## PROGRAM AND ACTIVITY GUIDE

APRIL - JULY TERM 2, 2025

# JAPARA Inspiring Community Connection The Heart Of Kilsyth Of Kilsyth







#### Be Our Guest at Japara

Whether you're hosting a party, business meeting, workshop, craft group or health and wellbeing class - we have the space for you!

Our home, The Kilsyth Community Hub, has a main hall with a large adjoining kitchen and a wide variety of meeting rooms, while across the road, situated in the beautiful Elizabeth Bridge Reserve, indoor and outdoor creative spaces are abundant.

Throughout the week we are a vibrant community hub hosting a large range of events, craft groups, dance classes, singing groups, church groups, exercise classes, business meetings and workshops.

## =Welcome=

Many of our rooms are equipped with digital projectors, laptops, electronic whiteboards and have access to a central courtyard. Our Annex is a standalone building with big, beautiful floor to ceiling windows. Frequently used for yoga and tai chi classes, this space is also perfect for parties and craft groups.

The Early Years Building is very popular for children's parties. With direct access to a fully fenced playground, you can enjoy catching up with your guests whilst your little ones safely explore the space without escaping!

For more information please contact us at venuehire@japarahouse.com.au









#### Get Out in the Garden 49 Durham Road, Kilsyth

#### Japara Bridge Gardening Club

Wednesdays 9:30am - 11:00am Connect, learn and grow food that goes straight back into the community! Join our amazing friends at Valley Care each Wednesday morning for hands-on learning and more than a few laughs while we grow our own fresh produce. Take home food as it is harvested. Be part of the community garden in Kilsyth. Attend as often as it suits your schedule - whether it's every session or just when you can make it, your participation is always welcome and appreciated!

#### Kilsyth Community Compost Hub

"Compost, Grow, Share - Volunteer for Our Free Food Garden!"

Help turn compost into life for our free food garden! Get your hands dirty, grow food, and support the community! Training and support provided.

#### Garden of Contemplation

The Garden of Contemplation We welcome everyone to explore this quiet space, created to acknowledge those impacted by family violence. Visit the garden to reflect, rest and relax.



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#### 49 Durham Road, Kilsyth

Free Food Markets & Community Meals Follow Montrose Community Cupboard (Victoria, Australia) and Japara Neighbourhood House on Facebook.

#### **Events**

#### Australia's Biggest **Morning Tea Bingo Bonanza!**



Join us at Japara and help us raise funds for Cancer Council. Enjoy a game or two, and of course, delicious morning tea!

Come dressed in your craziest hat, silliest socks, or brightest outfit for a chance to win a prize. It's a great way to support a fantastic cause and have a fun time.

#### Repair Cafe

Saturdays 2:30 - 4:30 pm once a month Torn clothing, broken toys, tools that just

don't cut it anymore? We got you!

Bring your broken things to the Repair Cafe! Electronics, clothing or furniture— bring them down for assessment and repair by our skilled volunteers. It's a great way to learn new repair skills, reduce waste, and connect with others. Plus, you'll be helping the planet while having fun! See you there! Gold coin donation is appreciated.

**Upcoming Dates:** 

May 24th | June 21st

#### Weekend Wind Down

Saturdays 2:30 pm - 4:30 pm once a month

SPACE

The Weekend Wind Down is a monthly event hosted by Valley Care at Japara Bridge House and Garden, happening alongside the Repair Cafe and Montrose Community Cupboard Free Food Market. Join us to unwind, catch up, and meet your neighbours. All welcome! Gold coin donation is appreciated.

Term 2 Dates:

May 24th | June 21st

#### DANCE PARTY INCLUSIVE DISCOS

Saturdays from 7:00 pm - 8:30 pm Term 2 Dates: May 10th | June 14th

Inclusive Discos are a fun night out open to all-abilities adults aged 18+. Support workers and carers attend free.

\$15 membership fee gives you access for the whole year or casual \$5 per session.

#### Connect with Others

#### **Japara Stitchers**

(4th Tuesday of the month) Tuesday 12:30 pm - 3:00 pm Bring your latest project, enjoy a cuppa, chat and share skills with others while you craft! \$5 per session

#### Kilsvth Senior Citizens

Tuesdays 10:30 am - 1:00 pm Join this welcoming group on Tuesdays to chat, share a cuppa and play a game or two.

