath, mindfulness & listening to the body to strengthen it, calm the mind & open the heart. Appropriate for all ages. **\$15.**

CIRCUIT STRENGTH TRAINING

Wednesdays 1.30 - 2.30pm

Fun, active and high energy workout, combining strength, endurance and cardio training. Each short burst of resistance exercise, with moderate weights and frequent repetitions, can target a different muscle group, resulting in a total body workout in a short period of time. **\$10.**

PILATES

Wednesdays 2.30 - 3.30pm (traditional Pilates - medium impact)

This class is predominantly floor based. Pilates improves posture, better coordination and balance, improved concentration and focus, increased body awareness, stress management, core strengthening and assists with injury prevention. A very relaxing and enjoyable workout! **\$10.**

MENS STRENGTH & CARDIO

Tuesdays 11am - 12noon

A full body workout for active older gentlemen! Classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. The workout combines aerobic, resistance training and toning with plenty of friendly fun! **\$10.**

STRETCH & FLEX

Mondays 12.45 - 1.30pm

A slow and relaxing floor based class working on muscle flexibility and stretching to help improve body functionality and prevent injury. You will learn how to properly activate and control important stabilising muscles and perform movements with efficiency while getting supple and energised. **\$10.**



LEARNING & DEVELOPMENT

COMPUTER TUITION

Tuesday & Thursdays 9.30am - 11.30am

New to computers, iPads or Laptops? Having trouble with your mobile phone, connectivity to iPads and Laptops? Our experienced tutors can address all IT applications and essential elements of the internet, including social media. **\$5/session.**

COMPUTER TUITION PERSONALISED

Tuesday & Thursdays 9.30am - 11.30am

Trouble with your iPad or SMART Phone? Ask questions and work through particular areas of difficulty with our tutors. You have their undivided attention for an entire hour!

\$10/hour (please see office for more details)

FLORISTRY WORKSHOPS

Fridays 1 - 3pm (monthly)

Create flower arrangements in all shapes and forms. Fresh seasonal flowers will be provided as well as all materials and use of tools. Take home your own beautiful arrangement. Afternoon tea included. **\$40**

FRENCH CLASSES

Friday 9am - 10.30am (Beginners)
& 10.30 - 12noon (Intermediate)

Perfect for those who love all things French! Beginner and intermediate classes available. **\$150/term** (1.5 hours, material provided).

WELSH CLASSES

Every Monday 1pm - 3pm

'Tafod y Cymry' (The tongue of the Welsh) is a class for experienced Welsh learners and native speakers. **\$130/year**

COMMUNITY GARDEN

CSCH Community Garden is open and inviting to all members of the community. Volunteers can assist with garden design, planning, planting, watering, pruning, organic composting and general garden maintenance. Pop by and visit the garden and meet our team of dedicated green thumb members who would love to meet and share the wonderful garden with you.

GARDENING & SUSTAINABILITY COURSES

Insightful courses where you can learn how to be more sustainable in your garden, enjoy 'Therapeutic Wellness' from your garden and learn the basics of organic gardening. Please ask Admin for details. Classes are 4 - 6 weeks by term.

ENGLISH TUITION

GROUP SESSIONS

Mondays (Beginners) & Wednesday (Intermediate) 9.30 - 11.30am

Group classes are led by experienced ESL tutors. All classes run for a 2 hour duration. A structured learning program, set in a friendly and relaxed setting for conversation and friendship. **\$20/lesson.**

PRIVATE SESSIONS

Private personalised 1:1 (one on one) English conversation 1 hour sessions with our experienced English tutors. These are booked and arranged in accordance with tutor and room availability. **\$10.**

