

3126

A guide to Community living



ACTIVITIES

EVENTS

COURSES

OUR LOCALS

SUMMER 2021

Canterbury Community
Bank Branch



We are local and we are here to stay.

**This community benefits when you
choose us. Over \$5.4 million so far.**



Canterbury, Ashburton,
Surrey Hills and Balwyn
Community Bank branches



**Contact Branch Manager, Dane Sheppard and the team at the
Canterbury branch to see how we can assist you.**

Shop 143 Maling Road, Canterbury
p:9836 9466 e:canterburymailbox@bendigoadelaide.com.au

www.supportingourcommunity.com.au

Keeping our community connected

Keeping our community connected remains the focus for Canterbury Neighbourhood Centre as we look forward to returning to classes for 2021.

2020 reminded us all of the importance of community and connection. We are excited to offer a range of classes and activities for people to enjoy. Maintain your fitness with one of our health and well-being classes or learn a new hobby or language. Join a book group to make new friends.

Visit our website www.canterburynh.org.au or call 9830 4214 for the latest updates.



Botanical Succulent Sculpture classes at CNC



3126

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Front cover image by Ray Gruchy
TJ and Anna outside their Maling Road business with their daughter Isha.

For further information about 3126, volunteering or to submit a story contact us.

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W: www.3126.org.au

Disclaimer: The views and opinions expressed in this publication are those of the businesses and companies represented in this issue and not necessarily of the editors nor the Canterbury Neighbourhood Centre.

Canterbury Neighbourhood Centre local short courses & activities

The Arts

Alcohol ink art **NEW**

Learn how to create beautiful and colourful art with alcohol ink that you can frame and display in your home with artist Kerrie Jacobs @meraki.art. No experience necessary and ideal for beginners.
Wednesday 9.30am – 11.30am
Starts 10 Feb (2wks) \$145

Botanical succulent sculptures **NEW**

Jennifer Redmond will share her styling secrets in making botanical succulent sculptures. Take home your own stunning living arrangement at the end of the class.
Tuesday 23 Mar 10am – 12pm \$110

Nature in art

Renowned botanical artist Terry Napier will guide you through watercolour techniques to illustrate the botanical world.
Monday 9.30am – 12pm OR
12.30pm – 3pm
Starts 1 Feb (8wks) \$220

Punch needle embroidery **NEW**

Modern punch needle has grown from the forgotten art of rug hooking to become one of the most popular textile crafts. Anna Martin from The Studio Workshops will teach you all the basics as you complete a stunning texture art. Class includes your own take home punch needle and all supplies.
Tuesday 10am – 12pm
Starts 23 Feb (4wks) \$210





Upholstery and soft furnishing

Reinvigorate that tired piece of furniture or create a new cushion and accessories. Our professional upholsterer will guide you through the basics and give you the skills and confidence to tackle a range of projects. Suitable for all levels.

Tuesday 9.45am – 12.15pm OR

12.45pm – 3.15pm

Starts 2 Feb (9wks) \$275

OR Tuesday evening class

6.45pm – 8.45pm (online via Zoom)

Starts 2 Feb (9wks) \$230

Watercolour (beginners to advanced)

Explore a range of mediums and techniques in this small class with our experienced and talented artist Deb Mawdsley.

Tuesday 9.30am – 11.30am OR

12.30 – 2.30pm

Starts 2 Feb (8wks) \$230

Children

Structured playgroup

Facilitated by an early childhood educator, toddlers and pre-schoolers learn new skills through play, games, stories and music. Parents, grandparents or carers are encouraged to join in. Children under 12 months free.

Monday 9.30am – 11.30am

Starts 1 Feb (8wks) \$128 OR

Tuesday 9.30am – 11.30am

Starts 2 Feb (9wks) \$144

Fitness

Buff bones for osteoporosis

A Pilates based full body workout for bone strengthening and balance, integrated with strength training, functional and rehabilitative exercises.

Monday 9.30am – 10.30am

Starts 1 Feb (8wks) \$140

Thursday 9.30am – 10.30am OR

10.45am – 11.45am

Starts 4 Feb (9wks) \$158

Fun fitness for the brain and body –

Ageless grace

An uplifting holistic program for wellbeing which is beneficial for stress and anxiety relief, memory retention, coordination and balance, and promotes creativity. Suitable for people of all ages and abilities who are interested in maintaining their brain health.

