

## Spiritual

### Subud

#### Sunday morning

A spiritual practice open to all. Interested persons must call first. Call Emmanuel on 0413 627 225. [www.subud.org.au](http://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](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 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 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

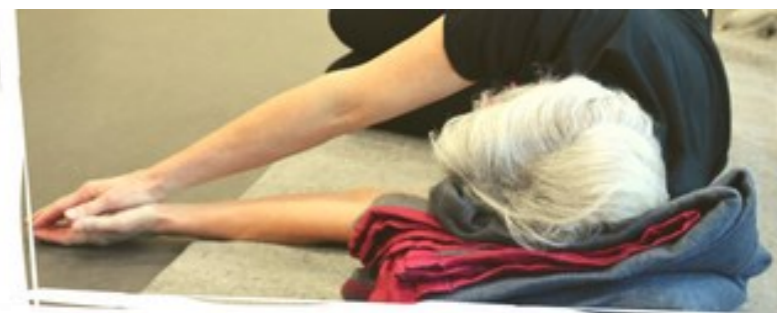
Jika Jika Community Centre makes no representations or warranties of any kind, express or implied as to the information, content, materials or products included in this brochure, except as otherwise provided under applicable laws.



9482 5100

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

Or come in!



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



# Activities Brochure

## Term 4, 2018

## Music

### Music Lessons at Jika

**Thursdays 3-6pm.** \$30/\$25 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 9489 6305 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! Maximum 5 participants. 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](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](mailto: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](mailto:alicia_egan@hotmail.com).

## Dance

### Macedonian Folk Dance Group

**Thursdays 7:00 to 8:00pm.** A great exercise and learning experience for lovers of folk dancing. Call Julijana on 0402 647 294 or email [julijana.g@gmail.com](mailto:julijana.g@gmail.com).

### Ballet & Dance Classes

**Tuesday mornings & afternoons & Saturdays.** Learn from professional dancers. Call Rain on 0420 666 708 or email [raindancefrancis@gmail.com](mailto:raindancefrancis@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.** Includes spinal care, deep relaxation & gentle stretching, with physiotherapist Laurie Lacey. Call Laurie on 9481 0059.

### Dao & Tai Chi

**First Sunday of every month.** Assists with mental clarity, stress reduction and increasing energy, balance & stamina. 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.** Designed to strengthen, lengthen & integrate the body. 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).

### Kishore Ryan Pilates

**Tuesdays 5:45-6:45pm.** Classes begin with breathing, alignment & centering. They are adapted to the specific needs of students. Call Kishore on 0431 483 309 or email [kishoreryan@gmail.com](mailto:kishoreryan@gmail.com)  
**f** [@events/1966806680285049/](https://www.facebook.com/events/1966806680285049/).

### Tide Yoga

**Wednesdays 6:15-7:15pm.** Hatha Vinyasa yoga classes. Call Cassidy on 0448 842 226 or email [tideyoga@gmail.com](mailto:tideyoga@gmail.com) **f** [@tideyogaclasses](https://www.facebook.com/@tideyogaclasses).

### 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.

## 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

### Playgroups

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

### Childcare

#### Occasional Childcare

**Thursday 9:15am-12:15pm 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.

#### 3 Year Old Kinder

**Tuesday 9:30am-1pm during school terms.** \$55/\$35 concession per session. Sessions invoiced per term. Fun, age appropriate education for 3 year olds. Call Jika on 9482 5100.

### Pre-Schoolers

#### Family Music & Dance

**Wednesdays 9:45-10:45am.** Music, song, dance, percussion & instrumental for 0-5y.o. and their families with a Suzuki-trained teacher. Call Kate on 0407 395 564 or email [kate\\_carroll@iinet.net.au](mailto:kate_carroll@iinet.net.au).

### 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](mailto:naomi@brightsparks.id.au).

## Zumba

### Zumba for Kids

**Fridays 10-10:45am.** Best way to get kids active. Call Yuki on 0403 282 003 or email [yuki\\_duke@hotmail.com](mailto:yuki_duke@hotmail.com) [yukireiss.zumba.com](http://yukireiss.zumba.com).

### Zumba for Mums and Kids

**Mondays 4-5pm, Wednesday 10-11am, Saturday 10-11am.** Have fun exercising while dancing together with your babies, pre-schoolers and school-aged children. Call Saritaz on 0413 323 612 or email [snsongkhla@gmail.com](mailto:snsongkhla@gmail.com).



## Art & Recreation

### Women's Art Space

**Fridays 12.45pm – 2.45pm**  
**12 October – 14 December 2018**  
A 10 week art making for wellbeing program. \$300 for 10 weeks. Call Maria on 0439 484 833 or email [womensartspace@gmail.com](mailto:womensartspace@gmail.com).

### 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.

## Support Groups Meeting at Jika Jika

Alcoholics Anonymous  
Alcoholics Anonymous Meditation  
Al-Anon  
Debtor's Anonymous  
Arts BDA  
Narcotics Anonymous  
Overeaters Anonymous