



**Mitcham**  
Community House

# Course Guide

## Term 3 & 4 2023

### July to December

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, 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 Mon 6 Nov & Tue 7 Nov*

## ADULT EDUCATION ACFE PRE-ACCREDITED TRAINING



### Auslan - Intermediate

Thursday 7:00pm-9:00pm

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

Term 3 27 Jul-14 Sep 8wks

Term 4 5 Oct-23 Nov 8wks

*For students who have completed  
Beginners Auslan.*



### English for Migrants

Friday 9:30am-1:00pm

Full fee \$30 for 10wks

Term 3 14 Jul-15 Sep 10wks



### Digital Essentials

Tuesday 1:00pm-3:00pm

Full fee \$50 for 15wks

Term 3 1 Aug-12 Sep 7wks

Term 4 3 Oct-28 Nov 8wks

*Improve your digital skills (includes  
writing emails, Microsoft Word and  
day to day technology).*



### Steps for Job Success

Monday 9:30am-12:30pm

Term 3 24 Jul-11 Sep 8wks \$60

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

## INFORMATION SESSIONS

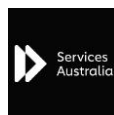
### My Aged Care **FREE**

Wednesday 10:00am-11:30pm

Term 3 2 August

*Learn how to access aged care  
services including how to register  
for My Aged Care and  
book assessments.*

*Presented by Services  
Australia*



### Periods, Pain & Endometriosis

Wednesday 6:00pm-7:30pm

Term 3 9 August **FREE**

*Learn strategies for pain relief,  
what is normal and where to go  
for further help.*



*Presented by Pelvic  
Pain Foundation*

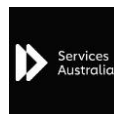
*Australia*

### Financial Information for Seniors

Wednesday 10:00am-11:30am

Term 3 23 August **FREE**

*Find out more about managing  
your money in  
retirement including  
accommodation  
options. Presented  
by Services Australia*



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## 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 3 12 Jul-13 Sep 10wks \$140  
Term 4 4 Oct-13 Dec 11wks \$155

Thursday 10:00am-12:00pm  
Term 3 13 Jul-14 Sep 10wks \$140  
Term 4 5 Oct-14 Dec 11wks \$155

### Card Making - monthly

Tuesday 9:30am-12:30pm  
\$30 per session  
Term 3 1 Aug & 5 Sep  
Term 4 3 Oct, 31 Oct & 5 Dec  
Materials are an additional \$10,  
payable to the Tutor on the day of  
the class.

### Card Making for the Festive Season - Christmas cards

Saturday 9:30am-12:30pm  
2 Dec \$30  
Materials are an additional \$10.

### Polymer Clay Earring Workshops

Thursday 1:30pm-3:30pm **NEW**  
\$45 per class-includes materials  
Term 3 17 Aug & 7 Sep  
Term 4 26 Oct & 30 Nov  
Learn how to design and create  
your own earrings and take them  
home on the day!

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## COMPUTERS & IT

**(BYO Device)**

### Smart Phones/Tablets

Tuesday 1:00pm-3:00pm  
Term 3 25 Jul-22 Aug 5wks \$85  
Discover useful and fun features.  
Non-technical. Seniors welcome.  
Suits iPhones/iPads, Android  
(Samsung etc.)

### Master Your Computer

Friday 10:30am-12:30pm  
Term 3 11 Aug-8 Sep 5wks \$85  
Improve your skills. Everyday useful  
features explained with plenty of  
time for questions.  
Seniors welcome.

### Going further with Zoom **NEW**

Wednesday 7pm-8pm  
Term 3 30 Aug & 6 Sep \$35  
You'll be amazed what you can  
do on Zoom including helpful  
shortcuts and hidden features!  
Learn from home. Class held on  
Zoom.

## HEALTH & FITNESS

### Balance for Body - Strength and Falls Prevention

Friday 1:30pm-2:30pm  
Term 3 14 Jul-15 Sep 10wks \$125  
Term 4 6 Oct-15 Dec 11wks \$135

## HEALTH & FITNESS

*Continued*

### Belly Dancing

Wednesday 11:30am-12:30pm

Term 3 12 Jul-13 Sep 10wks \$125

Term 4 4 Oct-13Dec 11wks \$135

*Belly Dance is a beautiful, ancient art popular for fitness and fun. (Bring scarf to tie around hips)*

### Chair Yogalates

Monday 10:30am-11:30am

Term 3 10 Jul-11 Sep 10wks \$125

Term 4 \*2 Oct-11 Dec 10wks \$125

*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 12 Jul-13 Sep 10wks \$125

Term 4 4 Oct-13Dec 11wks \$135

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

### Feldenkrais

Tuesday 11:00am-12:00pm

Term 3 11 Jul-12 Sep 10wks \$125

Term 2 \*3 Oct-12 Dec 10wks \$125

*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 3 10 Jul-11 Sep 10wks

Term 4 2 Oct-20 Nov 7wks

\$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 3 10 Jul-11 Sep 10wks \$125