Friday 10am – 11am

Starts 29 Jan (9wks) \$158

Fitness continued

Walking groups

Get fit and make friends. Enjoy a walk through the streets and gardens of Canterbury, ending with a coffee at one of our local cafes.

Thursday 9.30am – 10.30am (fast pace) OR
10am – 11am (gentle pace)

Starts 4 Feb (ongoing).

Free for CNC members

Yoga (beginners to experienced)

Hatha yoga uses gentle stretching techniques to release tension, increase flexibility and create a sense of calm.

Monday 9.30am – 10.30am (gentle)

Starts 1 Feb (8wks) \$140

Tuesday 9.15am – 10.15am OR

10.30am – 11.30am

Starts 2 Feb (9wks) \$150

Yoga – Chair based

Strengthen and stretch your body while being comfortably supported by a chair. This Hatha-based yoga class includes breath work, short meditations and seated relaxations. Suited to low mobility.

Monday 11am – 12pm

Starts 1 Feb (8wks) \$140

Language

French beginners plus (18+ months experience)

Tuesday 1pm – 3pm

Starts 2 Feb (9wks) \$210

French intermediate (2 years' experience)

Monday 1pm – 3pm

Starts 1 Feb (8wks) \$187

French advanced (4+ years' experience)

Monday 10.30am – 12.30pm

Starts 1 Feb (8wks) \$187

Italian beginners (6 months experience)

Thursday 12.30pm – 2.30pm

Starts 4 Feb (9wks) \$210

Italian beginners (12 months+ experience)

Thursday 9.45am – 11.45am

Starts 4 Feb (9wks) \$210

Italian intermediate (2 years' experience)

Wednesday 3pm – 5pm

Starts 3 Feb (9wks) \$210

Italian intermediate (3 years+ experience)

Wednesday 12.30pm – 2.30pm

Starts 3 Feb (9wks) \$210

Languages continued

Italian intermediate (2 years' experience)

Thursday 12.20pm – 2.20pm
Starts 4 Feb (9wks) \$210

Italian advanced

Thursday 10am – 12pm
Starts 4 Feb (9wks) \$210

Italian advanced – Language & Conversation (6 years+ experience)

Wednesday 9.30am – 11.30am
Starts 3 Feb (9wks) \$210

Spanish absolute beginners

Monday 1.30pm – 3.30pm
Starts 1 Feb (8wks) \$187

Spanish intermediate (6 months+ experience)

Monday 11am – 1pm
Starts 1 Feb (8wks) \$187

Literature

Literature

Nourish your mind exploring a broad range of written works and other media from literary, philosophical and other perspectives.

Tuesday 1pm – 3pm
Starts 2 Feb (9wks) \$210

The Written Word

Writing life (ongoing)

Structured lessons to guide you in capturing and sharing your valuable memories and anecdotes from your life and family history.
Tuesday 10am – 12pm
Starts 2 Feb (9wks) \$210

Book circles – Maling Rd

Meet at a local coffee shop for lively discussions on books, films, community activities and events. Book circles with a real difference!

Call CNC for further details.

1st Tuesday of the month 10am – 12pm
2nd Tuesday of the month 10am – 12pm
2nd Tuesday of the month 2.30pm – 3.30pm



**Canterbury
Neighbourhood
Centre**

To find out what's on at Canterbury Neighbourhood Centre

Visit our website: www.canterburynh.org.au

Call us: 9830 4214

Send us an email:

office@canterburynh.org.au

Follow us: facebook.com/canterburynh

*Have you heard about the new
Canterbury Precinct? From 2022
workshops, courses and events will be
held in our beautiful new home in
Canterbury Gardens. Join our email list
(www.canterburynh.org.au) to receive
what's on updates via email.*

Small family business – big on local love

You only have to step inside TJ & Anna's Freshmart to see why this fruit and vegetable shop is a local favourite.

Owners Dharma Teja Appasani and Archana Hari, known affectionally as TJ and Anna, can always be found chatting to their customers, the majority they know and greet by name. It is just part of the warm, feel-good atmosphere of this busy fresh produce shop.

