

## Enrolment



### You can book and pay for a course or activity

1. **In person or over the phone, during our office hours.**  
Payment can be made in cash or by credit/debit card (EFTPOS available)
2. **Online at <http://www.mackierdnh.org.au/classes-and-courses/>**

Enrolment Forms are available from the Office or can be downloaded from our website.

### Terms and Conditions

- Full course fees are payable at the time of booking and prior to course commencement
- \*\* Concession cards (Pensioner or Health Care Cards only) must be produced at enrolment to receive the concession rate. Not all courses/classes offer concession rates.
- A fee reduction of **not more** than two classes per term will be made where you expect to miss classes for holidays or other obligations (No reduction available for pre-accredited courses)
- Refunds **will not** be given if a student discontinues a course, does not attend or cancels within the week prior to course commencement
- A refund (less \$10.00 admin fee) is given if you cancel your enrolment at least 7 days prior to course commencement
- A full refund is provided if the class is cancelled by Mackie Rd Neighbourhood House due to insufficient numbers or other reasons

## Office Hours

The Office, and our e-Cafe are open to the public, during school terms (excl. public holidays) as follows:

Monday: 9.30am – 5.00pm  
Tuesday: 9.30am – 3.00pm  
Wednesday: 9.30am – 5.00pm  
Thursday: 1.30pm – 5.00pm  
Friday: 9.30am – 1.30pm



Justice of the Peace services available Wednesdays by appointment.



*Mackie Rd Neighbourhood House Main Entrance*

You'll find us inside the  
Wellington Reserve Community Centre  
36-42 Mackie Rd, Mulgrave 3170  
(Just behind the playground)

Phone: 9548 3311  
Email: [info@mackierdnh.org.au](mailto:info@mackierdnh.org.au)  
ABN: 15192371415

# Term 2 2019

23<sup>rd</sup> April – 28<sup>th</sup> June

[www.mackierdnh.org.au](http://www.mackierdnh.org.au)



## Social and Support Groups

Mackie Rd Neighbourhood House is home to several social and support groups. Come along and try a group today...  
**Everyone is welcome!**

### COMMUNITY MORNING TEA

Come along to the House on Tuesday mornings at 10.30am (during school terms) and enjoy getting to know the staff and your neighbours over a delicious morning tea. **Cost: Free**

### CRAFT GROUP

This group meets weekly (during school terms) on a **Monday** from **10am-12pm** to work on a variety of projects (beading, scrapbooking, crochet, knitting). Bring along your latest craft project and enjoy creating in the company of other, friendly makers. New members are always welcome **Cost: \$3/session**

### WALKING GROUP

Looking for an opportunity to complete a gentle-moderate walk, in the company of other friendly walkers? Our group walks at a different location every week on **Mondays 10am-11am** (during school terms) and heads out for about 1 hour. Contact the office for more details about meeting locations. **Cost: Free**

### TAT & CHAT GROUP

This group meets on the first **Monday** of the month from **10am-12pm** to work on their tatting and have a chat! Bring along your latest tatting project and enjoy creating in the company of other, friendly makers. New members are always welcome. **Meeting: 6<sup>th</sup> May and 3<sup>rd</sup> June Cost: \$3/session**

### PATCHWORK AND SEWING GROUP

This group meets weekly on **Wednesdays** (during school terms) from **1pm-3pm** to work on their patchwork and sewing projects! Bring along your latest project and enjoy creating in the company of other, friendly makers. New members are always welcome. **Term 2 dates: 24<sup>th</sup> April – 26<sup>th</sup> June Cost: \$3/session**

### MRNH HAPPY LADIES GROUP!

Enjoy a comfortable, welcoming environment where you can meet like-minded ladies and be taught positive affirmations, breathing techniques and meditation. Meeting every **Monday 11am-12pm** (no session Monday 10<sup>th</sup> June). Term 2 Dates: **29<sup>th</sup> April – 24<sup>th</sup> June Cost: \$3/ session**

### POSITIVE GROUP

Enjoy a comfortable, welcoming environment where you can meet like-minded people and be taught positive affirmations, breathing techniques and meditation. Meeting every **Thursday 7.05pm-8.05pm**. Term 2 Dates: **2<sup>nd</sup> May – 27<sup>th</sup> June Cost: \$3/ session**

## Adult Education (Pre-accredited) Cont'd

### Financial Skills for Small Business

Thinking about starting up a Small Business? This course is designed to provide you with opportunity to develop the important financial literacy skills needed to succeed. Course content includes an introduction to business planning, budgeting, cash management, financial management and risk analysis.