Gold coin donation per session

#### **Knit and Natter**

Mondays 10:00 am - 12:00 pm Creating all manner of fibre wonders, these ladies knit and crochet for charity, for their grand kids and just for the joy of it! Come down and see what they're up to in the Japara Foyer on Monday mornings.

Gold coin donation per session

#### Sit and Sew

(1st Monday of the month) Monday 7:30 pm - 9:30 pm Enjoy a cuppa and a chat while you work on your sewing projects.

\$5 per session

#### Social Guitar Group

Join a relaxed group of social guitar players. New members welcome. Mondays 8:00 pm - 9:00 pm

\$5 per session

#### Japara Bridge Social Walking Group

Wednesdays 10:00 am - 11:00 am Have a chat and make some new friends while you walk around Elizabeth Bridge Reserve. Meet under the Japara Bridge sign at 49 Durham Road, Kilsyth. Bring your walking shoes, your water bottle and join us for a casual walk around the reserve.

Gold coin donation per session





#### **Candle Making Workshop**

Wednesday 7th May | 4:00 pm - 6:30 pm Discover the fundamentals of candle

making, from selecting the right wax to creating your own personalised scents and designs. Make two candles to take home for yourself or to give as gifts.

Full Fee: \$60 | Makerspace Member: \$45

#### **Japanese Calligraphy**

Friday 9th May | 6:00 pm - 9:00 pm Learn the basics of brush strokes, kanji, and hiragana, while exploring the cultural significance behind the beautiful art of Japanese Calligraphy. Enjoy a relaxing tea ritual and write a haiku in

Full Fee: \$60 | Makerspace Member: \$45

your chosen calligraphic style.

#### Be Connected - Free Training, 📖 **Information and Digital Support**

Do you want to make a difference in someone's life? Become a Digital Mentor and help older adults build digital skills to stay connected, confident, and empowered online.

It's easy, flexible, and impactful!

#### **Upcoming Sessions:**

Mooroolbark Library: 5<sup>th</sup> and 12<sup>th</sup> June Online: 24th April and 1st May Online: 24th June and 1st July

#### **Recognising Scams Information Session with Community Bank** Mooroolhark Bendigo Bank

#### Wednesday 4th June | FREE

Join us to learn how to recognise scams and the practical steps you can take to protect yourself from scams. After a morning tea break, get personalised support from Be Connected Digital Mentors to boost your online safety! 10:30 am - 11:30am Info session

11:30 am - 12 pm Morning Tea



Connected Training and Information Sessions! **Be Connected** 

Network **Partner** 

#### **Dru Yoga**

This graceful form of Yoga is based on soft flowing movements, controlled and directed breath work and visualisation. Sessions are designed for people of all abilities, fitness levels and age groups.

#### **Monday Morning Classes**

28th April - 30th June | 9 sessions 9:15 am - 10:30 am | \$159

#### Hatha Yoga

Discover balance and serenity with Hatha Yoga. Improve flexibility, strength and mindfulness through guided poses and breath work. Enhance your wellbeing and embrace a healthier lifestyle.

Full term and casual booking options available subject to availability. All levels welcome.

#### **Monday Evening Classes**

28th April - 30th June | 10 sessions 6:00 pm - 7:00 pm | \$176

#### Wednesday Evening Classes

23rd April - 2nd July | 11 sessions 6:00 pm - 7:00 pm | \$194

Casual Fee: \$22 per session

#### Tai Chi Beginners

Enjoy low impact routines that are excellent for developing your balance and coordination while improving your strength and breathing.

#### Thursday Afternoon Classes

24th April - 3rd July | 11 sessions Thursdays 12:00 pm - 1:00 pm | \$165

#### **Tai Chi Intermediate**

For students who have previously attended beginners Tai Chi classes and are ready to move to the next level.

#### **Thursday Morning Classes**

24th April - 3rd July | 11 sessions Thursdays 11:00 am - 12:00 pm | \$160

#### **Stillness Meditation**

Stillness Meditation is deeply relaxing and distinct from all other types of meditation. This practice can help to eliminate stress, anxiety, tension, fear and pain. Small group setting with personalised attention.

