

## 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 3, 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, uku-  
lele, 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

**f @NorthsideGrassrootsKirtan.**

## 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.

### Shiatsu Massage

**Mondays 12pm—3.30pm. Free.**  
Shiatsu is founded on traditional oriental medicine. It  
takes place on a futon on the floor, with the client  
fully dressed. The practitioner may use their hands,  
elbows or feet, and allows the client to become  
deeply relaxed. Call Mina on 0413 455 969 or email  
[mina@minashiatsu.com](mailto:mina@minashiatsu.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](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)  
**f @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  
Refuge Recovery