Anna summarises their business approach as a simple philosophy of quality produce, reliable prices and really, really good customer service.

Knowing their customers and listening to what they want is at the centre of this flourishing family business where most goods on the shelves have been requested

When we started it was tough...we averaged only 35 customers a day.

My mother-in-law and I would sit in front of the shop under the tree with the baby and pray for customers.

by locals. Anna jokes that they have a habit of personally testing every item including all the chocolates, snacks, fresh pasta and drinks.



And it is clear that the locals are loving it. “When we started it was tough...we averaged only 35 customers a day. My mother-in-law and I would sit in front of the shop under the tree with the baby and pray for customers” Anna remembers. Now the shop is busy 7 days a week, with an average of 300 customers daily and a healthy side business of wholesale supplies.

“The community and our landlord have been incredibly supportive of us” says TJ. A trained IT specialist, TJ completed his bachelors and then a further two masters degrees before arriving in Australia in 2014. Anna, a software engineer who is also finishing her masters, laughs as she explains that it took TJ eight years to realise he didn’t want to work in IT. This natural entrepreneur thrives on the day-to-day interaction with customers and had a popular following among regulars and suppliers working at the famous Pino’s Fine Produce shop at Prahran Market. Anna had also worked in an organic food shop before a chance meeting with TJ in 2018.

It was an arranged marriage of sorts. Anna was unaware that her father in India had started the arrangement process on Facebook but then TJ bypassed tradition inviting Anna to coffee. TJ looks bashful as Anna describes their first meeting – “we were chatting and then after about five minutes, he said would you like to get married?” Within three months they were married and then in another three months Anna was pregnant. Newly married with a baby on the way, the couple searched all over Melbourne for the right location for their first shop. The search ended in



We had the highest sales of our first year on the day she was born... We call Isha our lucky charm.

Canterbury, where they loved Maling Road straight away.

The couple invested all their savings for a lease before opening their doors on Valentine’s Day, 2019. It was a hard start, working 17 hours a day to build the business. The budget was so tight that they couldn’t afford a produce van, so it was up to TJ to drive their small car one hour back and forth from the Epping markets twice daily to bring in produce. However, with the birth of their baby girl, Isha, things started to turn around.

“We had the highest sales of our first year on the day she was born”, says TJ proudly. As Isha has grown, so has this family business that now has a team of five and a van for those daily market trips. “We call Isha our lucky charm” says TJ.

Canterbury Community Precinct



After community consultation in late 2019, finalisation of building design and the appointment of a builder in 2020, the build phase of Canterbury Community Precinct is expected to commence in mid February.

As a traditional Turning of the Sod could not happen due to COVID-19, Council created a virtual turning of the sod video featuring kids from Norwood Baptist Kindergarten. You can view the video and stay up to date with the project on the Boroondara website; <https://www.boroondara.vic.gov.au/about-council/projects-and-major-works/new-community-precinct-canterbury>

Image: *Rendering by Perkins Architects, City of Boroondara*

Why is exercise so important right now?

Why exercise? Well, obviously to keep fit, but also for many other reasons. The benefits include immunity, strength, energy, motivation, positive mindset, resilience to stress, happiness, mental alertness and friendship.

Why is exercise important right now? One thing COVID-19 has taught us all is that if you smoke, are immunocompromised, overweight or just generally unhealthy, you are at a high risk; and throughout all this lockdown, one key message from authorities has been that exercising improves your immunity.

How does exercise improve immunity? Exercise increases blood and lymph flow as your muscles contract. It also increases the circulation of immune cells. Continuous, moderate exercising each day continues to improve your immunity. Exercise is forever!

So why ALTA? We love what we do and our love of our work has only been reinforced recently. We are highly experienced and educated – we look beyond the idea that one fitness program fits all. Our sessions are face-to-face with our clients and it works. Be it one-on-one or small groups, we are there every moment of your session and we ensure that you exercise with correct technique and safely. All this in a small intimate studio. We tailor your exercise just for you, you will walk out fitter, healthier and happier than when you came in.

Jean-Claude, Linda and the ALTA Fitness team



ALTA Fitness is a boutique fitness studio that offers personal training, small group sessions, rehabilitation and coaching programs to nurture and inspire our community.



