

## 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 by EFTPOS, cash, or credit/debit card
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. Places in courses are only secure once full payment has been received.
- 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.
- MRNH does not offer participants the option of paying weekly/casual rates.
- MRNH does not offer pro rata payments for time away or missed classes (except in special circumstances which can be discussed with the coordinator or office manager). Special consideration will be granted for no more than 1 term in any calendar year.
- 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 MRNH 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 – 4.00pm

Tuesday: 9.30am – 4.00pm

Wednesday: 9.30am – 4.00pm

Thursday: 9.30pm – 4.00pm

Friday: 9.30am – 2.30pm



Justice of the Peace services available Wednesdays by appointment.



**Mackie Rd  
Neighbourhood  
House**

*learn • share • belong*



*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 2020**

14<sup>th</sup> April – 26<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**

**\*No session 8<sup>th</sup> June**

### 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: 4<sup>th</sup> May and 1<sup>st</sup> June Cost: \$3/session**

### ARMENIAN PLAYGROUP

This group meets weekly on **Thursdays** (during school terms) from **10am-12pm**. Make new friends and have fun! New members are always welcome (native speakers only). **Cost: Free**

### 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**. **Cost: \$3/ session**  
**\*No session 8<sup>th</sup> June**

### 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 **Wednesday 7pm-8pm**. **Cost: \$3/ session**

### 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**.

## 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	Day & Time	Full Fee	Full Fee (Eligible*)
5 <sup>th</sup> May – 26 <sup>th</sup> May	Tues 6pm-9pm	\$120	\$50
7 <sup>th</sup> May – 28 <sup>th</sup> May	Thurs 9.30am-12.30pm	\$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**
20 <sup>th</sup> April – 22 <sup>nd</sup> June *no class 8 <sup>th</sup> June	Monday 4pm-5pm (5-7yrs) Monday 5pm-6pm (7+ yrs)	\$105	\$95
15 <sup>th</sup> April – 24 <sup>th</sup> June	Wednesday 4pm-5pm (5-7yrs) Wednesday 5pm-6pm (7+ yrs)	\$125	\$115
16 <sup>th</sup> April – 25 <sup>th</sup> June	Thursday 4pm-5pm (5-7yrs) Thursday 5pm-6pm (7+ yrs)	\$125	\$115

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

### 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 8 weeks of term

Dates	Day/Time	Full fee	Concession**
21 <sup>st</sup> April – 23 <sup>rd</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**
17 <sup>th</sup> April – 26 <sup>th</sup> June	Friday 9.30am-12pm	\$60 per family	\$55 per family

### 'Something Chinesy'

Are you interested in learning more about the Chinese culture? These weekly sessions will teach you a little about this fascinating culture and will cover topics such as; pressure-point self-massage, Song Shen Gong (movements to exercise the whole body), Culture Q&A, paper folding and calligraphy, food and music appreciation, Chinese legends and stories.

Dates	Day/Time	Full fee	Concession**
23 <sup>rd</sup> April – 25 <sup>th</sup> June	Thurs 11.30am-12.30pm	\$80	\$70

## Adult Education (Pre-accredited)

### Digital Literacy for the Workplace

This course will provide learners with the skills required to pursue work in an office (or other workplace) environment. It is also suitable for building confidence and competency to undertake accredited training in courses such as Cert III or IV in Business Administration. Content will focus on developing knowledge and skills to operate an office computer and use office equipment such as printers, copiers, and EFTPOS machines.

Dates	Days & Times	Full Fee	Full Fee (Eligible*)
5 <sup>th</sup> May – 25 <sup>th</sup> June	Tues & Thurs 9.30am-12.30pm	\$180	\$80
5 <sup>th</sup> May – 25 <sup>th</sup> June	Tues & Thurs 7pm-10pm	\$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*)
27 <sup>th</sup> April – 23 <sup>rd</sup> June *No class 8 <sup>th</sup> June	Mon & Tues 9.30am-12.30pm	\$180	\$80

### English Conversation

This course is designed for people from non-English speaking 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*)
6 <sup>th</sup> May – 24 <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.

### BLOOD PRESSURE CHECK WITH THE AUSTRALIAN STROKE FOUNDATION

This 5 minute health check includes a blood pressure check and stroke & type 2 diabetes risk assessment. Participants are emailed their personal results and relevant health recommendations. No bookings required.

**Tuesday 5<sup>th</sup> May, 10.30am. Cost: Free**

## Health & Wellbeing Programs

### Balance and Tone

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.

