



**mitcham**  
Community House

# Course Guide

## Term 1 & 2 2024

### 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, Garden 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

An annual fee of \$10 per person has been set by the MCH Committee. This fee, that will be charged once per year, is in addition to normal class fees and applies to all activities including workshops.

### 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 on 9 Mar, 11 Mar, 29 Mar, 25 Apr, 8 Jun & 10 Jun*

## ADULT EDUCATION PRE-ACCREDITED TRAINING

**Pre-accredited training provides opportunities for adult learners in Victoria to gain the core skills they need for study, work and life.**

### **Auslan for Work & Study**

Thursday 7:00pm-9:00pm  
Full fee \$60/Conc. \$50 for 16wks  
Term 1 8 Feb-28 Mar 8wks  
Term 2 18 Apr-13 June 8wks  
*Suitable for beginners needing Auslan skills for work, to support family members or to pathway into further study.*

### **English for Migrants**

*Improve your English for living, working and studying. Learn about Australian culture, commonly used terms and speak with confidence.*

Friday 9:30am-1:00pm  
Residents: \$50 for 18wks  
Non-residents: \$100 per term  
Term 1 9 Feb-22 Mar 7wks  
Term 2 19 Apr-28 Jun 11wks

## FREE INFORMATION SESSIONS (Bookings Essential)

### **Staying at Home for Longer**

Wednesday 10:30am-12pm

Term 1 6 March

Presented by



### **Free Hearing Checks**

Tuesday 10am-12pm

Term 1 27 February

Presented by



## ART & CRAFT

### **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 31 Jan-27 Mar 9wks \$125

Term 2 17 Apr-26 Jun 11wks \$155

Thursday 10:00am-12:00pm

Term 1 1 Feb-28 Mar 9wks \$125

Term 2 \*18 Apr-27 Jun 10wks \$140

### **Card Making - monthly**

Tuesday 9:30am-12:30pm

\$30 per session

Term 1 6 Feb & 5 Mar

Term 2 7 May & 4 Jun

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

**\*No classes on 9 Mar, 11 Mar, 29 Mar, 25 Apr, 8 Jun & 10 Jun**

## COMPUTERS & IT

(BYO Device)

### Master Your Device This Year!

Tuesday 1:00pm-3:00pm  
Term 1 13 Feb-12 Mar 5wks \$85  
Term 2 28 May-25 Jun 5wks \$85  
*Get the most from your phone, tablet (iPad or Samsung etc). You'll learn useful and fun features, tips and tricks. Suits the over 50s. Non-technical, small class.*

### Managing Photos On Your Devices

Tuesday 1:00pm-3:00pm  
Term 2 23 Apr-14 May 4wks \$75  
*Create albums, slideshows, edit, share, declutter and much more. Suits smartphone, tablet and laptop users*

## HEALTH & FITNESS

### Balance for Body - Strength and Falls Prevention

Friday 1:30pm-2:30pm  
Term 1 \*2 Feb-22 Mar 8wks \$110  
Term 2 19 Apr-28 Jun 11wks \$145  
*Improve balance and reduce the risk of injury through falls in this gentle class*

## HEALTH & FITNESS

*Continued*

### Belly Dancing

Wednesday 11:30am-12:30pm  
Term 1 31 Jan-27 Mar 9wks \$117  
Term 2 17 Apr-26 Jun 11wks \$145  
*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 1 \*29 Jan-25 Mar 8wks \$110  
Term 2 \*15 Apr-24 Jun 10wks \$130  
*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 31 Jan-27 Mar 9wks \$117  
Term 2 17 Apr-26 Jun 11wks \$145  
*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 1 30 Jan-26 Mar 9wks \$117  
Term 2 16 Apr-25 Jun 11wks \$145  
*Improve health and fitness through better movement, sensation, posture and breathing.*

*\*No classes on 9 Mar, 11 Mar, 29 Mar, 25 Apr, 8 Jun & 10 Jun*

## HEALTH & FITNESS

### Continued

#### Monday Rambles

Walking Group

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

Monday 10:00am-12noon

Term 1 \*12 Feb-25 Mar 6wks

Term 2 \*15 Apr-24 Jun 10wks

\$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 \*29 Jan-25 Mar 8wks \$110

Term 2 \*15 Apr-24 Jun 10wks \$130

#### Pilates

*Get ready to experience life-changing exercise, Pilates style! Improve your rhythm, flow, and focus while you stretch and balance your whole body.*

Monday 11:45am-12:45pm

5:30pm-6:30pm

or 6.30pm-7.30pm

Term 1 \*29 Jan-25 Mar 8wks \$110

Term 2 \*15 Apr-24 Jun 10wks \$130

Tuesday 6:00pm-7:00pm

Term 1 30 Jan-26 Mar 9wks \$117

Term 2 16 Apr-25 Jun 11wks \$145

#### Pilates continued

Thursday 6:15pm-7:15pm

Term 1 1 Feb-28 Mar 9wks \$117

Term 2 \*18 Apr-27 Jun 10wks \$130

#### Qigong for a Healthy Heart

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

Monday 1:15pm-2:15pm

Term 1 \*29 Jan-25 Mar 8wks \$110

Term 2 \*15 Apr-24 Jun 10wks \$130

#### Strength Training

*Lose a little 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 9:00am-10:15am

