



**Mitcham**  
Community House

# Course Guide

## Term 1 & 2 2022

### January to June

Phone 9873 4587

Email [info@mitchamcommunityhouse.org](mailto:info@mitchamcommunityhouse.org)

Website [www.mitchamcommunityhouse.org](http://www.mitchamcommunityhouse.org)



MitchamCommunityHouse

## MITCHAM COMMUNITY HOUSE IS YOUR HOUSE AROUND THE CORNER

Welcome to Mitcham Community House! We provide a wide range of quality and affordable classes and activities led by qualified and experienced tutors. We are managed by a volunteer Committee of Management and welcome new members. There are volunteer opportunities available in the Office, sub-committees, Childcare, English as an Additional Language Classes and Community Activities. If you have a suggestion about a new class or ways we could improve please let the office staff know.

### ACCESSIBILITY

Wheelchair access and accessible car parking.

### ANNUAL FEE

In order to keep up the standards re: equipment, chairs, tables etc., MCH Committee have set an annual fee of \$5 per person. This fee is in addition to normal class fees and will apply to everyone, including workshops. It will only be applied once, even if you attend more than one activity.

### CASUAL FEE

A come and try fee of \$15, concessions may apply, please contact the office.

### HOW TO ENROL

Over the phone, in person or on our website. Every participant is required to fill in an enrolment form. Please inform us if your contact details change.

Payment is required at time of enrolling.

Payment methods - EFT, Cash, Cheque, or Direct Credit.

### REFUNDS/OTHER POLICIES

All our policies including our Code of Conduct, Privacy Policy and Classes and Activities Policy can be viewed on our website or contact the office for a hard copy.

### TUTORS

Our tutors are fully qualified and experienced and we offer small-customised classes. We welcome new programs and activities. If you would like to share your skills with us, please contact the office.

*No classes will be held on 12&14 Mar, 25 Apr & 11&13 Jun*

## ADULT EDUCATION ACFE PRE-ACCREDITED TRAINING

### **Auslan Beginners**

Thursday 7:00pm-9:00pm  
Full fee \$60/Conc. \$50 for 16wks  
Term 1 17 Feb-7 Apr 8wks  
Term 2 28 Apr-16 Jun 8wks  
*Learn the basics of Auslan from our experienced tutor.*

### **English for Migrants (EAL)**

Thursday 9:30am-12:30pm &  
Friday 9:30am-3:00pm  
Full fee \$100/Conc. \$50 for 18wks  
Term 1 10 Feb-8 Apr 9wks  
Term 2 28 Apr-24 Jun 9wks  
*Cost covers the full 18wks and students attend class on both days.*

## ADULT EDUCATION INFORMATION SESSIONS

### **Wiser Driver** *FREE*

Wednesday 1:00pm-3:00pm  
Term 1 9, 16, 23 & 30 Mar  
Term 2 1, 8, 15, 22 Jun  
*Learn about the latest road rules, driver health, tips for driving safely and buying and maintaining a car in this FREE 4-week course provided by VicRoads & Whitehorse City Council.*

## ARTS, CRAFTS & MUSIC

### **Art – Mixed Media**

Thursday 10:00am-12:00pm  
Term 1 3 Feb-7 Apr 10wks \$130  
Term 2 28 Apr-23 Jun 9wks \$120  
*Find relief through creativity from the stress of everyday life using a variety of media.*

### **Art – Your Style**

Wednesday 1:00pm-3:00pm  
Term 1 2 Feb-6 Apr 10wks \$130  
Term 2 27 Apr-22 Jun 9wks \$120  
*Learn by seeing, sensing and exploring colours, tones and textures. Discover your innate style.*

### **Cake Decorating**

Tuesday 7:00pm-9:30pm  
Term 1 1 Mar-5 Apr 6wks \$125  
Term 2 17 May-21 Jun 6wks \$125  
*Master cake decorating basics. Find out tips and tricks from an expert. New and returning students welcome. Ingredients are additional, the list is available from the office.*

### **Card Making - monthly**

Tuesday 9:30am-12:30pm  
\$30 per session  
Term 1 15 Feb & 15 Mar  
Term 2 17 May & 14 Jun  
*Materials are an additional \$10, payable to the Tutor on the day of the class.*

*No classes will be held on 12&14 Mar, 25 Apr & 11&13 Jun*

## COMPUTERS & IT

### Getting more from your smartphone & tablet

Wednesday 10:30am-12:30pm  
Term 1 2 Mar-30 Mar 5wks \$85  
*Learn useful tips and tricks from our experienced tutor and make the most of your devices.*  
BYO Device

### Online Shopping

Tuesday 1:00pm-3:00pm  
Term 1 29 Mar \$30  
*Learn to shop smart online.*  
BYO Device

### Windows 10 made easy

Wednesday 10:30am-12:30pm  
Term 2 25 May-22 Jun 5wks \$85  
*Master your laptop or desktop using Windows 10 in a small friendly class. BYO Device*

## HEALTH & FITNESS

### Balance for Body - Strength and Falls Prevention

Friday 1:30pm-2:30pm  
Term 1 4 Feb-8 Apr 10wks \$115  
Term 2 29 Apr-24 Jun 9wks \$105  
*Improve balance and build strength to reduce the risk of injury through falls in this gentle class.*

