



mitcham
Community House

Course Guide

Term 1 & 2 2025

January to July

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 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.

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 the 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!!!

Celebrate 50 YEARS of
Mitcham Community House
Saturday 17th May

**No classes on 10th Mar, 21st & 25th Apr and 9th June*



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
Conc: \$90 per Semester
Non conc: \$110 per Semester

Term 1 6 Feb-27 Mar 8wks
Term 2 1 May-19 June 8wks
Suitable for beginners needing Auslan skills for work, to support family members or to pathway into further study.



Get More from Technology

Tuesday 1:00pm-3:00pm
Term 1 11 Feb-11 Mar 5wks
Term 2 27 May-24 Jun 5wks
Conc. \$75 per semester
Non con: \$95 per semester

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.

***No classes on 10th Mar, 21st & 25th Apr and 9th June**



Learn English

Beginners English for living, working and studying. Learn the basic commonly used terms and speak with confidence.

Conc: \$100 per semester
Non conc: \$120 per semester
Non-residents: \$160 per term
Non-residents: \$176 for 11 wks

Wednesday 9:30-12:30
Term 1 29 Jan-2 Apr 10 wks
Term 2 23 Apr-2 Jul 11 wks

Intermediate English; further develop your speaking, listening, reading and writing skills and knowledge.

Friday 9:30am-12:30pm
Term 1 31 Jan-4 Apr 10wks
Term 2 2 May-4 Jul 10wks

FREE INFORMATION SESSIONS

**More information to come
...check our Website or Social
pages**

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 29 Jan-2 Apr 10wks \$145

Term 2 23 Apr- 2 Jul 11wks \$160

Thursday 10:00am-12:00pm

Term 1 30 Jan-3 Apr 10wks \$145

Term 2 24 Apr-3 Jul 11wks \$160

Card Making - monthly

Tuesday 9:30am-12:30pm

\$30 per session

Term 1 4 Feb, 4 Mar & 1 Apr

Term 2 6 May, 3 Jun & 1 Jul

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

COMPUTERS & IT

(BYO Device)

Managing Photos On Your Devices

Tuesday 1:00pm-3:00pm

Term 2 22 Apr-6 May 3wks \$45

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 1:00pm-2:00pm

Term 1 31 Jan-4 Apr 10wks \$145

Term 2 2 May- 4 Jul 10wks \$145

Improve balance and reduce the risk of injury through falls in this gentle class

Belly Dancing

Wednesday 11:30am-12:30pm

Term 1 29 Jan-2 Apr 10wks \$145

Term 2 23 Apr- 2 Jul 11wks \$160

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 *3 Feb-31 Mar 8wks \$116

Term 2 *28 Apr-30 Jun 9 wks \$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 29 Jan-2 Apr 10wks \$145

Term 2 23 Apr- 2 Jul 11wks \$160

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

***No classes on 10th Mar, 21st & 25th Apr and 9th June**

HEALTH & FITNESS

Continued

Feldenkrais

Tuesday 11:00am-12:00pm

Term 1 28 Jan- 1 Apr 10wks \$145

Term 2 22 Apr- 1 Jul 11wks \$160

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 *10 Feb-31 Mar 9wks

Term 2 *28 Apr-30 Jun 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 1 *3 Feb-31 Mar 8wks \$116

Term 2 *28 Apr-30 Jun 9 wks \$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 5:30pm-6:30pm

