



mitcham
Community House

Course Guide

Term 3 & 4 2022

July to December

Phone 9873 4587

Email info@mitchamcommunityhouse.org

Website 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, gardening 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 22,29& 31 October and 1 November*

ADULT EDUCATION ACFE PRE-ACCREDITED TRAINING



Auslan Intermediate

Thursday 7:00pm-9:00pm

Full fee \$60/Conc. \$50 for 16wks

Term 3 28 Jul-15 Sep 8wks

Term 4 6 Oct-24 Nov 8wks

*For students who have completed
Beginners Auslan.*



English for Migrants (EAL)

Thursday 9:30am-12:30pm &

Friday 9:30am-3:00pm

Full fee \$100/Conc. \$50 for 18wks

Term 3 21 Jul-16 Sep 9wks

Term 4 6 Oct – 2 Dec 9wks



Steps to Job Success

Monday 9:30am-2:30pm

Full fee \$60/Conc. \$50 for 5wks

Term 3 15 Aug-12 Sep 5wks

*Gain the skills, knowledge and
confidence to enter/re-enter the
workforce – from resume writing to
careers counselling and
information about further study.*

INFORMATION SESSIONS

Legal Issues for Retirees **FREE**

Wednesday 10:30am-12:00pm

Term 3 17 August

*Learn about common legal issues
affecting retirees. Presented by
Eastern Community Legal Centre*

Wiser Driver **FREE**

Tuesday 1:00pm-3:00pm

Term 4 8, 15, 22 & 29 Nov

*Learn about the latest road rules,
driver health and tips for driving
safely in this FREE 4-week course
provided by VicRoads &
Whitehorse City Council.*



WHITEHORSE
CITY COUNCIL

Sustainability Morning Tea **FREE**

Wednesday 10:30am-12:00pm

Term 4 16 November

*Join the City of Whitehorse
Sustainability team to learn about
sustainability and waste. Morning
tea provided.*

ARTS & CRAFTS

Art – Mixed Media

*Explore your creativity using a
variety of media with the support
of our experienced tutor.*

BYO art supplies

Thursday 10:00am-12:00pm

Term 3 14 Jul-15 Sep 10wks \$130

Term 4 6 Oct-15 Dec 11wks \$145

Wednesday 1:00pm-3:00pm

Term 3 13 Jul-14 Sep 10wks \$130

Term 4 5 Oct-14 Dec 11wks \$145

Cake Decorating

Tuesday 7:00pm-9:30pm

Term 3 9 Aug-13 Sep 6wks \$125

Term 4 25 Oct – 6 Dec 6wks \$125*

Master cake decorating basics.

Supply list available from office.

***No classes will be held on 22,29 & 31 October and 1 November**

Card Making for the Festive Season - Christmas cards

Saturday 9:30am-12:30pm
5 Nov \$30

Materials are an additional \$10, payable to the Tutor on the day of the class.

Card Making - monthly

Tuesday 9:30am-12:30pm
\$30 per session
Term 3 19 Jul 16 Aug & 13 Sep
Term 4 18 Oct & 15 Nov

Materials are an additional \$10, payable to the Tutor on the day of the class.

Children's Activities

(see back page for information about our Childcare Centre)

NEW Kids Yoga and Meditation

Thursday 4:00pm-5:00pm
Term 4 6 Oct-15 Dec 11wks \$125
Help your child develop strength and flexibility and manage stress and anxiety. Ages 5-13yrs.

Playgroups

(Fee is per family)

Monday 9:30am-11:30am
Term 3 11 Jul-12 Sep 10wks \$110
Term 4 3 Oct-12 Dec 10wks \$110*

Wednesday 9:30am-11:30am
Term 3 13 Jul-14 Sep 10wks \$110
Term 4 5 Oct-14 Dec 11wks \$121*

Grandparents Playgroup

(fortnightly)

Tuesday 9:30am-11:30am
Term 3 12 Jul-6 Sep 5wks \$55
Term 4 11 Oct-6 Dec 5wks \$55

COMPUTERS & IT

(BYO Device)

Getting more from your smartphone & tablet

Thursday 10:30am-12:30pm
Term 3 18 Aug-15 Sep 5wks \$85
Learn how to make the most of your devices.

