

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/debitcard
2. Online at www.socialplanet.com.au/at/mackie-road-neighbourhood-house

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

Terms and Conditions (Face-to-Face or Online Classes)

- 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.
- **When online classes are offered during lockdowns, participants have the option to receive a credit or refund for any classes that will be online. If a participant chooses to commence online classes and does not attend, a credit or refund will not be given (except in special circumstances which can be discussed with the coordinator or office administrator).

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: 9.30am – 4.00pm
Friday: 9.30am – 2.30pm



Justice of the Peace services available Wednesdays by appointment.



Mackie Rd
Neighbourhood
House

learn • share • belong



You will find us at
36-42 Mackie Rd, Mulgrave 3170
(Just behind the playground)

Phone: 9548 3311
Email: info@mackierdnh.org.au
ABN: 15192371415

Term 4 2021
4th October – 17th December

*1st & 2nd November - no classes due to Public Holiday

www.mackierdnh.org.au



Social and Support Groups

COMMUNITY MORNING TEA

Come along to the House on the following **Tuesdays from 10.30am-11.30am** (during school terms) and enjoy getting to know the staff and your neighbours

Meetings: 12th October, 9th November and 7th December **Cost: Free**

BUBS ON THE MOVE WALKING GROUP

Join us for a short walk around the Mulgrave area on the following **Tuesdays from 9.30am-10.30am** starting and ending at Mackie Rd Neighbourhood House in the Wellington Reserve Community Centre. A Personal Trainer, qualified in pre and postnatal fitness, will guide the walk.

Meetings: 9th & 23rd November and 7th December **Cost: Free**

TAT & CHAT GROUP

This group meets on the **first Monday of the month from 10am-12pm** to work on their tatting and to have a chat! Bring along your latest tatting project and enjoy creating with company! New members are welcome.

Meetings: 4th October, 8th November and 6th December **Cost: \$3 session**

ARMENIAN PLAYGROUP

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

Cost: Free

SENIORS SOCIAL GROUP (NEW)

A social group for seniors on their own, to meet, chat, and find support. Held fortnightly starting on **Tuesday the 12th October from 10am-12pm**. All new members welcome ☺ **Cost: Free**

CHINESE LINE DANCING GROUP (NEW)

A social group for the Chinese Community to practice line dancing. Held weekly on **Tuesdays from 11am-12pm**. All new members welcome ☺ **Cost: \$3 session**

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
5 th Oct – 14 th Dec *No class 2 nd Nov	Tuesday 10am-11am	\$125	\$115

Nia Holistic Dance

This uplifting movement practice blends nine movement forms, encouraging adaptability, creativity, personal growth and conditioning. Soulful music and gentle guidance support the development of sensory awareness and joyful living! Suitable for all body types and fitness levels. *BYO mat or use House provided.*

Dates	Day/Time	Full fee	Concession
4 th Oct – 13 th Dec *No class 1 st Nov	Monday 11.45am-12.45pm	\$130	\$120

Children's Programs Cont'd

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
4 th Oct – 13 th Dec *No class 1 st Nov	Monday 4pm-5pm (5-7yrs) Monday 5pm-6pm (7+ yrs)	\$120	\$110
6 th Oct – 15 th Dec	Wednesday 4pm-5pm (5-7yrs) Wednesday 5pm-6pm (7+ yrs)	\$130	\$120
7 th Oct – 16 th Dec	Thursday 4pm-5pm (5-7yrs) Thursday 5pm-6pm (7+ yrs)	\$130	\$120

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

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. *Due to COVID number restrictions, we have split the sessions. Bookings can be made for either session, depending on availability.*

Dates	Day/Time	Full fee	Concession
8 th Oct – 17 th Dec *Two separate sessions	Friday 9.30am-11am 11.15am-12.45pm	\$65 per family	\$60 per family

KinderDance

KinderDance gets your little one's moving and grooving! With fun jazz music, songs, dancing, and props, they will have a great time and use lots of energy!

3yrs old is the minimum age.

Dates	Day/Time	Full fee	Concession
7 th Oct – 16 th Dec	Thursday 9.30am-10am	\$65 per family	\$60 per family

KinderGym

KinderGym is great for your little one's co-ordination, balance and fitness. Using beanbags, hoops, beam, wedge, etc.

3yrs old is the minimum age.

Dates	Day/Time	Full fee	Concession
7 th Oct – 16 th Dec	Thursday 10.15am-10.45am	\$65 per family	\$60 per family

Sign up for both KinderDance and KinderGym at the same time for only \$110 full fee, \$100 concession .

