

## 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*



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 1 2021

28<sup>th</sup> January – 1<sup>st</sup> April

*\*Due to an extension in Government support, we are pleased to be able to offer a 25% discount on all Term 1 class enrollments. Thank you for continuing to be a part of our community*

[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**

### WALKING WITH PRAMS GROUP (NEW)

Join us for the inaugural short walk around the Mulgrave area, **Tuesdays** from **10.30am-11.30am** starting and ending at Mackie Rd Neighbourhood House in the Wellington Reserve Community Centre. All parents with prams are welcome.  
**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: 1<sup>st</sup> February and 1<sup>st</sup> March.** **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**

### 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**.

## Children's Programs

### Children's Art Classes

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**
1 <sup>st</sup> Feb – 29 <sup>th</sup> March *No class 8 <sup>th</sup> March	Monday 4pm-5pm (5-7yrs) Monday 5pm-6pm (7+ yrs)	\$90	\$80
3 <sup>rd</sup> Feb – 31 <sup>st</sup> March	Wednesday 4pm-5pm (5-7yrs) Wednesday 5pm-6pm (7+ yrs)	\$105	\$95
28 <sup>th</sup> Jan – 1 <sup>st</sup> April	Thursday 4pm-5pm (5-7yrs) Thursday 5pm-6pm (7+ yrs)	\$115	\$105

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 9 weeks of term.

Dates	Day/Time	Full fee	Concession**
9 <sup>th</sup> Feb – 30 <sup>th</sup> March	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**
29 <sup>th</sup> Jan – 26 <sup>th</sup> March	Friday 9.30am-12pm	\$60 per family	\$55 per family

## Special Interest Courses

### 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**
10 <sup>th</sup> Feb – 31 <sup>st</sup> March	Wed 6.30pm-8.30pm	\$140	\$125
11 <sup>th</sup> Feb – 1 <sup>st</sup> April	Thurs 10.30am-12.30pm	\$140	\$125

\*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**
3 <sup>rd</sup> Feb – 31 <sup>st</sup> March	Wed 11am - 1pm	\$155	\$140

### 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**
10 <sup>th</sup> Feb – 31 <sup>st</sup> March	Wed 10.00am-11.30am	\$110	\$100

### 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**
11 <sup>th</sup> Feb – 1 <sup>st</sup> April	Thursday 1pm-3pm	\$140	\$125

### 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. Feedback will be given to writers during each session. 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**
24 <sup>th</sup> Feb – 31 <sup>st</sup> March	Wed 12pm-1.30pm	\$90	\$80

## 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**
2 <sup>nd</sup> Feb – 30 <sup>th</sup> March	Tuesday 11am-12pm	\$110	\$100

### 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**
2 <sup>nd</sup> Feb – 30 <sup>th</sup> March	Tuesday 10am-11am	\$110	\$100

### Classic 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 conditioning.

Dates	Day/Time	Full fee	Concession**
1 <sup>st</sup> Feb – 29 <sup>th</sup> March *No class 8 <sup>th</sup> March	Monday 11.45am-12.45pm	\$100	\$90

### 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**
1 <sup>st</sup> Feb – 29 <sup>th</sup> March	Monday 5.30pm – 6.30pm	\$100	\$90
1 <sup>st</sup> Feb – 29 <sup>th</sup> March *No class 8 <sup>th</sup> March	Monday 6.30pm -7.30pm	\$100	\$90

### 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*
2 <sup>nd</sup> Feb - 30 <sup>th</sup> March	Tuesday 9am -10am	\$110	\$100
29 <sup>th</sup> Jan – 26 <sup>th</sup> March	Friday 11am – 12pm	\$110	\$100

## Health & Wellbeing Programs Cont'd

### 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**
1 <sup>st</sup> Feb – 29 <sup>th</sup> March *No class 8 <sup>th</sup> March	Mon 10.30am-11.30am	\$100	\$90

### 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**
1 <sup>st</sup> Feb – 29 <sup>th</sup> March *No class 8 <sup>th</sup> March	Mon 1pm-2.15pm	\$110	\$100

### 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**
4 <sup>th</sup> Feb – 1 <sup>st</sup> April	Thurs 10.30am-11.30am	\$115	\$105

## Adult Education (Pre-accredited)

### Resume Writing and Interview Skills (NEW)

This course is designed to provide learners with the skills and knowledge required to apply for jobs in the Australian labour market. This course caters for all community members including women seeking to re-enter the workforce after significant time away as well as men and women from different backgrounds seeking to enter the Australian workforce for the first time.

