



**Mitcham**  
Community House

# Course Guide

## Term 3 & 4 2024

### 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, Garden Childcare, English as an Additional Language Classes and Community Activities.

## 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.

*\*No classes on 2<sup>nd</sup> 4<sup>th</sup> 5<sup>th</sup> November*

## 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.

## SAVE THE DATE!!!

**29<sup>th</sup> November Christmas**

Celebrate the Season  
More details to come

**26<sup>th</sup> October Open Day – Deferred to 2025 for 50 year celebration!!**

## 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.**



### 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: \$68 for 20 wks

Non-residents: \$135 per term

Term 3 19 Jul-20 Sep 10 wks

Term 4 12 Oct-13 Dec 10 wks

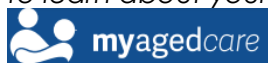
## FREE INFORMATION SESSIONS

**(Bookings Essential)**

**myagedcare Information Session**

Tuesday 22 Oct 1:00-2:30

*It can be overwhelming when you start your aged care journey and are thinking about how to access aged care services. Come along to learn about your options*



## 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 3 17 Jul-18 Sep 10wks \$140

Term 4 9 Oct -11 Dec 10wks \$140

Thursday 10:00am-12:00pm

Term 3 18 Jul-19 Sep 10wks \$140

Term 4 10 Oct-12 Dec 10wks \$140

### Card Making - monthly

Tuesday 9:30am-12:30pm

\$30 per session

Term 3 16 Jul, 6 Aug & 3 Sep

Term 4 8 Oct & 12 Nov

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

## Auslan Intermediate - for Work & Study

Thursday 7:00pm-9:00pm

Term 3 25 Jul- 12 Sep 8wks \$140

Term 4 17 Oct- 5 Dec 8wks \$140

*Suitable for those needing Auslan skills for work, to support family members or to pathway into further study. Must have completed beginners level*

**\*No classes on 2<sup>nd</sup> 4<sup>th</sup> 5<sup>th</sup> November**

## COMPUTERS & IT

(BYO Device)

### Outsmart The Scammers

Thursday 1-3pm

Term 4 14 Nov 1 wk \$30

*What YOU need to do to stay safe online. A must attend for anyone who doesn't want to be scammed. Learn the skills to stay safe online. Suits Windows, tablets and smartphone users - BYO device. Over 50s most welcome!*

### Facebook Marketplace

Friday 10.30am-12pm

Term 4 22 Nov 1wk \$30

### Sell your pre-loved items on Facebook Marketplace

*You **must** have a Facebook account + be on Facebook Declutter + make some extra cash! This workshop will show you how BYO tablet, laptop or smartphone Suits the over 50's*

## HEALTH & FITNESS

### Balance for Body - Strength and Falls Prevention

Friday 1:30pm-2:30pm

Term 3 19 Jul-20 Sep 10wks \$135

Term 4 11 Oct-13 Dec 10wks \$135

*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 3 17 Jul-18 Sep 10wks \$135

Term 4 9 Oct-11 Dec 10wks \$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 15 Jul-16 Sep 10wks \$135

Term 4 \*7 Oct-9 Dec 9wks \$122

*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 17 Jul-18 Sep 10wks \$135

Term 4 9 Oct- 11 Dec 10wks \$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 16 Jul- 17 Sep 10wks \$135

Term 4 \*8 Oct- 10 Dec 9wks \$122

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

*\*No classes on 2<sup>nd</sup> 4<sup>th</sup> 5<sup>th</sup> November*

## HEALTH & FITNESS

### Continued

#### Monday Rambles

Walking Group

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

Monday 10:00am-12noon

Term 3 15 Jul-16 Sep 10wks

Term 4 \*7 Oct-9 Dec 9wks

\$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 15 Jul-18 Sep 10wks \$135

Term 4 \*7 Oct-9 Dec 9wks \$122

#### 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 3 15 Jul-16 Sep 10wks \$135

Term 4 \*7 Oct-9 Dec 9wks \$122

Tuesday 6:00pm-7:00pm

Term 3 16 Jul-17 Sep 10wks \$135

Term 4 \*8 Oct-10 Dec 9wks \$122

#### Pilates continued

Thursday 6:15pm-7:15pm

Term 3 18 Jul- 19 Sep 10wks \$135

Term 4 10 Oct-12 Dec 10wks \$135

#### Qigong for a Healthy Heart

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

Monday 1:15pm-2:15pm

Term 3 15 Jul-16 Sep 10wks \$135

Term 4 \*7 Oct-9 Dec 9wks \$122

#### 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 3 15 Jul-16 Sep 10wks \$135

Term 4 \*7 Oct-9 Dec 9wks \$122

Tuesday 10:15am-11:30am

Term 3 16 Jul-17 Sep 10wks \$135

Term 4 \*8 Oct-10 Dec 9wks \$122

Friday 9:30am-10:45am

or 11:00am-12:15pm

Term 3 19 Jul-20 Sep 10wks \$135

Term 4 11 Oct-13 Dec 10wks \$135

#### Tai Chi for Diabetes

Monday 2:30pm-3:30pm

Term 3 15 Jul-16 Sep 10wks \$135

Term 4 \*7 Oct-9 Dec 9wks \$122

*\*No classes on 2<sup>nd</sup> 4<sup>th</sup> 5<sup>th</sup> November*

## 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 3 17 Jul-18 Sep 10wks

Term 4 9 Oct-11 Dec 10wks

\$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 3 15 Jul-16 Sep 10wks \$135