Buying and selling on Gumtree and Facebook Marketplace

Tuesday 1:00pm-3:00pm
Term 3 16 Aug-30 Aug 3wks \$35
Get a bargain or make extra cash from your unwanted goods!

Master your laptop (Windows 10, 11 or MacBook)

Thursday 10:30am-12:30pm
Term 4 10 Nov-8 Dec 5wks \$85
Learn useful tips to go further with a laptop. Ideal for seniors and jobseekers.

Take better photos with your smart phone or tablet

Tuesday 1:00pm-3:00pm
Term 4 8 Nov-15 Nov 2wks \$30
Suits Beginners and Apple and Android devices.

**No classes will be held on 22,29 & 31 October and 1 November*

HEALTH & FITNESS

Balance for Body - Strength and Falls Prevention

Friday 1:30pm-2:30pm

Term 3 15 Jul-16 Sep 10wks \$115

Term 4 7 Oct-16 Dec 11wks \$125

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 3 11 Jul-12 Sep 10wks \$115

Term 4 3 Oct-12 Dec 10wks \$115*

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 3 13 Jul-14 Sep 10wks \$115

Term 4 5 Oct-14 Dec 11wks \$125

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, own transport required)

Monday 10:00am-12noon

Term 3 11 Jul-12 Sep 10wks

Term 4 3 Oct-28 Nov 8wks*

\$4 per semester

Meditation

Experience the bliss of stress relief and inner peace through guided visualisation, breathing, gentle stretching and meditation.

Monday 8:15pm-9:15pm

Term 3 11 Jul-12 Sep 10wks \$115

Term 4 3 Oct-12 Dec 10wks \$115*

Pilates

Monday 5:30pm-6:30pm

or 6.30pm-7.30pm

Term 3 11 Jul-12 Sep 10wks \$115

Term 4 3 Oct-12 Dec 10wks \$115*

Tuesday 6:00pm-7:00pm

Term 3 12 Jul-13 Sep 10wks \$115

Term 4 4 Oct-13 Dec 10wks \$115*

Thursday 6:15pm-7:15pm

Term 3 14 Jul-15 Sep 10wks \$115

Term 4 6 Oct-15 Dec 11wks \$125

NEW Pilates for mobility issues

In this class there is no getting up and down - you stay on the mat. Perfect for beginners or those with limited mobility.

Thursday 9:15am-10:15am

Term 3 14 Jul-15 Sep 10wks \$115

Term 4 6 Oct-15 Dec 11wks \$125

Qigong

Monday 2:30pm-3:30pm

Term 3 11 Jul-12 Sep 10wks \$115

Term 4 3 Oct-12 Dec 10wks \$115*

Gain tranquillity through a series of gentle and graceful movements.

***No classes will be held on 22,29 & 31 October and 1 November**

HEALTH & FITNESS

continued

Qigong

Monday 12:00pm-1:00pm
Term 3 11 Jul-12 Sep 10wks \$115
Term 4 3 Oct-12 Dec 10wks \$115*
Gain tranquillity through a series of gentle and graceful movements

Strength Training

Lose weight and gain strength using light barbells to increase muscle tone. Beginners welcome!

Monday 8:50am-10:05am
Term 3 11 Jul-12 Sep 10wks \$115
Term 4 3 Oct-12 Dec 10wks \$115*

Tuesday 10:15am-11:30am
Term 3 12 Jul-13 Sep 10wks \$115
Term 4 4 Oct-13 Dec 10wks \$115*

Friday 9:30am-10:45am
or 11:00am-12:15pm
Term 3 15 Jul-16 Sep 10wks \$115
Term 4 7 Oct-16 Dec 11wks \$125

NEW Tai Chi for Falls Prevention

Tuesday 11:45am-12:45pm
Term 3 12 Jul-13 Sep 10wks \$115
Term 4 4 Oct-13 Dec 10wks \$115*
Improve balance and stability and learn about falls prevention in this gentle exercise class. Suitable for beginners and seniors.