Term 4 \*2 Oct-11 Dec 10wks \$125

### Pilates

Monday 5:30pm-6:30pm

**or** 6.30pm-7.30pm

Term 3 10 Jul-11 Sep 10wks \$125

Term 4 \*2 Oct-11 Dec 10wks \$125

Tuesday 6:00pm-7:00pm

Term 3 11 Jul-12 Sep 10wks \$125

Term 2 \*3 Oct-12 Dec 10wks \$125

Thursday 6:15pm-7:15pm

Term 3 13 Jul-14 Sep 10wks \$125

Term 4 5 Oct-14 Dec 11wks \$135

### Qigong

*Improve your health & fitness and deepen your relaxation.*

Monday 12:00pm-1:00pm

Term 3 10 Jul-11 Sep 10wks \$125

Term 4 \*2 Oct-11 Dec 10wks \$125

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## Strength Training

*Beginners welcome! Classes run for 75 mins*

Monday 9:00am-10:15am  
Term 3 10 Jul-11 Sep 10wks \$125  
Term 4 \*2 Oct-11 Dec 10wks \$125

Tuesday 10:15am-11:30am  
Term 3 11 Jul-12 Sep 10wks \$125  
Term 4 \*3 Oct-12 Dec 10wks \$125

Friday 9:30am-10:45am  
**or** 11:00am-12:15pm  
Term 3 14 Jul-15 Sep 10wks \$125  
Term 4 6 Oct-15 Dec 11wks \$135

## Tai Chi

Monday 1:15pm-2:15pm  
Term 3 10 Jul-11 Sep 10wks \$125  
Term 4 \*2 Oct-11 Dec 10wks \$125

## Walk 'n' Talk (walking group)

Wednesday 9:30am-10:30am  
Term 3 12 Jul-13 Sep 10wks  
Term 4 4 Oct-13 Dec 11wks  
\$15 per semester

## Yoga

Monday 7:00pm-8:00pm  
Term 3 10 Jul-11 Sep 10wks \$125  
Term 4 \*2 Oct-11 Dec 10wks \$125

Tuesday 9:30am-10:45am,  
7:00pm-8:00pm  
**or** 8:15pm-9:15pm  
Term 3 11 Jul-12 Sep 10wks \$125  
Term 4 \*3 Oct-12 Dec 10wks \$125

## Yoga *continued*

Wednesday 5:50pm-6:50pm  
Term 3 12 Jul-13 Sep 10wks \$125  
Term 4 4 Oct-13 Dec 11wks \$135

Thursday 1:00pm-2:00pm  
**or** 2:10pm-3:10pm  
Term 3 13 Jul-14 Sep 10wks \$125  
Term 4 5 Oct-14 Dec 11wks \$135

## LANGUAGES

### French, Beginners

*Learn in small classes with an experienced tutor.*

Saturday 10:00am-12noon  
Term 3 22 Jul-9 Sep 8wks \$120  
Term 4 28 Oct-16 Dec 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 3 25 Jul-12 Sep 8wks \$120  
Term 4 17 Oct-12 Dec 8wks \$120

### French, Advanced

*Suitable for students with good conversational French.*

Friday 10:00am-12noon  
Term 3 28 Jul-15 Sep 8wks \$120  
Term 4 27 Oct-15 Dec 8wks \$120

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## SOCIAL ACTIVITIES & SPECIAL INTERESTS

### Book Club

\$55 per year, books additional

Monday 7:30pm-9:00pm

Term 3 10 Jul, 7 Aug & 4 Sep

Term 4 2 Oct, 13 Nov & 4 Dec

### Creative Writing Group

*(self-directed)*

Thursday 10:00am-12:00pm

Term 3 13 Jul-14 Sep 10wks \$50

Term 4 5 Oct-14 Dec 11wks \$50

### Dine Out Dinner Club

Monday 6:30pm

21 Aug & 20 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 10 Jul-11 Sep 10wks

Term 4 \*2 Oct-11 Dec 10wks

### Patchwork Group

\$50 per term

Monday 10:00am-12:00pm

Term 3 10 Jul-11 Sep 10wks

Term 4 \*2 Oct-11 Dec 10wks

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

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## COMMUNITY GROUPS

### AA

1300 222 222

aa.org.au

### Anglicare

9735 6190

anglicarevic.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.

## COME TO OUR OPEN DAY!

**Saturday 21 October,  
11:30am-1:30pm**

*Save the date for this fun, family event. More information soon!*

## 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

### Playgroups

*(Fee is per family)*

Monday 9:30am-11:30am  
Term 3 10 Jul-11 Sep 10wks \$125  
Term 4 \*2 Oct-11 Dec 10wks \$125

Wednesday 9:30am-11:30am  
Term 3 12 Jul-13 Sep 10wks \$125  
Term 4 4 Oct-13Dec 11wks \$135

*Our popular playgroup sessions are run by an experienced educator. Places are limited. Book now!*

## 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-4:00pm**

*The office is closed during School Holidays, 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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teaching

connecting

supporting