



mitcham
Community House

Course Guide

Term 1 & 2 2023

January to June

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 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 \$10 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 13 Mar, 7 Apr, 25 Apr & 12 Jun*

ADULT EDUCATION ACFE PRE-ACCREDITED TRAINING



Auslan for Beginners

Thursday 7:00pm-9:00pm
Full fee \$60/Conc. \$50 for 16wks
Term 1 16 Feb-6 Apr 8wks
Term 2 27 Apr-15 Jun 8wks



English for Migrants

Friday 9:30am-1:00pm
Full fee \$50/Conc. \$30 for 18wks
Term 2 28 Apr-23 Jun 9wks
Term 3 14 Jul-8 Sep 9wks



Prepare for work in Early Childhood Education and Care

Thursday 1:00pm-3:00pm
Full fee \$35/Conc. \$20 for 10wks
Term 2 27 Apr-29 Jun
*Learn about child development,
the role of an ECEC worker and
the career and study pathways to
working in the ECEC sector.*

INFORMATION SESSIONS

Planning for the Future **FREE** (Wills & Powers of Attorney)

Wednesday 10:30am-12pm
Term 1 8 March
*Presented by Eastern Legal
Community Centre*

Safer Driver **FREE**

Wednesday 1:00pm-2:00pm
Term 1 29 March
*Learn tips for driving
safely in this seminar
provided by
Whitehorse City
Council.*



Palliative Care Information **FREE**

Wednesday 10:30am-12pm
Term 2 24 May
*Learn about palliative care
options including community care
and eligibility. Presented by
Eastern Palliative Care*

Walk with Care **FREE**

Wednesday 1:00pm-2:00pm
Term 2 7 June
*Learn about the benefits of
walking and how to safely
manage hazards/mobility issues.*

ARTS & CRAFTS

Art – Mixed Media

*Explore your creativity using your
preferred media with the support
of our experienced tutor.
(Bring your own paints, paper etc.)*
Wednesday 1:00pm-3:00pm
Term 1 1 Feb-5 Apr 10wks \$140
Term 2 26 Apr-21 Jun 9wks \$125
Thursday 10:00am-12:00pm
Term 1 2 Feb-6 Apr 10wks \$140
Term 2 27 Apr-22 Jun 9wks \$125

***No classes will be held on 13 Mar, 7 Apr, 25 Apr & 12 Jun**

Cake Decorating

Tuesday 7:00pm-9:30pm
Term 1 28 Feb-4 Apr 6wks \$125
Term 2 16 May-20 Jun 6wks \$125
*Master cake decorating basics.
Supply list available from office.*

Card Making - monthly

Tuesday 9:30am-12:30pm
\$30 per session
Term 1 7 Feb, 7 Mar & 4 Apr
Term 2 2 May & 6 Jun
*Materials are an additional \$10,
payable to the Tutor on the day of
the class.*

COMPUTERS & IT

(BYO Device)

Master Your Devices

Tuesday 1:00pm-3:00pm
Term 1 14 Feb-14 Mar 5wks \$85
*Learn useful tips and tricks from
our experienced tutor and make
the most of your devices.*

Organise Your Photos

Tuesday 1:00pm-3:00pm
Term 1 21 Mar-4 Apr 3wks \$30
*Create albums, edit, share, the
Cloud explained.*

Intro to Google Docs & Sheets

Tue 1:00pm-3:00pm
Term 2 23 May-8 Aug 10wks \$80
*With more workplaces using
Google Docs & Sheets, learn tips
and tricks for both!*

**No classes will be held on 13 Mar, 7 Apr, 25 Apr & 12 Jun*

Intro to Trello

Tuesday 1:00pm-3:00pm
Term 2 6 May-16 May 3wks \$30
*Use Trello to manage personal
tasks, plan projects, holidays,
weddings or events. Learn the
basics of this intuitive and fun
project management software.
Suitable for jobseekers,
professionals or personal use.*

HEALTH & FITNESS

Balance for Body - Strength and Falls Prevention

Friday 1:30pm-2:30pm
Term 1 *3 Feb-31 Mar 9wks \$115
Term 2 28 Apr-23 Jun 9wks \$115
*Improve balance and reduce the
risk of injury through falls in this
gentle class.*

NEW Belly Dancing

Wednesday 11:30am-12:30pm
Term 1 1 Feb-5 Apr 10wks \$125
Term 2 26 Apr-21 Jun 9wks \$115
*Belly Dance is a beautiful, ancient
art popular for fitness and fun.
(Bring scarf to tie around hips)*

Chair Yoga

Monday 10:30am-11:30am
Term 1 *30 Jan-3 Apr 9wks \$115
Term 2 *24 Apr-19 Jun 8wks \$100
*Progress at your own pace and
level in this gentle class. Perfect for
those returning to exercise after
an injury or surgery.*

HEALTH & FITNESS

Continued

Chair-based Exercises

Wednesday 1:00pm-2:00pm

Term 1 1 Feb-5 Apr 10wks \$125

Term 2 26 Apr-21 Jun 9wks \$115

Stretch and balance your whole body. Perfect for those having difficulty getting up and down from floor-based exercise.

NEW Feldenkrais

Tuesday 11:00am-12:00pm

Term 1 31 Jan-4 Apr 10wks \$125

Term 2 *2 May-20 Jun 8wks \$100

Improve health and fitness through better movement, sensation, posture and breathing.