### Chair Yoga

Monday 10:30am-11:30am  
Term 1 31 Jan-4 Apr 9wks \$105  
Term 2 2 May-20 Jun 7wks \$80  
*Progress at your own pace and level in this gentle class. Perfect for those returning to exercise after an injury or surgery.*

### Chair-based Exercises

Wednesday 1:00pm-2:00pm  
Term 1 2 Feb-6 Apr 10wks \$115  
Term 2 27 Apr-22 Jun 9wks \$105  
*Stretch and balance your whole body. Perfect for those having difficulty getting up and down from floor-based exercise.*

### Monday Rambles (walking group)

*(Walks take place at various eastern suburbs locations)*  
Monday 10:00am-12noon  
Term 1 7 Feb-4 Apr 8wks  
Term 2 2 May-20 Jun 7wks  
\$4 per semester

### Pilates

Monday 5:30pm **or** 6.30pm  
Term 1 31 Jan-4 Apr 9wks \$105  
Term 2 2 May-20 Jun 7wks \$80  
Tuesday 9:00am-10:00am  
Term 1 1 Feb-5 Apr 10wks \$115  
Term 2 26 Apr-21 Jun 9wks \$105  
Thursday 6:15pm-7:15pm  
Term 1 3 Feb-7 Apr 10wks \$115  
Term 2 28 Apr-23 Jun 9wks \$105

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## HEALTH & FITNESS

*continued*

### **Qigong-Moving Meditation**

Monday 2:30pm-3:30pm  
Term 1 31 Jan-4 Apr 9wks \$105  
Term 2 2 May-20 Jun 7wks \$80

*Qigong is simple and easy to learn. Gain tranquillity through a series of gentle and graceful movements. Relax and calm the mind while improving physical fitness. Suitable for beginners. Not sure what Qigong is? Watch a short taster video here:*

[https://youtu.be/1SBq\\$ImuVFU](https://youtu.be/1SBq$ImuVFU)

### **Qigong**

*Not suitable for Beginners.*

Monday 12:00pm-1:00pm  
Term 1 31 Jan-4 Apr 9wks \$105  
Term 2 2 May-20 Jun 7wks \$80

*Improve physical health, decrease stress and enhance energy in this more advanced Qi Gong class.*

### **Relaxation and Meditation**

*Drift away into your own world of relaxation and clarity of mind. Experience the bliss of stress relief and inner peace through guided visualisation, breathing, gentle stretching and meditation*

Monday 8:15pm-9:15pm  
Term 1 31 Jan-4 Apr 9wks \$105  
Term 2 2 May-20 Jun 7wks \$80

### **Strength Training**

*Lose weight, strengthen your bones and muscles, or improve your cardio fitness. You'll use a range of light barbells to increase muscle tone and improve your strength levels. Beginners welcome! Classes run for 75 mins.*

Monday 8:50am  
Term 1 31 Jan-4 Apr 9wks \$105  
Term 2 2 May-20 Jun 7wks \$80

Tuesday 10:15am  
Term 1 1 Feb-5 Apr 10wks \$115  
Term 2 26 Apr-21 Jun 9wks \$105

Friday 9:30am **or** 11:00am  
Term 1 4 Feb-8 Apr 10wks \$115  
Term 2 29 Apr-24 Jun 9wks \$105

### **Tai Chi, Beginners**

Tuesday 11:45am-12:45pm  
Term 1 1 Feb-5 Apr 10wks \$115  
Term 2 26 Apr-21 Jun 9wks \$105

### **Tai Chi, Advanced**

Monday 1:15pm-2:15pm  
Term 1 31 Jan-4 Apr 9wks \$105  
Term 2 2 May-20 Jun 7wks \$80

### **Walk 'n' Talk** (walking group)

Wednesday 9:30am-10:30am  
Term 1 2 Feb-6 Apr 10wks  
Term 2 27 Apr-22 Jun 9wks  
\$15 per semester

