

Mitcham Community House

Course Guide

Term 3 & 4 2023

July to December

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 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-1:30pm
Full fee $40 for 11wks
Term 3 14 Jul-15 Sep 10wks
Term 4 6 Oct-15 Dec 11wks

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-11:30am
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 of 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 17Aug & 7 Sep
Term 4 26 Oct & 30 Nov
Learn how to design and create your own earrings and take them home on the day!

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.

Get More From Your Device
Tuesday 1:00pm-3:00pm
Term 4 24 Oct-28 Nov 5wks $85
BYO device You'll learn more useful and fun features of your device; tips, tricks, shortcuts plus more! Non technical. Ideal for the over 50's. Suits iPhones/iPads, Android (Samsung etc.).

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

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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 4 *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-13Dec 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-13Dec 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.

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.

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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/AA2oW5Kexp4

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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