#### **Tuesday Morning Classes**

6th May - 24th Jun | 8 sessions 11:00 am - 12:00 pm | \$120

Join the awesome Bridge Art project at Japara Bridge! Team up with local street artist George for FREE creative drop-in sessions where you'll learn sketching, stenciling, and freehand spray painting techniques to help create a mural on the Bridge Makerspace building.

Hang out with other creatives, join in the workshops or work on your own projects. NEN

Ages 12 - 17 years The 2nd Friday of the month Starts: Resumes 11th April Time: 6:00 pm - 9:00 pm | Cost: FREE

This program is proudly supported by the Yarra Ranges Council.



#### Visit our Village

Japara is a not-for-profit organisation dedicated to inspiring community connection through fun and meaningful experiences, safe and inclusive spaces, and supporting individuals, families, groups, and other organisations to grow and thrive.

#### Do you have skills to share? We'd love to hear from you!

We are always looking for exciting ideas for programs and workshops at Japara. If you would like to share your passion for art, craft, languages, health, fitness, gardening, cooking or anything else you can think of, contact Robyn at engagement@japarahouse.com.au

#### **Volunteering at Japara** You can make a difference

If you'd like to make a difference by volunteering with Japara, we'd love to hear from you. We have opportunities to assist in the office, help at community events, or lend a hand in our gardens.

Volunteering is a great way to gain experience, connect with others, learn new skills and give back to your community.

Contact Robyn to find out more: engagement@japarahouse.com.au



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### Permanent and Casual Bookings Welcome

Families can opt to book their child in for between two and five hours within these session times. We charge \$15.00 per hour with eligible families receiving CCS (Government rebate) off this fee.

Our programs are run by qualified staff with experience in all age groups and service styles.

Activities are planned based on the current needs and interests of the group in line with the Early Years Learning Framework.

Visit our website for more information.

Mon, Tues, Wed and Fri 9:00 am - 2:00 pm



#### **Junior Lab**

Low cost family fun! for Ages 1 - 5 years

Thurs 10:00 am - 11:00 am 8th May - 26th June | 8 sessions

Join us at Japara for a fabulous series of fun, interactive and hands-on sessions where children can explore science and art in a self-led open play space. Parent or carer must attend.

Per term: \$16 | Makerspace Member: FREE

#### Robot Mania!

8th July - 17th July | Session times TBA

Dive into the world of robotics with hands-on fun featuring Blue-Bots, mBots, and Spheros. Perfect for ages 6+ - no experience needed! Explore exciting activities like racing, coding challenges, robotic storytime and more. Follow our Facebook Account for more details and booking times!

#### Elizabeth Bridge Reserve Playgroup

Wednesday 9:30 am - 11:15 am weekly. School terms (weather permitting).

This outdoor playgroup is filled with fun and exploration and facilitated by a qualified Early Education teacher. school term (weather permitting)

#### **Art After School!**

Primary School Aged Kids

Mondays 4:15 pm - 5:15 pm 28th April - 23rd June | 8 sessions Try new crafts, make awesome projects, and express yourself through art in the Makerspace! Kids will have the chance to paint, draw, build and create exciting things with their own hands in a fun and inclusive space just for kids.

Full Fee: \$80 | Makerspace Member: \$12





Japara Bridge is a great space for children's parties which also gives you access to Elizabeth Bridge Reserve playground located approximately 30 metres from the house itself. You will have exclusive access to the the Bridge House, which includes two toilets, and a large room with tables and chairs that is great for catering and games. The house has a brand new kitchen with an oven, cook top, microwave, dishwasher and fridge. The front room is a lounge area with couches and fresh carpet for any of your party guests who need some quiet time.

For all venue hire inquiries including information on pricing and availability email: venuehire@japarahouse.com.au



facebook.com/japarahouse

instagram.com/japarahouse

#### **Book into a Program or Activity**

Learn more about Japara at www.japarahouse.com.au, or scan the QR code to view our available programs, activities and complete our online enrolment form.

#### **Contact Us**

54 - 58 Durham Road, Kilsyth 3137

**General:** info@japarahouse.com.au

Events: engagement@japarahouse.com.au

**Web**: www.japarahouse.com.au **Telephone:** (03) 9728 3587

A.B.N. 93 252 863 062 | TOID: 20104

#### **Hours of Operation**

Monday - Thursday 9:00 am - 4:00 pm Japara gratefully acknowledges the support of our funding bodies and peak organsiations. We are a Learn Local provider.