Dates	Day & Time	Full Fee	Full Fee (Eligible*)
7 <sup>th</sup> May – 25 <sup>th</sup> June	Tues 6pm-9pm	\$120	\$50

## Children's Programs

### Children's Art Classes **\*BOOK EARLY\***

Our children's art classes encourage originality and creativity, enabling children to explore various mediums and techniques. Children will work on a range of projects using pastel (soft/oil), paint (watercolour/acrylic) and pencil. These classes provide a wonderful opportunity for children to develop painting and drawing skills in a friendly and supportive environment.

Dates	Day/Time	Full fee	Concession**
29 <sup>th</sup> April – 24 <sup>th</sup> June *No class 10 <sup>th</sup> June	Monday 4pm-5pm (5-7yrs) Monday 5pm-6pm (7+ yrs)	\$85	\$75
24 <sup>th</sup> April – 26 <sup>th</sup> June	Wednesday 4pm-5pm (5-7yrs) Wednesday 5pm-6pm (7+ yrs)	\$110	\$100
2 <sup>nd</sup> May – 27 <sup>th</sup> June	Thursday 4pm-5pm (5-7yrs) Thursday 5pm-6pm (7+ yrs)	\$100	\$90

A materials kit also needs to be purchased prior to your child attending their first class. The kit will last several terms. **Cost: \$30.00**

### Homework Club

Looking for somewhere for your primary-school aged child to complete their homework with support from tutors in a friendly space free from distractions (like gaming devices)? Our homework club provides a healthy afterschool snack, supervised access to computers and the Mulgrave library, and tutors to support students to develop positive homework habits. Students must be signed in and out by a parent/ guardian. \*Homework Club will run for the full 10 weeks of term

Dates	Day/Time	Full fee	Concession**
30 <sup>th</sup> April – 25 <sup>th</sup> June	Tuesday 4pm-5.30pm	\$75 per family	\$70 per family

### MRNH Playgroup

Our playgroup offers a safe and secure environment for children to learn through play and social interaction. Each session includes a fun-filled, energetic, facilitated music and movement time and lots of free play. (Music session starts around 10am).

Dates	Day/Time	Full fee	Concession**
26 <sup>th</sup> April – 28 <sup>th</sup> June	Friday 9.30am-12pm	\$60 per family	\$55 per family

## Life Writing

Our qualified tutor will take you on an enjoyable writing journey to get your story (or the story of a loved one) on paper. Topics in this course include how to prompt memories, easy writing techniques, and how to make your story flow. Personalised feedback will be provided each week to participants on their weekly exercises.

Dates	Day/Time	Full fee	Concession**
22 <sup>nd</sup> May – 12 <sup>th</sup> June	Wed 10.30am–11.30am	\$45	\$40

## Adult Education (Pre-accredited)

### Prepare for Work

Are you looking to gain confidence and competency to gain employment in Australia? This course supports learners to prepare a resume, practise writing letters of application, address key selection criteria and provides support to apply for jobs. The course also covers interview techniques and job search skills.

Dates	Days & Times	Full Fee	Full Fee (Eligible*)
7 <sup>th</sup> May – 27 <sup>th</sup> June	Tues & Thurs 9.30am-12.30pm	\$180	\$80

### English for Work and Study

This course is designed for people from non-english speaking backgrounds seeking to improve and gain confidence in their English language skills in order to prepare themselves for further study and/or employment. The course focuses on developing learners' ability to converse and present confidently in English, follow verbal/written instructions and complete written tasks using appropriate grammar, punctuation and vocabulary. The course also covers interview skills and resume writing.

Dates	Days & Times	Full Fee	Full Fee (Eligible*)
29 <sup>th</sup> April – 24 <sup>th</sup> June *No class 10 <sup>th</sup> June	Mon & Tues 9.30am-12.30pm	\$180	\$80

### English Conversation

This course is designed for people from CALD backgrounds seeking to improve and gain confidence in their spoken English language skills in order to prepare themselves for further study or employment. The course focuses on developing learners ability to speak confidently in English on a variety of topics and to follow and give verbal instructions.