Dates	Days & Times	Full Fee	Full Fee (Eligible*)
23 <sup>rd</sup> Feb – 30 <sup>th</sup> March	Tuesday 6pm – 8pm	\$120	\$50
25 <sup>th</sup> Feb – 1 <sup>st</sup> April	Thursday 6pm – 8pm	\$120	\$50

### ESL – Level 1

This course is designed for people with limited English language skills, seeking to improve and gain confidence in order to prepare themselves for further study and/or employment. The course focuses on developing learners' knowledge of basic English grammar, greetings, day-to-day vocabulary, asking questions, and an ability to read and complete written tasks at a beginner level.

Dates	Days & Times	Full Fee	Full Fee*
1 <sup>st</sup> Feb – 29 <sup>th</sup> March *No class 8 <sup>th</sup> March	Mon & Tues 9.30am-12.30pm	\$180	\$80

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

### ESL – Level 2 (NEW)

This course is designed for people with moderate English language skills, seeking to improve and gain confidence in order to prepare themselves for further study and/or employment. The course focuses on furthering learners' knowledge of English grammar, tenses, day-to-day vocabulary, answering more complex questions, and writing a resume and preparing for an interview.

Dates	Days & Times	Full Fee	Full Fee (Eligible*)
11 <sup>th</sup> Feb – 1 <sup>st</sup> April	Thurs & Fri 9.30am-12.30pm	\$180	\$80

### English Conversation

This course is designed for people with moderate to advanced English language skills, seeking to improve and gain confidence in speaking, in order to prepare themselves for further study and/or employment. The course focuses on furthering learners' skills through conversation, watching and reviewing video clips, participating in other classes or groups in order to practise their skills, participating in mock interviews.

Dates	Day & Time	Full Fee	Full Fee (Eligible*)
10 <sup>th</sup> Feb – 31 <sup>st</sup> March	Wed 9.30am – 12.30pm	\$120	\$50

### Microsoft Word for the Workplace (NEW)

This course provides learners with an in-depth look at using Microsoft Word in the workplace or for study. It is designed for people with basic computer skills, seeking to improve and gain confidence in using Microsoft Word in order to prepare themselves for further study and/or employment.

Dates	Day/Time	Full fee	Concession**
9 <sup>th</sup> Feb – 30 <sup>th</sup> March	Tuesday 9.30am-12pm	\$120	\$50

### Microsoft Excel for the Workplace (NEW)

This course provides learners with an in-depth look at using Microsoft Excel in the workplace or for study. It is designed for people with basic computer skills, seeking to improve and gain confidence in using Microsoft Excel in order to prepare themselves for further study and/or employment.

Dates	Day/Time	Full fee	Concession**
11 <sup>th</sup> Feb – 1 <sup>st</sup> April	Thursday 9.30am-12pm	\$120	\$50

### Introduction to Computers and Digital Devices (NEW)

This course is designed to provide learners with the digital skills required to pursue work in an office (or other workplace) environment, or undertake further study. Learners will develop the knowledge and skills required to operate a computer such as printers, scanners and copiers, and setting up email accounts, browsing the internet, saving files and using online learning programs such as Zoom, WebEx etc.

Dates	Day/Time	Full fee	Concession**
10 <sup>th</sup> Feb – 31 <sup>st</sup> March	Wednesday 9.30am-12pm	\$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 i.e. if the same class is taken in subsequent terms, participants will pay the full fee.