ALTA Fitness

233 Canterbury Road, Canterbury 3126

Ph: 9077 8946

www.altafitness.com.au

Mon – Fri: 6am – 8pm

Sat: 6am – 12.30pm Sunday: Closed

For the Love of Books: Canterbury Books

Irene Montgomery



Tucked away just inside the entrance to the Canterbury station carpark is Canterbury Books. This second-hand bookshop with heart and soul is just a short stroll with your coffee past the murals and under the railway line from Maling Road.



Ted derives his greatest pleasure from seeing children choosing their own treasures to take home, helping teenagers discover affordable classics, and observing families sharing their love of reading together.

For seven days a week for the past 17 years, Helen and Ted have shared their love of books with the 3126 community. Even through the uncertainty of the COVID-19 lockdown, the bookshop lifted local spirits by keeping its doors open and its \$2 tables out, providing an essential service to which Canterbury readers responded with enthusiasm.

‘Books gladly accepted’ reads the sign on the door. Regular book donations by appreciative readers means that Helen’s displays are constantly refreshed with titles to suit all ages and interests.

Friendly, helpful and unassuming, Helen and Ted know their books and love talking about them. Helen is finely attuned to popular authors and current trends in reading and she loves it when people find a bargain from her irresistible \$2 displays. Ted derives his greatest pleasure from seeing children choosing their own treasures to take home, helping teenagers discover affordable classics, and observing families sharing their love of reading together.

Canterbury Books is the place to bag a quick bargain, but it’s much more than that. It’s a place of warmth and generosity. If you’re lucky and have a bit of time to spend, Ted will share snippets of his life’s journey to Australia and eventually Melbourne from Thurso, the northernmost town on the British mainland (next stop the Orkney islands). Over 50 years later and Ted’s Scottish accent is as broad as ever. There is a fascinating book in Ted’s story which Helen would like to write one day. Meanwhile, to hear it, you’ll need to visit Canterbury Books, a true gem of Canterbury.





Community Happenings

Canterbury Community Action Group (CCAG)

Whilst the COVID-19 lockdown curtailed a lot of activities, there were many positive developments:

- The Maling Road Place Plan was released by Council in early August, and work began on implementing it soon after.
 - The contract was awarded for the development of the Canterbury Community Precinct.
 - **Canterbury Friends** was established. They are a group of volunteers who will maintain local public gardens, initially in the Maling Road precinct. Canterbury Friends will work along similar lines to **Canterbury Stationeers**.
 - CCAG's new monthly news sheet **Canterbury Connect** was launched. It can be read on our website <https://ccag.net.au>
- leading up to the release of the Place Plan and are supportive of the five vision principles, which include:
- Enhancing the heritage character to reinforce the existing sense of place, history and community.
 - Fostering business diversity and extended trading hours to cater to a wider range of visitors at different times.
 - Revitalising Theatre Place and under-utilised laneways as playful and vibrant public spaces that will attract visitors and host community events.
 - Improving the walkability and amenity of the street with generous footpaths and public spaces, safe crossings, places to sit and greenery which shades the street.
 - Optimising the precinct's accessibility to visitors of all ages and modes of travel, including walking, cycling, car and public transport.

Maling Road Place Plan – A CCAG Perspective

The committee and members have been actively involved in contributing ideas

Since the release of the Place Plan, we have been excited about the steps taken towards achieving these vision principles. These include:

- An upgrade of the bluestone paving in Maling Lane at the rear of the old post office
- A 3- 6 month trial of a ‘parklet’, a footpath extension using carparking spaces to allow more space and amenity for traders and community members.
- The parklet contains seating, decking and planters. To ensure the safety of parklet users, various safety measures such as fencing, traffic safety barriers, reflective bollards and warning markers have been installed.
- Lighting of trees in Theatre Place
- Steps being taken to enhance heritage features via Heritage Facade grants
- Council have also advised that a mural opposite Chicken Or The Egg Café will be funded and installed this financial year. Fundraising is also in progress for the mural on the wall of Buckley’s supermarket.

Maling Road Pedestrian Safety

CCAG remains concerned about the lack of specific immediate plans to increase the number of **Safe Crossings** from the current crossing opposite Theatre Place. CCAG are currently liaising with Council with a view to addressing the limited number of **Safe Crossings** in the precinct.

