

Spiritual

Subud

Sunday morning

A spiritual practice open to all. Interested persons must call first. Call on 0413 627 225. www.subud.org.au.

Social Activities

Friends of Public Housing

An online forum for supporters of public housing. If you are interested in getting involved please find us at fophvic@gmail.com [@fophvic](https://www.facebook.com/fophvic).

Greek Women's Group

Mondays 12-2pm. Bring a plate of food to share. Call Helen on 9489 5919.

Courses

Computer Basics Class

Wednesdays and Fridays 10:30-1pm

\$80/\$66 concession per term. Gain confidence using computers, tablets or smartphones. Flexible classes—choose what you want to concentrate on. Call Jika on 482 5100.

MYOB

Self-guided accounting course, \$71/\$65 concession. Self-guided accounting course with Payroll, \$105/\$95

Donate

Jika Jika Community Centre is a registered charity with the Australian Charities and Not-for-profits Commission. Donations go to:

- Homework Group
- Activities for Vulnerable Older People
- Fund for Children's Services for Disadvantaged Families

Copying, Printing, Laminating & Scanning

Copying & Printing

A4 B&W 10 cents, Colour 20 cents

A3 B&W 20 cents, Colour 30 cents

Laminating

A4 30 cents, **A3** 40 cents

Want to help develop and improve *your* Community Centre? **Join our Committee of Management.** Call Jika on 9482 5100.

Jika Jika Community Centre Inc.

ABN 163 211 018 46

Office and main buildings:
Corner Union & Plant Streets, Northcote
(Near Westgarth Station & High Street trams)
Melways 30 F10

Jika Jika in the Park:
Oldis Gardens Building, 2 East St, Northcote
Melways 30 F11

Telephone: 9482 5100
email: admin@jikajika.org.au

web: www.jikajika.org.au



<https://www.facebook.com/jikajikacc/>

Office hours:

Monday - Friday 9.30am - 3.30pm
(closed during the school holidays)

Halls for Hire

Jika Jika halls can be hired for one-off events like workshops, meetings and parties, as well as for ongoing activities. Very reasonable rates. See <https://jikajika.org.au/venue-hire/>.

Volunteers Required

Homework Tutors to help students achieve their learning targets. Especially needed are those with Maths knowledge.

English As Another Language Tutors to help small groups or individuals. Classes are held on various days.

Bike Tutors to teach people how to ride. Training and manual provided.

Receptionists to help in the office at Jika.

Cost of Activities

Jika Jika keeps the cost of classes & activities as low as possible. However if you find you need assistance to participate, please talk to us!

Jika Jika receives funding from:



Clifton Hill/North Fitzroy
Community Bank® Branch

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9482 5100

www.jikajika.org.au

Or come in!



- Childcare
 - Classes
 - Hall Hire
- ... and more!



Activities Brochure

Term 1, 2019

Music

Music Lessons at Jika

Thursdays 2.30-6pm. \$31.50/\$26.50 concession per lesson. Half hour individual lessons in piano, flute, guitar, ukulele, violin, cello & double bass. All ages. Call Jika on 9482 5100.

Orkestra Glasso Bashalde

Wednesdays 7.30-9.30pm. \$10/\$5 concession per session, try for free. Interested in playing gypsy & world music with 20 plus piece community orchestra? Capable of reading music? Call Talia on 0468 657 181.

Suzuki Violin Group

Violin & viola lessons available from a highly experienced and trained teacher. Call John on 0430 339 109 or email jofficer@optusnet.com.au.

Caribbean Drums

Tuesdays 7-9pm & Saturdays 3-6pm. All welcome. Drumming is FUN and it's as easy as ABC. Email Pat at info@caribvic.com.

Fue-On Japanese Bamboo Flute Practice Group

1st Saturday of the month. Let's practice together! Small group; beginners welcome. Call Ayako on 0424 596 662, or email ayakoofsound@gmail.com.

African Drumming Lessons With Mohamed Camara

Mondays 7-8pm. Experience the rich & vibrant culture of West Africa. Call Anna on 0427 538 938 or email info@rhythmoflife.com.au www.rhythmoflife.com.au.

Northside Grassroots Kirtan

Most Wednesdays. Call Olga on 0499988364 [@NorthsideGrassrootsKirtan](https://www.facebook.com/NorthsideGrassrootsKirtan).

Choir

Northern Voice Choir

Sundays 6-7.30pm. New members welcome. No auditions required. Call Traute on 0413 937 229 or email traute@optusnet.com.au.

Community Choir

Wednesdays 7-8pm. Friendly dynamic choir. Repertoire includes folk, blues, gospel, soul, jazz, retro pop & contemporary. No audition needed. Call Alicia on 0410 253 866 or email alicia_egan@hotmail.com.

Dance

Macedonian Folk Dance Group

Thursdays 7-8pm. A great exercise and learning experience for lovers of folk dancing. The group welcomes people of all ages and nationalities, who enjoy dance and music from the Balkan region. Call Julijana on 0402 647 294 or email julijana.g@gmail.com.