Special Interest Courses Cont'd

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
7th Oct – 9th Dec	Thurs 10.30am-12.30pm	\$175	\$165

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

French Beginners Plus

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.

Participants need to have some level of French prior to joining this class.

Dates	Day/Time	Full fee	Concession
6th Oct – 15th Dec	Wed 10am-12pm	\$190	\$180

Text book and activity book required 'Cosmopolite1' (to be bought by participants separately).

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
27th Oct – 15th Dec	Wed 10am-11.30am	\$110	\$100

Memoir Editing

Take the next step with your 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 course or who already have a body of work.

Dates	Day/Time	Full fee	Concession
10th Nov – 15th Dec	Wed 12pm-1.30pm	\$90	\$80

Children's Programs

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? Our homework club provides a healthy after school snack, supervised access to computers and the Mulgrave library, and tutors to support students to develop positive homework habits.

Dates	Day/Time	Full fee	Concession
12th Oct – 14th Dec *No class 2nd Nov	Tuesday 4pm-5.30pm	\$80 per family	\$75 per family

Health & Wellbeing Programs Cont'd

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
4th Oct – 13th Dec	Monday 5.30pm-6.30pm	\$125	\$115
4th Oct – 13th Dec *No class 1st Nov	Monday 6.30pm-7.30pm	\$125	\$115
7th Oct – 16th Dec	Thursday 5.30pm-6.30pm	\$135	\$125
7th Oct – 16th Dec	Thursday 6.30pm-7.30pm	\$135	\$125

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
5th Oct – 14th Dec *No class 2nd Nov	Tuesday 9am-10am	\$125	\$115
8th Oct – 17th Dec	Friday 11am-12pm	\$135	\$125

Tai Chi for Beginners – Zoom only

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
7th Oct – 16th Dec	Thursday 11am-12.15pm	\$150	\$140

Tai Chi Intermediate

This class is for students with some previous basic Tai-Chi skills, as we continue to learn the Yang Traditional Long Form. The slow smooth movements and emphasis on alignment and breath make it an ideal practice for anyone seeking to find harmony, peace and balance in body, mind and spirit.

Dates	Day/Time	Full fee	Concession
4th Oct – 13th Dec *No class 1st Nov	Monday 1.15pm-2.30pm	\$135	\$125

Tai Chi Advanced

This class is for those with established Tai-Chi experience as we refine the Yang Traditional Long Form - exploring its rarely taught allegory and meaning while gaining all the health benefits of this ancient form of exercise.

Dates	Day/Time	Full fee	Concession
4th Oct – 13th Dec *No class 1st Nov	Monday 10.30am-11.30am	\$130	\$120

Adult Education (Pre-accredited)

Resume Writing and Interview Skills

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	Eligible*
9 th Nov – 16 th Dec	Tues & Thurs 6pm-8pm	\$120	\$50

EAL – 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 beginners level.

Dates	Days & Times	Full Fee	Eligible*
18 th Oct – 14 th Dec *No class 1 st & 2 nd Nov	Mon & Tues 9.30am-12.30pm	\$180	\$80

EAL – Level 2

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	Eligible*
28 th Oct – 17 th Dec	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	Eligible*
27 th Oct – 15 th Dec	Wed 9.30am – 12.30pm	\$120	\$50

Microsoft Excel for the Workplace

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	Eligible*
28 th Oct – 16 th Dec	Thursday 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.

Adult Education (Pre-accredited) Cont'd

Microsoft Word for the Workplace

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	Eligible*
19 th Oct – 14 th Dec *No class 2 nd Nov	Tuesday 9.30am-12pm	\$120	\$50

Introduction to Computers and Digital Devices

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, as well 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	Eligible*
20 th Oct – 15 th Dec *No class 24 th Nov	Wednesday 9.30am-12pm	\$120	\$50

Special Interest Courses

Smartphones for Beginners – Android & iPhone

Learn to use your iPhone or Samsung, Huawei, Oppo etc. in this beginner's class. Topics include messaging with photos, taking and sending photos, making video calls, using basic Apps (Google, YouTube, Maps, WhatsApp, Facetime etc.), connecting to Wi Fi, and finding the best phone plan. Each class is 1 hour, followed by 30 minutes for questions and one-on-one assistance with your device.

Dates	Day/Time	Full fee	Concession
29 th Oct – 17 th Dec	Friday 9.30am-11am	\$90	\$80

Your Android phone should be less than 3 years old. Please contact Mackie NH House for further advice if you are not certain about your phone
Your iPhone should be iPhone 6 or newer; Apple no longer supports earlier models.

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
7 th Oct – 16 th Dec	Thursday 10am-12pm	\$190	\$180