Term 1 \*29 Jan-25 Mar 8wks \$110

Term 2 \*15 Apr-24 Jun 10wks \$130

Tuesday 10:15am-11:30am

Term 1 30 Jan-26 Mar 9wks \$117

Term 2 16 Apr-25 Jun 11wks \$145

Friday 9:30am-10:45am

or 11:00am-12:15pm

Term 1 \*2 Feb-22 Mar 8wks \$110

Term 2 19 Apr-28 Jun 11wks \$145

#### Tai Chi for Diabetes

Monday 2:30pm-3:30pm

Term 1 \*29 Jan-25 Mar 8wks \$110

Term 2 \*15 Apr-24 Jun 10wks \$130

*\*No classes on 9 Mar, 11 Mar, 29 Mar, 25 Apr, 8 Jun & 10 Jun*

## HEALTH & FITNESS

*Continued*

**Walk 'n' Talk** (walking group)  
*Meet at Mitcham Community House and then enjoy a sociable walk.*

Wednesday 9:30am-10:30am

Term 1 31 Jan-27 Mar 9wks

Term 2 17 Apr-26 Jun 11wks

\$15 per semester

### Yoga

*Hatha Yoga is a relaxed style of postures including relaxation and breathing techniques. The sessions are suitable for beginners to experienced who want a gentle approach to Yoga.*

Monday 7:00pm-8:00pm

Term 1 \*29 Jan-25 Mar 8wks \$110

Term 2 \*15 Apr-24 Jun 10wks \$130

Tuesday 9:30am-10:45am,

6:15pm-7:15pm

**or** 7:30pm-8:30pm

Term 1 30 Jan-26 Mar 9wks \$117

Term 2 16 Apr-25 Jun 11wks \$145

Wednesday 5:50pm-6:50pm

Term 1 31 Jan-27 Mar 9wks \$117

Term 2 17 Apr-26 Jun 11wks \$145

Thursday 1:00pm-2:00pm

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

Term 1 1 Feb-28 Mar 9wks \$117

Term 2 \*18 Apr-27 Jun 10wks \$130

## 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 \*3 Feb-23 Mar 7wks \$105

Term 2 \*4 May-29 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 6 Feb-26 Mar 8wks \$120

Term 2 7 May-25 Jun 8wks \$120

### French, Advanced

*Suitable for students with good conversational French.*

Friday 10:00am-12noon

Term 1 2 Feb-22 Mar 8wks \$120

Term 2 10 May-28 Jun 8wks \$120

*\*No classes on 9 Mar, 11 Mar, 29 Mar, 25 Apr, 8 Jun & 10 Jun*

## SOCIAL ACTIVITIES & SPECIAL INTERESTS

### Book Club

\$55 per year, books additional  
Monday 7:30pm-9:00pm  
Term 1 5 Feb & 4 Mar  
Term 2 15 Apr, 13 May & 17 Jun  
A new book is discussed each month in this friendly group and participants source their own books.

### Creative Writing Group

(self-directed)  
Thursday 10:00am-12:00pm  
Term 1 1 Feb-28 Mar 9wks \$50  
Term 2 \*18 Apr-27 Jun 10wks \$50

### Dine Out Dinner Club

Monday 6:30pm  
12 Feb & 3 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

\$20 per term  
Monday 1:00pm-3:00pm  
Term 1 \*29 Jan-25 Mar 8wks  
Term 2 \*15 Apr-24 Jun 10wks  
Have a chat and a cuppa while knitting for charity with this friendly group

*\*No classes on 9 Mar, 11 Mar, 29 Mar, 25 Apr, 8 Jun & 10 Jun*

### Patchwork Group

\$50 per term  
Monday 10:00am-12:00pm  
Term 1 \*29 Jan-25 Mar 8wks  
Term 2 \*15 Apr-24 Jun 10wks  
*Bring your own project plus any supplies you need. Enjoy this small, friendly group.*

## COMMUNITY GROUPS

### AA

1300 222 222 aa.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

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

<https://youtu.be/AA2oW5Kexp4>

## CHILDREN'S ACTIVITIES

### Playgroups

Our popular playgroup sessions are run by an experienced educator. (Fee is per family)

Monday 9:30am-11:30am

Term 1 \*29 Jan-25 Mar 8wks \$110

Term 2 \*15 Apr-24 Jun 10wks \$130

Wednesday 9:30am-11:30am

Term 1 31 Jan-27 Mar 9wks \$117

Term 2 17 Apr-26 Jun 11wks \$145

### Chess Lessons for kids **NEW!**

Chess is a fun board game that builds resilience and a strategic mindset. Lessons are for beginners and intermediate players aged 5-17yrs. Experienced players are welcome to play chess socially.

BYO chessboard

Saturday 10:00am-11:00am

Term 1 \*3 Feb-23 Mar 7wks \$95

Term 2 20 Apr-18 May 5wks \$70

### Homework Club **NEW!**

Bring homework or school materials (e.g. laptop, worksheets) to receive academic support from our tutor. Suitable for ages 5-12 yrs.

Friday 4:00pm-5:30pm

Term 1 \*2 Feb-22 Mar 8wks \$110

Term 2 19 Apr-28 Jun 11wks \$145

## 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

We acknowledge the Traditional Owners 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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