Dates	Day/Time	Full fee	Concession**
14 <sup>th</sup> April – 19 <sup>th</sup> May	Tuesday 11am-12pm	\$70	\$65
26 <sup>th</sup> May – 23 <sup>rd</sup> June	Tuesday 11am-12pm	\$60	\$55

### 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**
14 <sup>th</sup> April – 19 <sup>th</sup> May	Tuesday 10am-11am	\$70	\$65
26 <sup>th</sup> May – 23 <sup>rd</sup> June	Tuesday 10am-11am	\$60	\$55

### Gentle Nia

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**
20 <sup>th</sup> April – 18 <sup>th</sup> May	Monday 11am-12pm	\$60	\$55
25 <sup>th</sup> May – 22 <sup>nd</sup> June *No class 8 <sup>th</sup> June	Monday 11am-12pm	\$45	\$40

### 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**
20 <sup>th</sup> April – 18 <sup>th</sup> May	Monday 5.30pm – 6.30pm	\$60	\$55
25 <sup>th</sup> May – 22 <sup>nd</sup> June *No class 8 <sup>th</sup> June	Monday 5.30pm – 6.30pm	\$45	\$40
20 <sup>th</sup> April – 18 <sup>th</sup> May	Monday 6.30pm-7.30pm	\$60	\$55
25 <sup>th</sup> May – 22 <sup>nd</sup> June *No class 8 <sup>th</sup> June	Monday 6.30pm-7.30pm	\$45	\$40
16 <sup>th</sup> April – 21 <sup>st</sup> May	Thursday 6.05pm-7.05pm	\$70	\$65
28 <sup>th</sup> May – 25 <sup>th</sup> June	Thursday 6.05pm-7.05pm	\$60	\$55

## Health & Wellbeing Programs Cont'd

### 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**
14 <sup>th</sup> April – 19 <sup>th</sup> May	Tuesday 9am-10am	\$70	\$65
26 <sup>th</sup> May – 23 <sup>rd</sup> June	Tuesday 9am-10am	\$60	\$55
17 <sup>th</sup> April – 22 <sup>nd</sup> May	Friday 11am-12pm	\$70	\$65
29 <sup>th</sup> May – 26 <sup>th</sup> June	Friday 11am-12pm	\$60	\$55

### 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. (Some prior Tai Chi experience is required to participate in this class. If you are a beginner, please see our 'Beginners Tai Chi' class).

Dates	Day/Time	Full fee	Concession**
20 <sup>th</sup> April – 18 <sup>th</sup> May	Mon 9.55am-10.55am	\$60	\$55
25 <sup>th</sup> May – 22 <sup>nd</sup> June	Mon 9.55am-10.55am	\$45	\$40
*No class 8 <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**
20 <sup>th</sup> April – 18 <sup>th</sup> May	Mon 12.30pm-1.30pm	\$60	\$55
25 <sup>th</sup> May – 22 <sup>nd</sup> June	Mon 12.30pm-1.30pm	\$45	\$40
*No class 8 <sup>th</sup> June			

### Yoga

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**
15 <sup>th</sup> April – 20 <sup>th</sup> May	Wed 9.30am-10.30am	\$75	\$65
27 <sup>th</sup> May – 24 <sup>th</sup> June	Wed 9.30am-10.30am	\$65	\$60

## Special Interest Courses

### 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**
6 <sup>th</sup> May – 10 <sup>th</sup> June	Wed 9.30-10.30am	\$65	\$60

### Mandarin for Beginners

Our native Mandarin speaking tutor will start from the very beginning in these classes and give you a wonderful introduction to this lovely language and culture!

Dates	Day/Time	Full fee	Concession**
23 <sup>rd</sup> April – 25 <sup>th</sup> June	Thursday 1pm-3pm	\$170	\$155

### Memoir Editing

Take the next step with your Life Writing in our new Memoir Editing course. Our tutor is a professional writer, and will provide 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.

Dates	Day/Time	Full fee	Concession**
20 <sup>th</sup> May – 24 <sup>th</sup> June	Wed 12pm-1.30pm	\$75	\$70

### 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**
22 <sup>nd</sup> April – 17 <sup>th</sup> June	Wed 6.30pm-8.30pm	\$155	\$140
23 <sup>rd</sup> April – 18 <sup>th</sup> June	Thurs 10.30am-12.30pm	\$155	\$140

\*Text book required: 'Ci Siamo' (to be bought by participants separately).

### French for Beginners

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**
22 <sup>nd</sup> April – 24 <sup>th</sup> June	Wed 11am - 1pm	\$170	\$155

### 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.

Dates	Day/Time	Full fee	Concession**
3 <sup>rd</sup> June – 24 <sup>th</sup> June	Wed 11am-12pm	\$45	\$40