Dates	Day & Time	Full Fee	Full Fee (Eligible*)
8 <sup>th</sup> May – 26 <sup>th</sup> June	Wed 9.30am – 12.30pm	\$120	\$50

\* Adult learners who are Australian citizens or permanent residents are eligible to pay the discounted full fee. The discounted full fee is only available for one term per class ie. if the same class is taken in subsequent terms, participants will pay the full fee.

## CHINESE GRANDPARENTS GROUP

Make new friends, share experiences you have had in Melbourne and have fun. With plenty of room and toys, there will be something to keep the adults and the kids entertained! Meeting every **Tuesday 10am-12pm.**

Term 2 Dates: **23<sup>rd</sup> April – 25<sup>th</sup> June**

## Health & Wellbeing Programs

### Gentle Exercise for Seniors

An exercise program specifically designed for older people, this program will support you to improve balance, strength and mobility and your overall level of fitness. This course is suitable for all levels of fitness and mobility and can be undertaken seated if necessary.

Dates	Day/Time	Full fee	Concession**
7 <sup>th</sup> May – 28 <sup>th</sup> May	Tuesday 10am-11am	\$45	\$40
4 <sup>th</sup> June – 25 <sup>th</sup> June	Tuesday 10am-11am	\$45	\$40

### Nia – Moving to heal

Soulful music, easy to follow choreographed movement and a supportive atmosphere encourage each person to consciously tune-in, and personalise movements to bring pleasure and self-healing.

Dates	Day/Time	Full fee	Concession**
29 <sup>th</sup> April – 20 <sup>th</sup> May	Monday 11am-12pm	\$45	\$40
27 <sup>th</sup> May – 24 <sup>th</sup> June	Monday 11am-12pm	\$45	\$40
*No class 10 <sup>th</sup> June			

### Pilates (Beginners/ Intermediate)

This program is low-impact and is designed to help you to improve flexibility, build strength, and develop control and endurance in the body. It puts an emphasis on breathing, developing a strong core and improving balance. This course is suitable for beginners/intermediate participants and will involve standing and mat work. BYO mat or use House provided.

Dates	Day/Time	Full fee	Concession**
29 <sup>th</sup> April – 20 <sup>th</sup> May	Mon 6.30pm-7.30pm	\$45	\$40
27 <sup>th</sup> May – 24 <sup>th</sup> June	Mon 6.30pm-7.30pm	\$45	\$40
*No class 10 <sup>th</sup> June			
2 <sup>nd</sup> May – 23 <sup>rd</sup> May	Thurs 6pm-7pm	\$45	\$40
30 <sup>th</sup> May – 27 <sup>th</sup> June	Thurs 6pm-7pm	\$55	\$50

### Strength Training

Strength training helps develop stronger muscles and better balance and contributes to general health and wellbeing. Suitable for men and women of all ages and abilities.

Dates	Day/Time	Full fee	Concession**
7 <sup>th</sup> May – 28 <sup>th</sup> May	Tues 9am-10am	\$45	\$40
4 <sup>th</sup> June – 25 <sup>th</sup> June	Tues 9am-10am	\$45	\$40
10 <sup>th</sup> May – 31 <sup>st</sup> May	Fri 11am-12pm	\$45	\$40
7 <sup>th</sup> June – 28 <sup>th</sup> June	Fri 11am-12pm	\$45	\$40

## Health & Wellbeing Programs Cont'd

### Stretch and Stabilise

Suitable for all ages, levels and abilities this course supports the development of strength, flexibility and focuses on a range of movement and postures to enhance balance and a sense of wellbeing. Involves mat work so participants need to be able to get down onto and up from the floor. BYO mat

Dates	Day/Time	Full fee	Concession**
7 <sup>th</sup> May – 28 <sup>th</sup> May	Tues 11am-12pm	\$45	\$40
4 <sup>th</sup> June – 25 <sup>th</sup> June	Tues 11am-12pm	\$45	\$40

### Tai Chi

In Tai Chi attention is placed on mind intention, breath, alignment and easy flow of motion. Enjoy the benefits of this ancient form of exercise under the guidance of our fully qualified instructor.