Term 4 \*7 Oct-9 Dec 9wks \$122

Tuesday 9:30am-10:45am,

6:15pm-7:15pm

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

Term 3 16 Jul-17 Sep 10wks \$135

Term 4 \*8 Oct-10 Dec 9wks \$122

Wednesday 5:50pm-6:50pm

Term 3 17 Jul-18 Sep 10wks \$135

Term 4 9 Oct-11 Dec 10wks \$135

Thursday 1:00pm-2:00pm

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

Term 3 18 Jul-19 Sep 10wks \$135

Term 4 10 Oct-12 Dec 10wks \$135

## 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 3 27 Jul-14 Sep 8wks \$120

Term 4 \*12 Oct-7 Dec 8wks \$120

### French, Intermediate 1 Zoom

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

Thursday 6:30pm-8:30pm

Term 3 25 Jul-12 Sep 8wks \$120

Term 4 17 Oct-5 Dec 8wks \$120

### French, Advanced

*Suitable for students with good conversational French.*

Friday 10:00am-12noon

Term 3 2 Aug-20 Sep 8wks \$120

Term 4 18 Oct-6 Dec 8wks \$120

*\*No classes on 2<sup>nd</sup> 4<sup>th</sup> 5<sup>th</sup> November*

## SOCIAL ACTIVITIES & SPECIAL INTERESTS

### Book Club

\$55 per year, books additional

Monday 7:30pm-9:00pm

Term 3 15 Jul, 12 Aug & 9 Sep

Term 4 \* 7 Oct 11 Nov & 2

Discuss a new monthly read

### Creative Writing Group

(self-directed)

Thursday 10:00am-12:00pm

Term 3 18 Jul-19 Sep 10wks \$50

Term 4 10 Oct-12 Dec 10wks \$50

### Dinner Club at Mitcham Hotel

Monday 6:30pm, pay your way

19 Aug and 25 Nov

Contact office to confirm a place

### Knitting for Charity

\$20 per term

Monday 1:00pm-3:00pm

Term 3 15 Jul-16 Sep 10wks

Term 4 \*7 Oct-9 Dec 9wks

Have a chat and a cuppa while knitting for charity

### Patchwork Group

\$50 per term

Monday 10:00am-12:00pm

Term 3 15 Jul-16 Sep 10 wks

Term 4 \*7 Oct-9 Dec 9wks

Bring your project and supplies

## COMMUNITY GROUPS

### AA

1300 222 222

aa.org.au

### VALID

9416 4003

office@valid.org.au

*\*No classes on 2<sup>nd</sup> 4<sup>th</sup> 5<sup>th</sup> November*

## PARTY HIRE/ROOM RENTAL

Bookings are required and are subject to availability.

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 3 15 Jul-16 Sep 10wks \$135

Term 4 \*7 Oct-9 Dec 9wks \$122

Wednesday 9:30am-11:30am

Term 3 17 Jul-18 Sep 10wks \$135

Term 4 9 Oct-11 Dec 10wks \$135

### Chess Lessons for kids

Lessons are for beginners and intermediate players aged 5-17yrs.

BYO chessboard

Friday 4:00pm-5:00pm

Term 3 19 Jul-20 Sep 10 wks \$135

Term 4 11 Oct-13 Dec 10wks \$135



## Homework Club

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

Saturday 10-11:30am

Term 3 20 Jul- 21 Sep 10wks \$135

Term 4 12 Oct- 7 Dec 8 wks \$108

## WORKSHOPS FOR CREATIVE KIDS:

### Create an Original Artwork **NEW!**

\$35 per session All materials provided

Wednesday 4:00pm-5:00pm

31 July, 21 Aug, 18 Sep

Learn with artist Lisa Kerr drawing and painting skills, to create an Australian animal illustration.

### Decorate Cupcakes **NEW!**

\$40 per session, all materials provided

Tuesday 4:00pm-5:30pm

30 July, 27 Aug, 29 Oct, 19 Nov, 10 Dec

Learn how to decorate cupcakes like the professionals with Jas Decorate and take home 6 gorgeous cupcakes to share with your besties.

### Make Your Own Earrings **NEW!**

\$45 per session, materials provided

Saturday 9:30am-12pm 17Aug

Saturday 9:30am-12:00pm 9 Nov

## School Holiday Activity:

Wednesday 10am-12:30 2 Oct

Join jewellery-maker Kelly to create beautiful one of a kind polymer clay earrings that reflect your own personal style.

## OUR LOCATION

19 Brunswick Rd, Mitcham 3132

We are in walking distance from Mitcham Railway Station.

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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