

## 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](mailto:fophvic@gmail.com) or [@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 10:30am-1pm**

\$90/\$70 concession per term; 1st May—19th June. 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 concession. Call Jika on 9482 5100.

## 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](mailto:admin@jikajika.org.au)

web: [www.jikajika.org.au](http://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](http://www.jikajika.org.au)

Or come in!



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



# Activities Brochure

## Term 2, 2019

## Music

### Music Lessons at Jika

**Thursdays afternoons during school term.**

\$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](mailto: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](mailto: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](mailto: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](mailto:info@rhythmoflife.com.au) [www.rhythmoflife.com.au](http://www.rhythmoflife.com.au).

### Northside Grassroots Kirtan

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

### Making Music Course

6 week course starting **18 May 2019**.

Teaches the elements of creative music-making with others, integrating simple theory with creative and intuitive approaches. Call Kirsty on 0430 530 270, or email [kirstymorphett@gmail.com](mailto:kirstymorphett@gmail.com)

## Choir

### 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](mailto:alicia_egan@hotmail.com).

### 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](mailto:traute@optusnet.com.au).

## Dance

### Macedonian Folk Dance Group

**Thursdays 7-8pm.** Balkan folk dancing group that welcomes people of all ages and nationalities. Call Julijana on 0402 647 294 or email [julijana.g@gmail.com](mailto: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](mailto: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](mailto:info@healthspringtcm.com.au) [www.wudehui.com](http://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](mailto: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](mailto:ange25@optusnet.com) [on-the-gofitness.vpweb.com.au](http://on-the-gofitness.vpweb.com.au).

### 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](mailto:stillnessandpeaceyoganidra@gmail.com) to book.

### Mind Australia—Activity for Young People

**Wednesdays 15 May and 22 May, 11am – 2pm** Free. Play a life size mental health board game, meet other young people aged 16-25 and have a shot at winning a \$25 Coles Myer voucher! Free self-care goodie bag for all attendees. Call Lauren on 9459 0677, or email [lauren.matotek@mindaustralia.org.au](mailto:lauren.matotek@mindaustralia.org.au).

## 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](http://www.darebinbug.org.au)

## Kids

### Childcare

#### Occasional Childcare

Not offered in 2019. Expressions of interest for 2020 and for more information, please contact us on 9482 5100.

### 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](mailto:info@nookdancecentre.com.au) [www.nookdancecentre.com.au](http://www.nookdancecentre.com.au)

### 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](mailto:ranimerkel@gmail.com).
- 11am Monday, **Japanese Playgroup**, all ages. Email Yoko [rainbow6.red@gmail.com](mailto:rainbow6.red@gmail.com).
- 9am Tuesdays, **Back to Nature Playgroup**, 3—5 years. Email Melissa [tleakama@hotmail.com](mailto:tleakama@hotmail.com).
- 9am Wednesdays, **Wednesday Playgroup**, all ages. Call Lisa 0401 220 534.
- 10am Thursday, Monthly. **All Ways Playgroup**, for families formed through adoption, from 0-5 years. Contact Bernadette on 0414 295 508 or [bernadette\\_t\\_obrien@hotmail.com](mailto:bernadette_t_obrien@hotmail.com).
- 3pm Thursday, **Thursday Afternoon Playgroup**, up to 3.5 years. Email Andrea [andreascott3@hotmail.com](mailto:andreascott3@hotmail.com).
- 2:30pm Sunday, **Darebin Single Mums Playgroup**, up to 12 years. Call Hannah 0417 750 365.

## 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](mailto:yuki_duke@hotmail.com) [yukireiss.zumba.com](http://yukireiss.zumba.com).



## 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](mailto: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  
Al-Anon  
Arts Business Debtors Anonymous  
Debtors Anonymous  
Narcotics Anonymous  
Overeaters Anonymous