Tai Chi

Monday 1:15pm-2:15pm
Term 3 11 Jul-12 Sep 10wks \$115
Term 4 3 Oct-12 Dec 10wks \$115*

Walk 'n' Talk (walking group)

Wednesday 9:30am-10:30am
Term 3 13 Jul-14 Sep 10wks
Term 4 5 Oct-14 Dec 11wks
\$15 per semester

Yoga

Monday 7:00pm-8:00pm
Term 3 11 Jul-12 Sep 10wks \$115
Term 4 3 Oct-12 Dec 10wks \$115*

Tuesday 7:00pm-8:00pm
or 8:15pm-9:15pm
Term 3 12 Jul-13 Sep 10wks \$115
Term 4 4 Oct-13 Dec 10wks \$115*

Wednesday 5:50pm-6:50pm
Term 3 13 Jul-14 Sep 10wks \$115
Term 4 5 Oct-14 Dec 11wks \$125

Thursday 1:00pm-2:00pm
or 2:10pm-3:10pm
Term 3 14 Jul-15 Sep 10wks \$115
Term 4 6 Oct-15 Dec 11wks \$125

NEW Yoga for Men

Feel at ease in this yoga class taught by a male instructor.
Wednesday 7:00pm-8:00pm
Term 4 5 Oct-14 Dec 11wks \$125

**No classes will be held on 22,29& 31 October and 1 November*

LANGUAGES

French, Beginners

Learn French in small friendly classes with an experienced tutor.

Saturday 10:00am-12noon
Term 3 23 Jul-10 Sep 8wks \$120
Term 4 8 Oct-10 Dec 8wks \$120

French, Intermediate 1 Zoom

Tuesday 6:30pm-8:30pm
Term 3 26 Jul-13 Sep 8wks \$120
Term 4 11 Oct-6 Dec 8wks \$120*
This class is held online via zoom.

French, Advanced

Friday 10:00am-12noon
Term 3 29 Jul-16 Sep 8wks \$120
Term 4 14 Oct-2 Dec 8wks \$120

Italian for Everyone

Monday 10:00am-12:00pm
Term 3 25 Jul-12 Sep 8wks \$120
Term 4 10 Oct-5 Dec 8wks \$120*
Learn Italian from our experienced native speaking tutor. Gain the skills to communicate on your next holiday and learn about Italian culture.

SOCIAL ACTIVITIES & SPECIAL INTERESTS

Book Club

\$55 per year, books additional
Monday 7:30pm-9:00pm
Term 3 11 Jul, 8 Aug & 5 Sep
Term 4 3 Oct, 7 Nov & 5 Dec

Creative Writing Group

(self-directed)

Thursday 10:00am-12:00pm
Term 3 14 Jul-15 Sep 10wks \$50
Term 4 6 Oct-15 Dec 11wks \$50

Dine Out Dinner Club

Monday 6:30pm
12 Sep & 21 Nov
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

\$20 per term
Monday 1:00pm-3:00pm
Term 3 11 Jul-12 Sep 10wks
Term 4 3 Oct-12 Dec 10wks*

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 3 11 Jul-12 Sep 10wks
Term 4 3 Oct-12 Dec 10wks*

**No classes will be held on 22,29& 31 October and 1 November*

COME TO OUR OPEN DAY!

Saturday 22 October,
11:30am-1:30pm

Free activities including:

Baby Animal Farm, door prizes,
sausage sizzle, art exhibition, tea
& coffee and much more!

COMMUNITY GROUPS

AA

1300 222 222 aa.org.au

Anglicare

9735 6190 anglicarevic.org.au

Multiple Birth Playgroup - EAMBA

eamba.amba.org.au

VALID

9416 4003 office@valid.org.au

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? Contact our
office on 9873 4587.

OUR LOCATION

19 Brunswick Rd, Mitcham, 3132.

We are in walking distance from
Mitcham railway station
(Belgrave/Lilydale line). Route 740
bus stops 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.



**No classes will be held on 22,29& 31 October and 1 November*

teaching

connecting

supporting