or 6.30pm-7.30pm

Term 1 *3 Feb-31 Mar 8wks \$116

Term 2 *28 Apr-30 Jun 9 wks \$130

Tuesday 6:00pm-7:00pm

Term 1 28 Jan- 1 Apr 10wks \$145

Term 2 22 Apr- 1 Jul 11wks \$160

Thursday 6:15pm-7:15pm

Term 1 30 Jan – 3 Apr -10 wks \$145

Term 2 24 Apr- 3 Jul – 11 wks \$160

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 *3 Feb-31 Mar 8wks \$116

Term 2 *28 Apr-30 Jun 9 wks \$130

Tuesday 10:15am-11:30am

Term 1 28 Jan- 1 Apr 10wks \$145

Term 2 22 Apr- 1 Jul 11wks \$160

Friday 9:30am-10:45am **or**

11:00am-12:15pm

Term 1 31 Jan-4 Apr 10 wks \$145

Term 2 2 May- 4 Jul 10wks \$145

**No classes on 10th Mar, 21st & 25th Apr and 9th June*

HEALTH & FITNESS

Continued

Nidra Yoga

A guided, restorative meditation to relax the body and place the mind in a state of consciousness, bring a pillow and blanket

Thursday 1:00pm-2:00pm

Term 1 20 Feb-13 Mar 4 wks \$58

Term 2 22 May-12 Jun 4wks \$58

Walk 'n' Talk (walking group)

Meet at Mitcham Community House and then enjoy a sociable walk.

Wednesday 9:30am-10:30am

Term 1 29 Jan-2 Apr 10 wks

Term 2 23 Apr-2 Jul 11 wks

\$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 *3 Feb-31 Mar 8wks \$116

Term 2 *28 Apr-30 Jun 9 wks \$130

Tuesday 9:30am-10:45am,

6:15pm-7:15pm

or 7:30pm-8:30pm

Term 1 28 Jan- 1 Apr 10wks \$145

Term 2 22 Apr- 1 Jul 11wks \$160

Wednesday 5:50pm-6:50pm

Term 1 29 Jan-2 Apr 10 wks \$145

Term 2 23 Apr-2 Jul 11 wks \$160

Thursday 2:10pm-3:10pm

Term 1 30 Jan-3 Apr 10wks \$145

Term 2 24 Apr-3 Jul 11wks \$160

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 *1 Feb-22 Mar 8wks \$120

Term 2 *3 May- 28 Jun 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 1 30 Jan- 3 Apr 10wks \$150

Term 2 24 Apr- 3 Jul 10wks \$150

French, Advanced

Suitable for students with good conversational French.

Friday 10:00am-12noon

Term 1 7 Feb-28 Mar 8 wks \$120

Term 2 2 May-20 Jun 8wks \$120

*No classes on 10th Mar, 21st & 25th Apr and 9th June

SOCIAL ACTIVITIES & SPECIAL INTERESTS

Book Club

\$60 per year, books additional

Monday 7:30pm-9:00pm

Term 1 3 Feb, 3 & 31 Mar

Term 2 5 May & 2, 30 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 30 Jan-3 Apr 10wks \$55

Term 2 24 Apr-3 Jul 11wks \$55

Dine Out Dinner Club

Monday 6:30pm

17 Mar & 19 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

\$25 per term

Monday 1:00pm-3:00pm

Term 1 *3 Feb-31 Mar 8 wks

Term 2 *28 Apr-30 Jun 9 wks

Have a chat and a cuppa while knitting for charity with this friendly group

**No classes on 10th Mar, 21st & 25th Apr and 9th June*

Patchwork Group

\$55 per term

Monday 10:00am-12:00pm

Term 1 *3 Feb-31 Mar 8 wks

Term 2 *28 Apr-30 Jun 9 wks

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

COMMUNITY GROUPS

AA

1300 222 222

aa.org.au

Narcotics Anonymous

1300 652 820 na.org.au

VALID

9416 4003 office@valid.org.au

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 *3 Feb-31 Mar 8wks \$116

Term 2 *28 Apr-30 Jun 9 wks \$130

Wednesday 9:30am-11:30am

Term 1 29 Jan-2 Apr 10 wks \$145

Term 2 23 Apr-2 Jul 11 wks \$160

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 *1 Feb-5 Apr 10wks \$145

Term 2 26 Apr- 5 Jul 10wks \$145

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 31 Jan-4 Apr 10 wks \$145

Term 2 2 May- 4 Jul 10wks \$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:



*No classes on 10th Mar, 21