We believe this matter is important because following the lifting of lockdown restrictions and a return to normality, the number of people utilising the precinct facilities has increased significantly,

Above left: The CNC team enjoying the newly developed Parklet outside Chicken Or The Egg.

with a resultant increase in the number of pedestrians and vehicles transiting Maling Road, as well as vehicles looking for parking so they can spend time in the precinct.

Other CCAG Projects

Other projects CCAG have been actively involved in on behalf of the community are:

- Advocating for the provision of a multi-storey carpark on the current Canterbury railway station parking site. We envisage that apart from increasing parking numbers for Maling, Canterbury and Rochester Roads and the Canterbury Community Precinct, it would also release further land for integration into the current Canterbury Gardens.
- Improving road and pedestrian safety in Canterbury Road.

We’d love to hear your observations and ideas about improving not only road and pedestrian safety but other aspects that will improve facilities and reinforce pride in what Canterbury has as a community.

CCAG Contacts

People who are interested in learning more about or joining CCAG/ CCAG committee are invited to contact us:

- Via email at secretary@ccag.net.au; or
- Call one of the committee members at the following phone numbers

John Constable 0407 553 663
Peter Barclay 0417 338 438
Gordon Black 0410 510 640
Peter Jenkins 0405 120 149
Tim Wilkinson 0409 360 237



CANTERBURY COMMUNITY
ACTION GROUP (CCAG)

Progressing the future Protecting the past



Aunty Joan

At 92, Canterbury Neighbourhood Centre member, Joan Inman, could teach a few people about embracing change.

When CNC began offering online programs during lockdown, staff were surprised to see one of the centre's oldest members first to join: "I didn't have any experience using Zoom...I had used WhatsApp a little, but I felt confident I could learn to become a Zoomer too".

Throughout lockdown, Joan has continued her regular history class with Sue Braint, something that she has really enjoyed. With her laptop handy, Joan believes that online activities are particularly useful for older people who cannot always access activities outside home even without lockdown.

'I try to stay positive and I like to keep up with the world, even if I might not always be able to physically do things the way I normally do. I still drive my car and I like to go to the shops but some days I might not feel well enough to drive. I think when you are 92, the need to find alternatives is only going to become more frequent!'

I try to stay positive and I like to keep up with the world. ...

Above: CNC member Joan Inman enjoying her regular history class via Zoom.

Born in 1928, Joan Inman grew up in the inner-city suburb of Carlton, the only child of working parents of Australian-Chinese heritage. As a child during the Great Depression, Joan understood the economic pressures upon working families as well as the significant impact of communicable diseases, particularly for children, before widespread vaccines.

Joan vividly recalls her first experience of 9-week quarantine back in 1937, when schools were closed due to the infantile paralysis (poliomyelitis) outbreak. Unlike the digital remote learning in 2020, Joan remembers her teacher hand-delivering her schoolwork to her house each week for her to complete under her mother's watchful eye.

Growing up at a time when many infectious diseases were fatal might be one of the reasons, Joan believes, she was less apprehensive about the onset of COVID lockdown: "perhaps it didn't faze me as much...as I understood the value of quarantines".

As a bright 16-year-old, Joan's first job after leaving school was as a secretary at the Department of Aircraft Production (DAP) at Fishermans Bend. It was an extraordinary time to be working at a major aircraft factory, in an experimental division that produced the famous Beaufighter plane nicknamed 'Whispering Death' by the Japanese. After the war, Joan became a teacher at the Taylor School of Commerce (Taylors College), where she worked for more than 20 years. The commercial college was notable in its early pre-computer technologies including Electronic Data Processing (EDP). Her later career continued in

People are talking
more in the street now
and with neighbours...
when a need is there
we come together.

teaching at a Catholic girls' school where she where she was introduced by a mutual acquaintance to CNC volunteer, Ruby Chu.

Joan is quick to note that she doesn't think of herself as any sort of expert in computers; however, she has always had an acceptance of change and innovation and tried to "move with the times".

Despite the economic hardship and challenges that have come with 2020, Joan remains optimistic and sees many positives that have come out of the lockdown experience. "People are talking more in the street now and with neighbours...when a need is there we come together".