Monday Rambles (walking group)

(Walks take place at various eastern suburbs locations, own transport required)

Monday 10:00am-12noon

Term 1 *13 Feb-3 Apr 9wks

Term 2 *1 May-19 Jun 8wks

\$5 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 1 *30 Jan-3 Apr 9wks \$115

Term 2 *24 Apr-19 Jun 8wks \$100

Pilates

Monday 5:30pm-6:30pm

or 6.30pm-7.30pm

Term 1 *30 Jan-3 Apr 9wks \$115

Term 2 *24 Apr-19 Jun 8wks \$100

Tuesday 6:00pm-7:00pm

Term 1 31 Jan-4 Apr 10wks \$125

Term 2 *2 May-20 Jun 8wks \$100

Thursday 6:15pm-7:15pm

Term 1 2 Feb-6 Apr 10wks \$125

Term 2 27 Apr-22 Jun 9wks \$115

Qigong

These gentle, non-strenuous, movements are easy to learn. Improve your health & fitness and deepen your relaxation.

Monday 12:00pm-1:00pm

Term 1 *30 Jan-3 Apr 9wks \$115

Term 2 *24 Apr-19 Jun 8wks \$100

Strength Training

Lose weight and strengthen your bones and muscles. Beginners welcome! Classes run for 75 mins

Monday 8:50am-10:05am

Term 1 *30 Jan-3 Apr 9wks \$115

Term 2 *24 Apr-19 Jun 8wks \$100

Tuesday 10:15am-11:30am

Term 1 31 Jan-4 Apr 10wks \$125

Term 2 *2 May-20 Jun 8wks \$100

Friday 9:30am-10:45am

or 11:00am-12:15pm

Term 1 *3 Feb-31 Mar 9wks \$115

Term 2 28 Apr-23 Jun 9wks \$115

**No classes will be held on 13 Mar, 7 Apr, 25 Apr & 12 Jun*

Tai Chi

(Dr Paul Lam's Modified Tai Chi for Health)

Reduce stress and increase flexibility and balance with this ancient form of exercise.

Monday 1:15pm-2:15pm
Term 1 *30 Jan-3 Apr 9wks \$115
Term 2 *24 Apr-19 Jun 8wks \$100*

Walk 'n' Talk (walking group)

Wednesday 9:30am-10:30am
Term 1 1 Feb-5 Apr 10wks
Term 2 26 Apr-21 Jun 9wks
\$15 per semester

Yoga

Hatha Yoga is a relaxed style of postures including relaxation and breathing techniques. Suitable for beginners to experienced who want a gentle approach to Yoga.

Monday 7:00pm-8:00pm
Term 1 *30 Jan-3 Apr 9wks \$115
Term 2 *24 Apr-19 Jun 8wks \$100

Tuesday 9:30am-10:45am,
7:00pm-8:00pm
or 8:15pm-9:15pm
Term 1 31 Jan-4 Apr 10wks \$125
Term 2 *2 May-20 Jun 8wks \$100

Wednesday 5:50pm-6:50pm
Term 1 1 Feb-5 Apr 10wks \$125
Term 2 26 Apr-21 Jun 9wks \$115

Yoga continued

Thursday 1:00pm-2:00pm
or 2:10pm-3:10pm
Term 1 2 Feb-6 Apr 10wks \$125
Term 2 27 Apr-22 Jun 9wks \$115

LANGUAGES

French, Beginners

Dreaming of Paris? You can learn the language of romance and poets in these friendly spoken language classes. Learn in small classes with an experienced tutor.

Saturday 10:00am-12noon
Term 1 11 Feb-1 Apr 8wks \$120
Term 2 6 May-24 Jun 8wks \$120

French, Intermediate 1 Zoom

This class is held online via zoom. Suitable for students who already have some French language skills.

Tuesday 6:30pm-8:30pm
Term 1 14 Feb-4 Apr 8wks \$120
Term 2 *2 May-20 Jun 8wks \$120

French, Advanced

Suitable for students with good conversational French.

Friday 10:00am-12noon
Term 1 10 Feb-31 Mar 8wks \$120
Term 2 5 May-23 Jun 8wks \$120

***No classes will be held on 13 Mar, 7 Apr, 25 Apr & 12 Jun**

SOCIAL ACTIVITIES & SPECIAL INTERESTS

Book Club

\$55 per year, books additional

Monday 7:30pm-9:00pm

Term 1 6 Feb, 6 Mar & 3 Apr

Term 2 1 May & 5 Jun

Creative Writing Group

(self-directed)

Thursday 10:00am-12:00pm

Term 1 2 Feb-6 Apr 10wks \$50

Term 2 27 Apr-22 Jun 9wks \$50

Dine Out Dinner Club

Monday 6:30pm

20 Feb & 22 May

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 1 *30 Jan-3 Apr 9wks

Term 2 *24 April-19 Jun 8wks*

Patchwork Group

\$50 per term

Monday 10:00am-12:00pm

Term 1 *30 Jan-3 Apr 9wks

Term 2 *24 April-19 Jun 8wks*

Bring your own project plus any supplies you need. Enjoy this small, friendly group.

**No classes will be held on 13 Mar, 7 Apr, 25 Apr & 12 Jun*

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

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.

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.

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>

CHILDREN'S ACTIVITIES

Kids Yoga and Meditation

Thursday 4:00pm-5:00pm

Term 1 2 Feb-6 Apr 10wks \$125

Term 2 27 Apr-22 Jun 9wks \$115

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 1 *30 Jan-3 Apr 9wks \$115

Term 2 *24 Apr-19 Jun 8wks \$100

Wednesday 9:30am-11:30am

Term 1 1 Feb-5 Apr 10wks \$125

Term 2 26 Apr-21 Jun 9wks \$115

NEW Robotics for kids

Thursday 4:00pm-5:00pm

Term 2 27 Apr-22 Jun 9wks \$115

Encourage curiosity, creativity and problem solving skills. Ages 5-13yrs

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 13 Mar, 7 Apr, 25 Apr & 12 Jun*