Tap & 80s Bop Classes

Tuesday evenings. Dance class for adults. Call Grant on 0431 685 260 or email g_dale@live.com.

Health & Wellbeing

Hatha Yoga

Thursdays 10.15-11.30am. \$15/\$12 concession. Includes spinal care, deep relaxation & gentle stretching, with physiotherapist Laurie Lacey. Call Laurie on 9481 0059.

Dao & Tai Chi

First Sunday of every month. Tai Chi/Qigong and Dao meditation class. Call Glenys on 9388 0717 or email info@healthspringtcm.com.au www.wudehui.com.

Amayoga

Mondays 9.30-10.30am during school term. Mindful yoga: a great way to start your week! Call Amanda on 0412 653 287 or email amandahawkey@mac.com.

On-The-Go Fitness—Pilates

Pilates for all: 8pm Mondays
Mums' Pilates: 8.30pm on Thursdays
Call Ange on 0414 525 672 or email ange25@optusnet.com on-the-gofitness.vpweb.com.au.

Creativity in Motion—Adult Yoga and Creative Dance

Thursdays 7-8pm. \$5-\$12 per class. Imagine combining the strength of yoga with the spirit of improvised dance and you have: Creativity in Motion. Call Teresa on 0409 011 749.

Yoga Nidra Class

Fridays 11am—11.45am. \$12/10 concession. A sequence of mind and body awareness techniques that enables one to effortlessly drop into a nourishing, meditative state of deep relaxation. Call Pat on 0439 370 099 or email stillnessandpeaceyoganidra@gmail.com to book.

Self-Care Strategies: "Creating a Pause..."

Saturdays 10am—12pm 16 February—9 March

\$100/\$75 concession for 4 weeks.

A series of workshops to create a pause within your daily life and explore practices that you will be able to integrate easily into your routines, including gentle movement, visualisation, creative expression, breath work and conversation. Call Sue on 0413 403 148 or email shu.shana@hotmail.com.

Bikes & Cycling

Learn to Ride a Bike From Scratch

Learn to ride a bicycle with one-on-one tuition over 5 hours, generally 3 sessions. \$120/\$60 concession.

By appointment. Call Jika on 9482 5100.

Rides with Darebin BUG

Tuesdays, Thursdays, Saturdays, occasional Sundays and weekends. Meet at Jika & have fun riding with the Darebin Bicycle User Group. Call Michael on 9482 3276. www.darebinbug.org.au

Kids

Childcare

Occasional Childcare

Thursday 9.45am—12.45am during school terms. \$42/\$28 concession per session. For children aged around 18 months to school age. Relaxed, structured & fun program with 3 educators. Term bookings and casual places available. Call Jika on 9482 5100.

Playgroups

Start a playgroup at Jika or join an existing one. Call Jika on 9482 5100.

Playgroups accepting new members

- 10am Mondays, **Merri Creek Anglican Playgroup**, all ages. Call Lydia 0450 822 920.
- 10am Mondays, **Monday Playgroup**, up to 3 years. Email Rani ranimerkel@gmail.com.
- 11am Monday, **Japanese Playgroup**, all ages. Email Yoko rainbow6.red@gmail.com.
- 9am Tuesdays, **Back to Nature Playgroup**, 3—5 years. Email Melissa tleakama@hotmail.com.
- 9am Wednesdays, **Wednesday Playgroup**, all ages. Call Lisa 0401 220 534.

Dance

Nook Dance Centre Dance Classes

Various days and times. Dance classes for 2—18 year olds, with a focus on creativity, collaboration and individuality. Call Tamsin on 0413 822 840 or email info@nookdancecentre.com.au www.nookdancecentre.com.au

Preschoolers

Zumba for Kids

Fridays 10am-10.45am. Best way to get kids active. Japanese/English class. Call Yuki on 0403 282 003 or email yuki_duke@hotmail.com yukireiss.zumba.com.

School Holidays

Bright Sparks Creative Workshops

School holiday program for small groups of children from Prep to Grade 3. Bookings essential. Call Naomi on 0421 914 220 or email naomi@brightsparks.id.au.



Art and Recreation

Sport Aircraft Association Australia, Chapter 18

7:30pm, 3rd Wednesday of the month. SAAA is dedicated to supporting safe building and operation of light aeroplanes. Call David on 0418 342 983.

Gaia's Garden Group

Events: Creative Moon Lodge, Red Tent Moon Lodge and a Celebration of the eight sabatts of the seasonal Wheel of the Year. Email contacthouseofgaia@gmail.com [@gaiasgardengroup](https://www.facebook.com/gaiasgardengroup).

Support Groups meeting at Jika Jika

Adult Children of Alcoholics & Dysfunctional Families
Alcoholics Anonymous
Alcoholics Anonymous Meditation
AI-Anon
Arts Business Debtors Anonymous
Debtors Anonymous
Narcotics Anonymous
Overeaters Anonymous