**No classes will be held on 12&14 Mar, 25 Apr & 11&13 Jun**

## HEALTH & FITNESS

*continued*

### Yoga

Monday 7:00pm-8:00pm

Term 1 31 Jan-4 Apr 9wks \$105

Term 2 2 May-20 Jun 7wks \$80

Tuesday 7:00pm-8:00pm

**or** 8:15pm-9:15pm

Term 1 1 Feb-5 Apr 10wks \$115

Term 2 26 Apr-21 Jun 9wks \$105

Wednesday 5:50pm-6:50pm

**or** 7:00pm-8:00pm

Term 1 2 Feb-6 Apr 10wks \$115

Term 2 27 Apr-22 Jun 9wks \$105

Thursday 1:00pm-2:00pm

**or** 2:10pm-3:10pm

Term 1 3 Feb-7 Apr 10wks \$115

Term 2 28 Apr-23 Jun 9wks \$105

## LANGUAGES

### French, Beginners

*Learn French in small friendly classes with an experienced tutor.*

Saturday 10:00am-12noon

Term 1 12 Feb-9 Apr 8wks \$120

Term 2 30 Apr-25 Jun 8wks \$120

### French, Pre-Intermediate

Wednesday 6:30pm-8:30pm

Term 1 16 Feb-6 Apr 8wks \$120

Term 2 4 May-22 Jun 8wks \$120

### French, Intermediate 1 Zoom

Tuesday 6:30pm-8:30pm

Term 1 15 Feb-5 Apr 8wks \$120

Term 2 3 May-21 Jun 8wks \$120

*This class is held online via zoom.*

### French, Intermediate 2

Tuesday 9:30am-11:30am

Term 1 15 Feb-5 Apr 8wks \$120

Term 2 3 May-21 Jun 8wks \$120

### French, Advanced

Friday 10:00am-12noon

Term 1 18 Feb-8 Apr 8wks \$120

Term 2 6 May-24 Jun 8wks \$120

### Italian for Everyone

Monday 10:00am-12:00pm

Term 1 7 Feb-4 Apr 8wks \$120

Term 2 2 May-20 Jun 7wks \$105

*Learn Italian from our experienced native speaking tutor. Gain the skills to communicate on your next holiday and learn about Italian culture.*

### Spanish Zoom

Monday 7:00pm-9:00pm

Term 1 7 Feb-4 Apr 8wks \$120

Term 2 2 May-20 Jun 7wks \$105

*Always wanted to learn Spanish? Planning a trip to Spain? Our tutor is an experienced Spanish teacher and native speaker. This class is held online via zoom.*

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## SOCIAL ACTIVITIES & SPECIAL INTERESTS

### Book Club

\$55 per year, books additional  
Monday 7:30pm-9:00pm  
Term 1 7 Feb, 7 Mar & 4 Apr  
Term 2 2 May & 6 Jun

### Creative Writing Group

*(self-directed)*  
Thursday 10:00am-12:00pm  
Term 1 3 Feb-7 Apr 10wks \$50  
Term 2 28 Apr-23 Jun 9wks \$50

### Dine Out Dinner Club

Monday 6:30pm  
21 Mar & 20 Jun  
Dine with MCH friends at the Mitcham Hotel, at own expense. Contact the office to confirm your place and allow for booking one week prior to the meeting date.

### Knitting for Charity

Gold coin donation  
Monday 1:00pm-3:00pm  
Term 1 31 Jan-4 Apr 9wks  
Term 2 2 May-20 Jun 7wks

### MCH Furniture Restoration Group

All enquiries to Ed on 9878 0046.  
Meets at Vermont Men's Shed on Monday nights.

For those wanting to learn French Polishing, Upholstery & Furniture Restoration. Fees apply.

### Patchwork Group

*(self-directed)*  
Monday 10:00am-12:00pm  
Term 1 31 Jan-4 Apr 9wks \$50  
Term 2 2 May-20 Jun 7wks \$50

## COMMUNITY GROUPS

### AA

1300 222 222 [aa.org.au](http://aa.org.au)

### Anglicare

9735 6190 [anglicarevic.org.au](http://anglicarevic.org.au)

### Laughter Club

0421 335 197 [letsslough.com.au](http://letsslough.com.au)

### Multiple Birth Playgroup - EAMBA

[eamba.amba.org.au](http://eamba.amba.org.au)

### VALID

9416 4003 [office@valid.org.au](mailto:office@valid.org.au)

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## PLAYGROUPS - *Facilitated*

(Fee is per family)

Monday 9:30am-11:30am

Term 1 31 Jan-4 Apr 9wks \$100

Term 2 2 May-20 Jun 7wks \$80

Wednesday 9:30am-11:30am

Term 1 2 Feb-6 Apr 10wks \$110

Term 2 27 Apr-22 Jun 9wks \$100

## NEW Grandparents Playgroup

(fortnightly)

Tuesday 9:30am-11:30am

Term 1 8 Feb-5 Apr 5wks \$55

Term 2 26 Apr-21 Jun 5wks \$55

## CHILDCARE

Wednesday 9:00am to 2:00pm

Thursday 9:00am to 12:00pm

Friday 9:00am to 2:00pm

Open 48 weeks per year.

Phone the office for fees and availability. Watch a virtual tour of our childcare centre here:

<https://youtu.be/1SBqSlmuVFU>

## PARTY HIRE/ROOM RENTAL

Bookings are required and are subject to availability. Please contact the office for all enquiries.

Pre-schoolers Party Room hire on weekends 12:30pm to 4:30pm.

Room Rental - are you are looking for a space to hold a meeting or teach a group?

## OUR LOCATION

19 Brunswick Rd, Mitcham, 3132.

We are in walking distance from Mitcham railway station (Belgrave/Lilydale line). Route 740 bus stop at our front door

## OFFICE HOURS

Monday to Friday  
9:30am to 4:00pm

The office is closed during School Holidays, on Public Holidays and long weekends.

## ACKNOWLEDGMENTS

In the spirit of respect, Mitcham Community House acknowledges the Aboriginal peoples of Australia as the traditional custodians of the land on which we reside, work and travel.



We gratefully acknowledge the support of these funding bodies and peak organisations.



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