When asked what she was most looking forward to after lockdown, Joan is quick to reel off her list with a giggle: going out to her favourite cafe for a coffee, enjoying a Vietnamese roll with her neighbour and visiting the nurse on a sunny day to buy a few plants.

Sounds good.

Mindfulness – Reduce stress and anxiety by letting go of things which are out of our control

Phil Chen



Yet despite, or perhaps because they are beyond our control, we allow our minds to create stories which catastrophise their possible consequences and this creates feelings of anger, fear, frustration and uncertainty. Once we realize what we are doing to ourselves, we can develop an awareness that will help us to stop generating these negative reactions.

Let's look at two examples, one in the present and one in the future.

Example # 1

I was on my way to work one morning and got caught in a traffic jam on the Western Ring Road. On any other day it would have been less of a problem, but that morning I had a very important meeting with my director. You can imagine the frustration and anger that started to build up. The Ring Road is well known for becoming a virtual car park whenever there is an accident.

**“God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.”**

Much of the stress and anxiety we create for ourselves in everyday lives is triggered by situations which we cannot control and therefore, cannot change.

The voice in my head kept on telling me how dumb I was for not having taken a different route and for not leaving earlier. Many other negative thoughts crowded in: why me? why didn't I organise the meeting for later in the day? and so on. None of these thoughts were going to improve the traffic situation; all they were going to do was to increase my levels of frustration, anger and anxiety.

Example # 2

Paul was due to fly to China in a couple of weeks' time. One morning he heard on the news that there had been a plane crash in Europe. That piece of news triggered a series of stories in his mind which connected the air crash in Europe to his flight to China, despite there being no logical connection (different situation, different airline and different aeroplane). He became fearful, and wondered whether he should cancel his China trip or postpone the flight for a week. But then he agonised, 'if I change my flight, that flight might crash and the one I am already booked might arrive safely.' His uncertainty caused him to feel anxious, and this resulted in sleepless nights and distraction from his work.

Both these situations are caused by events completely outside our control.

In the first example, getting frustrated and angry and potentially in the mood for road-rage, cannot change the fact that we are stuck in a traffic jam. When we find ourselves getting frustrated, angry and disappointed, we need to be able to challenge the negative stories that we have created in our mind. We can stop the emotional trauma if we learn to recognise and stop those negative stories as we are

Once we realize what we are doing to ourselves, we can develop an awareness that will help us to stop generating these negative reactions.

creating them. The best thing to do when caught in traffic is to accept the situation, turn on the radio and relax until the traffic clears up.

Example number two is very typical of how we sometimes connect situations and events which seem similar but are not connected. This creates a lot of anxiety that does not help us change anything for the better. We are naturally alerted by anything that could potentially affect us adversely. So every time there's a piece of news that falls into this category, we go through this negative thinking and before we realise, we have created dire scenarios that cause fear, anxiety and sap away our emotional energy. Once again, it's a matter of creating an awareness in our mind so that we can detect these occurrences at the outset and not feed them.

Mindfulness practice allows us to train our mind to have the alertness, awareness and fitness of mind to recognise the thoughts which generate stress and to learn to let them go. The basic exercise is meditation and building up our wisdom pool to help us challenge the negative thoughts.

The next article will cover how mindfulness includes the practical acceptance of self and all situations in life; be they positive, negative or neutral.



The Artist Room

Great hair that doesn't cost the planet

Nano-Mist technology + organic hair treatments = healthier, shinier hair

The Artist Room has combined its use of biodynamic, organic and ethical hair products with the latest Nano-Mist technology to create longer-lasting beneficial hair treatments.

Nano-Mist hair treatment infuses water molecules into each strand of your hair through innovative technology, hydrating the hair and enabling the absorption of hair treatments right into each hair strand.

We combine this with the application of **organic haircare products**, which are made from naturally derived, biodynamically grown ingredients that

improve the hair structure from one treatment to the next. This treatment is especially good for dry or damaged hair.

THE RESULT?

Longer-lasting hair which looks and feels healthier, shinier and smoother. Feel the difference!

The Artist Room, Best for style and best for the environment

191 Canterbury Road, Canterbury
(opposite Canterbury Gardens)

T: 9078 8971

W: theartistroom.com.au