

Social Groups and Services

Building Skills, Building Friendships

JAPARA

Social Groups

Crafty Chicks

Bring your own materials and create your own projects with this crafty bunch of chicks. Tuesday | 7.30 - 9.30pm

Advanced Philosophy

Get philosophical with this social group of deep thinkers. Tuesday | 7 - 9pm

Japara Stitches

Meet every 4th Tuesday of the month from 12:30 - 3pm. Only \$5 per session with tea & coffee provided.

Cultural Diversity Group

Join this social afternoon Italian group for activities. Includes monthly lunches and lots of socialising.

Fridays 11.00am - 3.00pm | \$2 session

Japara Seniors

Bingo, socialising, card games, day outings and much more. Tuesdays | 11.00am - 2.30pm | \$2 session

Sisters in Stitches

Meeting at Japara every 1st Monday of the Month from 7:30pm - 9:30pm.

Knitting, embroidery, sewing and all things crafty. Only \$5 per person

Crafty Creatures of the East

These crafty creatures of the east meet each fortnight at Japara to work on craft projects and socialise.

Wednesday | 7 - 9:30pm | \$5 session

Social Guitar

Dust off the guitar, its time to play some music. Monday | 8 - 9pm | \$5 session

Japara values its volunteers and the amazing contribution they make to our community and Centre.

If you would like to know about our Volunteer Program contact us on 9728 3587

Children's Services

Playgroups at Japara

*Per school term fees

Grandparents

Tuesdays 10am - 12pm | \$40

Child Care at Japara

Monday 9am - 1pm

Wednesday & Friday 9am - 2pm

\$15 per child - Minimum 2 hours

Our registered occasional childcare program is operated by a qualified team of child care workers who are committed to providing a creative and nurturing program in a safe and caring environment.

Note: Occasional Care will not be operating on 22, 24, & 26 April, 2019.

Expressions of Interest in...

- ✓ Macramé
- ✓ Practice English over a cuppa with like-minded people.

Facility Hire

If you are looking for an affordable venue for your next function then Japara is your first choice. Offering a variety of spaces with up-to-date facilities including built-in projectors for presentations, electronic whiteboards, USB/Laptop connections, Wi-Fi access and much more. Our spaces offer a relaxing atmosphere with floor to ceiling windows to take in the view of our landscaped gardens and the Dandenong Ranges. Book a tour today with one of our friendly staff.

JAPARA

Inspiring Community Connection

Autumn

April 23rd - June 28th

PROGRAM AND ACTIVITY GUIDE 2019



Lifelong Learning with JAPARA

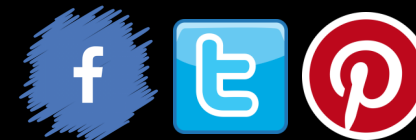
Welcome to our autumn edition and what a special time of the year it is. Japara brings people together to connect, learn and contribute in our local community through social, educational, recreational and support activities. Japara stretches its arms out not only to the residents of Kilsyth and Montrose, but also beyond. Not only do we offer a range of courses and workshops, we also provide a safe place where you are welcome to join social groups or simply sit in the foyer, have a cuppa and maybe read through one of the many books we have. Take a stroll through Elizabeth Bridge Reserve to your Centre and make the most of this autumn weather and be a part of this very special, vibrant and inspiring Neighbourhood House.



Japara gratefully acknowledges the support of our funding bodies and peak organisations.



Get Social with Japara



☎ (03) 9728 3587

✉ info@japarahouse.com.au

🌐 www.japarahouse.com.au

📍 54-58 Durham Road, Kilsyth VIC 3137

Office Hours: Monday-Friday
8:30am-4:30pm

Events & Community Services

Bringing the Community Together



National Families Week

National Families Week & Neighbourhood House Week

Saturday 18th May | 10am - 11:30am

Japara welcomes our community to come and celebrate these special weeks in May. Family activities, sausage sizzle, children's performer, face painting and much, much more!



Story time and Library Visits with JAPARA

Every 2nd Wednesday | 8th May | 9:30 - 10:30am

Local library visits from Eastern Regional Library to share a story and book borrowing. All welcome, in conjunction with Japara Occasional Care children.



The Nappy Collective - Collection Point at Japara

Friday 10th May - Friday 24th May

Once again we will be collecting disposable nappies for the collective to pass onto families who are in need.



Biggest Morning Tea - Cancer Council

Friday 24th May | 10am - 11:30am

Every dollar raised through our Australia's Biggest Morning Tea helps fund Cancer Council's life-saving research, prevention, support programs, and information. Bring a plate of food and join us for Japara's Biggest Morning Tea!



National Volunteer Week

Monday 27th May, 2019

Volunteers are highly valued at Japara and this week we thank them by celebrating the contribution they provide to our community and Centre.



RACV Years Ahead - Road Safety for Seniors

Thursday 27th June | 9:30 - 10:30am | FREE Admission

A road safety and lifestyle awareness program specially designed for older Victorians, which is dedicated to enabling seniors to remain safe on the road, in the home and connected within the community.



Classes & Programs

Building Skills, Building Friendships



Health & Wellbeing

Yoga for Everyone - Beginners onwards

Yoga classes are a great place to work on your alignment, learn relaxation techniques, and become comfortable with doing Yoga while building strength and flexibility.

Tue 23/4 - 25/6/19 | 7 - 8pm | \$150 | 10 weeks

Dru Yoga - Positively You, Positively Dru

Dru Yoga is a graceful form of Yoga, based on soft flowing movements, directed breathing and visualisation.

Mon 29/4 - 24/6/19 | 9:15 - 10:30am | \$120

***No class Mon 10/6/19**

Zumba - "More Like a Dance Party than a Workout"

Teena wants to share her love of dance with you and if you are part of her class she will not stop until she teaches you how to feel free with the music.

Mon 15/4 - 20/5/19 | 9:30 - 10:30am | \$75 | 5 weeks

***No class Mon 10/6/19**

NEW! Seniors Fitness Classes

In chair exercise to assist with strength, mobility and flexibility. Our professional trainer specialises in seniors fitness so you are in safe hands. Improve your posture, coordination and balance.

Tuesday | 10:15 - 11am | \$8 session

Advanced Care Plan

Carmen, a non-practicing nurse and now End of Life Transition Doula, is presenting an Advanced Care Plan, why you should have one and how to

Arts & Crafts

Mother's Day Floral Arrangement

This is a perfect way to tell mum or special person thank you. Make the ideal gift this Mother's Day with a floral arrangement in this 2 hour workshop with Marli. Materials all included.

Thu 9/5/19 | 7 - 9pm | \$60

Learn Local



Building a Brighter Future for Women 19BFFW12

This course is aimed at women in the community who are seeking employment, a home-based business, volunteering opportunities or figuring out the next step. Through this course you will discover new skills, talents and pathways to employment as well as life.

Wed 1/5 - 19/6/19 | 8 weeks
9:30am - 12:30pm | \$120 | \$50 con | \$25 materials

Valuable Volunteering 19VALVOL24

This course is designed to help volunteers understand their roles and the benefits of career and life.

Mon 29/4 - 3/6/19 | 6 weeks
11am - 2pm | \$75 | \$50 con | \$25 materials

iPads & Digital Devices 19DIGIBUS

Build and consolidate basic skills to enable users to utilise digital devices for further studies or employment.

Thu 16/5 - 20/6/19 | 6 weeks
9:30am - 12pm | \$75 | \$50 con | \$25 materials



Coming Soon... Building a Brighter Future for Women (Advanced), Grow Your Own Business and Job Ready. Expressions of Interest are Now Open