

adult education

Computer classes

Our three-part course will get you started on the computer, take you through the basics of the Internet, email & much more. Prices for individual parts below.

Absolute beginners

Get started on the computer and learn the basics.

Term 3— Fridays 10.30am-12.30 pm 29 July-16 September

Term 4— Tuesdays 1pm-3pm 18 October-13 December

8 weeks \$80/66conc.

Get on the Net! *

Learn to use the Internet, create & use a free email account, & learn how to ensure your computer is secure from viruses.

Term 3— Thursdays 1pm-3pm 28 July-15 September

Term 4— Fridays 10.30am-12.30pm 21 October-9 December

8 weeks \$80/\$66conc.

Pictures, Sound & Movies *

Downloading from digital cameras & internet; Make a movie from your digital pictures, add music and your own narration,

Term 3— Tuesdays 1pm-3pm 26 July-13 September

Term 4— Thursdays 1pm-3pm 20 October-8 December

8 weeks \$80/\$66conc

* Must have done a beginners computer course

◆Supervised Practice Sessions◆

All students are eligible for a further 4 hours of supervised practice as part of their courses

MYOB

This self guided course will give you the basics of the MYOB accounting package. Includes manual and supervised use of our computer room. \$66/\$50 conc.



Adult Education in
the Community

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!

children's activities

Family Music & Dance

Music and dance for young children (0-4 years) & their parents. Includes nursery rhymes, action songs, creative dancing & percussion instruments. Wednesdays

9.15—10.15am 0-3 years

10.15—11.15am 0-3 years

11.30—12.30 3 & 4 year olds

Please ring Ruth 9465 3808

Playgroups

Join one of our parent run playgroups or bring your group to meet at Jika. *Phone us today 9482 5100*

3 Year Old Kinder

Fun, age appropriate education for 3 year olds.

Tuesdays and Thursdays

12.45—3.15 pm

During school terms

ph 9482-5100

Occasional Childcare

Tuesdays and Thursdays

9.15am—12.15pm

During school terms

Children six months to five years.

Relaxed and structured, fun program with great staff.

Term bookings & casual places.

Bookings essential
9482 5100

Want to help develop & improve *your* Community Centre? Join our Committee of Management

support groups

Narcotics Anonymous

Support for those who want to stop using drugs.

Sundays 6.30- 8pm

Alcoholics Anonymous

Fridays 6.30pm—8.30pm

Al-Anon & Alateen Family Groups

For families and friends of alcoholics. **Tuesdays**

10.30am-12.30pm. Donation

Food Addicts in Recovery Anonymous Sunday

A support group for people wanting to stop eating addictively

Sundays 4.30-5.30pm

Food Addicts in Recovery Anonymous Tuesday

A support group for people wanting to stop eating addictively

Tuesdays 6-9pm

ph (03) 8080 1720

Debtors Anonymous

Are you having trouble with debt? Do you feel powerless around money?

DA may be able to help you.

Fridays 6-7pm

Halls for Hire

You can hire Jika Jika halls for one-off events like workshops, meetings and parties, as well as for on-going activities. Very reasonable rates.

Photocopying, laminating & faxing

Photocopying, A4 & A3 laminating and faxing available.

Public Access-Internet & Computers

Check your email, use Microsoft Office programs, print info or documents, or just surf the Net. There will be support available if you require assistance in any way.

\$1 per hour computer access

\$2 per hour Internet, includes 4 pages of B&W printing.

Bookings essential 9482 5100

Volunteers

Want to be part of Jika Jika Community Centre's friendly team in the office or in programs and activities? Phone today 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

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

Telephone 9482 5100 Fax 9482 5194
Email office@jikaJika.org.au
Web site www.jikaJika.org.au

Office hours Mon 9 - 2.30 Tues 9 - 4.30
Wed - Fri 9 - 5
Printed on recycled paper

classes & activities

July - December 2011



At Jika Jika you can develop friendships,
find support, exchange ideas, learn new skills,
take classes & become involved in
our community.

Music, art, craft, theatre & dance

Learn music @ Jika

1/2 hour individual lessons in keyboard, guitar, violin, double bass, electric guitar, or electric bass. All ages.

From 3.15pm Wednesdays
Phone 9482 5100 to arrange a lesson time.

Orkestra Glasso

Bashalde

Interested in playing Gypsy music? Capable of reading music and keen to play in a large ensemble? This 20 piece community orchestra meets

7:30 – 9:30 Wednesdays
\$10/\$5 email or phone Gary:
orkestra@gmail.com
9481 3386

Choir with Alicia

(Bachelor of Music, Bachelor of Creative Arts)

Join a friendly, relaxed group of people who sing together every Wednesday. All levels welcome. No need to read music. Explore harmony, contemporary, jazz, folk, or gospel. Option to perform live in local, supportive venues.

Wednesday nights 7pm – 8pm

from July
\$90 – 9 week term or \$15 per session.