Dates	Day/Time	Full fee	Concession**
29 <sup>th</sup> April – 20 <sup>th</sup> May	Mon 9.55am-10.55am	\$45	\$40
27 <sup>th</sup> May – 24 <sup>th</sup> June	Mon 9.55am-10.55am	\$45	\$40
*No class 10 <sup>th</sup> June			

### Tai Chi for Beginners

In Tai Chi attention is placed on mind intention, breath, alignment and easy flow of motion. Enjoy the benefits of this ancient form of exercise under the guidance of our fully qualified instructor who will focus on starting from the very beginning.

Dates	Day/Time	Full fee	Concession**
29 <sup>th</sup> April – 20 <sup>th</sup> May	Mon 12.30pm-1.30pm	\$45	\$40
27 <sup>th</sup> May – 24 <sup>th</sup> June	Mon 12.30pm-1.30pm	\$45	\$40
*No class 10 <sup>th</sup> June			

### Yoga **\*NEW**

Yoga is an ancient art which focuses on balancing the body, mind and spirit. The practice of Yoga will give you a sense of well-being and peace, and will help to improve balance and flexibility. It also improves the functioning of the respiratory, circulatory, and digestive systems. This class is suitable for all levels.

Dates	Day/Time	Full fee	Concession**
8 <sup>th</sup> May – 29 <sup>th</sup> May	Wed 10am-11am	\$45	\$40
5 <sup>th</sup> May - 26 <sup>th</sup> June	Wed 10am-11am	\$45	\$40

## Special Interest Courses

### French for Beginners **\*NEW**

Always wanted to learn French? Planning a trip to France or learning French for its culture? If so, our French classes are perfect for you! Our tutor, Isabelle, was born and raised in France, and can give you the skills to speak confidently in everyday situations.

Dates	Day/Time	Full fee	Concession**
15 <sup>th</sup> May - 26 <sup>th</sup> June	Wed 11am - 1pm	\$125	\$115

### Introduction to Computing for Seniors

This six-week course is suitable for beginners and post beginners and will cover topics such as Where did the computer put that document or photograph and how can I control it? How do I set up and use an email account? Workshops also provide time for general troubleshooting and support.

Dates	Day/Time	Full fee	Concession**
22 <sup>nd</sup> May – 26 <sup>th</sup> June	Wed 9.30-10.30am	\$65	\$60

### Introduction to Gardening

Would you like to enjoy the benefits of gardening but aren't sure where to begin? This 4-week, hands on program, with our experienced Horticulturalist covers a range of topics including getting to know plants, propagating, managing weeds and basic garden design.

Dates	Day/Time	Full fee	Concession**
24 <sup>th</sup> April – 15 <sup>th</sup> May	Wed 12.30pm-1.30pm	\$45	\$40

### Memoir Editing **\*NEW**

Take the next step with your Life Writing in our new Memoir Editing course. Tutor and professional writer, Lisa Habermann, will provide step-by-step guidance to shape written memories into a cohesive whole. An ideal course for people who have previously undertaken the Life Writing courses or who already have a body of work. Each session will include tips on editing work with practical exercises and organisational advice. Personalised feedback will be given to two writers each week. Information will also be given at the end of the course to include publishing options.

Dates	Day/Time	Full fee	Concession**
22 <sup>nd</sup> May – 26 <sup>th</sup> June	Wed 12pm-1.30pm	\$75	\$70

### Cake Decorating

Come along for a fantastic program (2hrs x 4 weeks) with a fully qualified Patisserie chef! This will be a fun and interactive course and is suitable for beginners who love baking and want to learn some basic cake decorating techniques. *\*All participants are required to bring their own apron.*

Dates	Day/Time	Full fee	Concession**
6 <sup>th</sup> June – 27 <sup>th</sup> June	Thurs 10.30am-12.30pm	\$80	\$70

A materials kit also needs to be purchased prior to attending the first class. The kit will last several terms. **Cost: \$35.00**

### Italian for Everyone

Always wanted to learn Italian? Planning a trip to Italy or learning Italian for its culture? If so, our Italian classes are perfect for you! Our tutor, Luciano Pirrottina, who was born and raised in Italy, will teach colloquial, modern everyday Italian, which can be used immediately, in shops, restaurants, markets, with friends and acquaintances.

Dates	Day/Time	Full fee	Concession**
9 <sup>th</sup> May – 27 <sup>th</sup> June	Thurs 10.30am-12.30pm	\$140	\$125
8 <sup>th</sup> May – 26 <sup>th</sup> June	Wed 6.30pm-8.30pm	\$140	\$125