Ph: 041 025 3866

www.myspace.com/alannaandalicia



Dance

With Dianne De Battista
9480 0120 0413 999 845

Diakosmos School of Contemporary Dance is unique, training young people in dance based on Martha Graham technique. Students will:

*Gain confidence *Create/perform their own dance * Use correct dance technique * Enjoy dance in a supportive, non-competitive environment *No costume making * participate in an end of year concert
In 2011 Diakosmos Dance will be introducing a new dance program designed to meet the creative and movement interests of children and young people with special needs
Classes include: Contemporary, Pointe, Tap, Jazz, Creative & VCE Dance

Phone Dianne for full program

Singing Lessons with Alicia

1/2 hour individual/small group lessons with an experienced voice teacher & artist. All styles and levels offered. Songwriting workshops available. Option to perform live. All ages welcome!
Tuesdays from 3.30pm \$200 – 9 week term or \$25 per half hour lesson.

Ph : 041 025 3866

www.alannaandaliciaegan.com



Kids Art Class

Little Smart Arts art classes provides a fun environment for children to use different materials including drawing and painting **Thursdays 4.15 to 5.30 pm** cost \$20.00 per session. Materials provided. Ph Melbourne artist Sarah Faulkner 0449 253 846 sarahjannefaulkner@gmail.com

Family Dance Party

Come and find you inner dancing spirit and show the kids some moves at this lighthearted freestyle all-ages community dance. Kid-friendly adult music ranging from rock classics, pop favourites, disco hits to classical and world music. Musical instruments, scarves and props to encourage activity.
Saturdays 3.30-5pm 23 July, 6 & 20 Aug, Sept 3 & 17, Cost \$10 per family/person.

The Boakes Foundation Art Classes

Will provide a smorgasborg of artistic techniques and mediums To nourish and inspire your creative appetite.
Small classes in 3 week blocks, **Sundays 1-2.30** Block A) July 24, 31, Aug 7 Block B) Aug 21, 28, Sept 4 \$75 All materials provided
For booking and further details email: leilaboakes@gmail.com
0438 260 293

Radix Body-Centred Psychotherapy

promotes change, growth and healing, emotionally and physically in your personal and professional life. It uses vision, breath, sound, movement, touch and verbal therapy to assist you to fully engage with life.

For more information contact Ping Vincent 0425 797 873 or ping.vincent3@gmail.com

Shukuru Yoga & Natural Health

Yoga to enhance your health & wellbeing - a joy for mind, body and soul!
Thursdays 6:15 - 7:15pm
Casual class \$16, 10 classes \$145, 20 classes \$260
Contact Robyn: 0404 041 836 or shukuru.yoga@gmail.com

Bellydance

Beginners & Continuing Beginners

Bahirah Bellydance offers classes in an inclusive and welcoming environment. An 8 week course for absolute beginners and those with some experience. You will learn all the basic bellydance moves, including correct posture for safe dancing. This course will focus on developing "smooth" movement techniques (e.g. hip circles, figure 8s, rib circles, etc). Come and try this, inspiring and joyful dance form! Bookings essential. For more information: Email nadiabahirah@gmail.com or phone 0408 552 070

Health & Wellbeing.

Meditation, yoga & pilates

Hatha Yoga

With physiotherapist, Laurie Lacey. Includes spinal care, deep relaxation, gentle stretching. **Thursdays 10.15- 11.30am.** \$12/\$10 conc. *Limited childcare available, but bookings essential.*

Pilates

ange25@optusnet.com or on-the-gofitness@hotmail.com
0414 525 672
on-the-gofitness.vpweb.com.au
Improve your posture, core stability, pelvic floor strengthening, stretch & relax. All levels welcome

Pilates for ALL

Mondays & Tuesdays 8 - 9pm
Mum's Pilates Thursdays 8.30 - 9.30pm

Laughter - the best medicine!

Come along & enjoy a laugh with others. Get fitter without even thinking about it with Jika Jika's informal Laughter Group. **Wednesdays 6pm.**
Laughter leader 9499 7373

English as a Second Language

Wednesdays 1-3pm
call our office on 9482 5100

Bike rides for everyone

Learn to Ride from Scratch @ Jika

Never ridden a bike before? Learn over 3 sessions. \$120/25conc
Phone for details & bookings 9482 5100.

Come on—ride with us!

Meet at Jika Jika & have fun riding with Darebin Bicycle User Group www.darebinbug.org.au
Rides on **Tues, Thurs**, occasional Sunday & weekend rides.
Michael 9482 3276
mike.hansford@bigpond.com

Families on Bikes

Want to find out how to get to great places without a car? Like to ride with your kids for fun, exercise & socialising? Join our free family rides to popular child-friendly destinations.
Kathy 0410 667 634, 9489 4275
kbrunning@optusnet.com.au.

Social Activities

Greek Women's Group

Bring a plate to share. **Tuesdays 12noon-2pm**

Greener Houses

Greener Houses Growing Greener Neighbourhoods

Jika Jika Community Centre is part of the Greener Houses Growing Greener Neighbourhoods project. Environmental improvements are being made to the Centre.

If you'd like to know more or if you'd like to speak to our team of enthusiastic volunteers, just ask the office staff.

Living cheaper, healthier, greener

This project is supported by



Cycle Confidence Training

CycleWise training for adults who live, work or study in Darebin.

Come along and brush up your skills. Discover and try out practical tips for cycling safety on the roads. Do you cycle on bike paths on the weekends, but don't feel confident to ride on the road?

Ride with confidence around your community, to work, university, with the kids, or grandkids or wherever your imagination takes you.

Monthly Sunday courses throughout the year
Free for concession card holders refundable booking fee of \$40 applies / \$40 full fee

Call 9482 5100 or
e-mail max@jikajika.org.au

