

Japara - Bringing the community together to learn and thrive

PROGRAM AND ACTIVITY GUIDE

JULY - SEPTEMBER | TERM 3

*The Heart
of Kilsyth*



SERVICE EXCELLENCE

FLEXIBILITY

LEARNING


JAPARA
Inspiring Community Connection

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  [japarahouse](#)



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

Japara Term 3, 2022

Recreational Programs and Activities

Book Club

18th July | 3rd Monday Monthly

Monday 7:00 pm - 9:00 pm

\$5 per session for amenities

Join the avid readers of Japara to discuss books and their themes once a month. Library book sets will be provided. All welcome.

Book Exchange

Come along during office hours to swap a pre-loved book for a 'new-to-you' book. No money is exchanged, just great books!

Whimsical Watercolour Flowers and Foliage



Wednesday 10th August | 1 session

Wednesday 7:00 pm - 9:00 pm

\$70 per person

Learn simple watercolour techniques and create a beautiful A4 artwork of whimsical watercolour flowers.

Abstract Watercolour and Ink Lettering

Wednesday 24th August | 1 session

Wednesday 7:00 pm - 9:00 pm

\$70 per person

Use simple watercolour and ink techniques to create a beautifully embellished quote using your own hand writing.

About Japara

We offer a wide range of educational and social support services for the people of Kilsyth and beyond, all with the aim of nurturing and facilitating individual growth and social connections.

Venue Hire

Japara offers a variety of rooms to suit your needs. Our facilities can provide you with the latest in technology including built-in projectors with USB and laptop connections, sound systems and electronic whiteboards.

To find out more, please visit

www.japarahouse.com.au

Better Breathing for Life | 1 session

Learn breathing techniques that can improve your energy during the day and help you to sleep better at night.

Session Times: 4:00 pm - 5:00 pm

Choose from the following dates:

Option 1 - \$20 per person

Tuesday 26th July

Option 2 - \$20 per person

Tuesday 13th September

Dru Yoga | 10 sessions

\$175 per term

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

Inclusive for all yogis from beginner to intermediate.

Morning Class

11th July - 12th September

Monday 9:15 am - 10:30 am

Evening Class

12th July - 13th September

Tuesday 7:00 pm - 8:15 pm

Tai Chi Beginners | 10 sessions

12th July - 13th September

Tuesday 2:30 pm - 3:30 pm

\$150 per term

Tai Chi helps coordination, balance, relaxation, posture and muscle tone. It is beneficial for all ages and abilities.

Gentle Exercises for 50+ | 9 sessions

19th July - 13th September

Tuesday 9:50 - 10:30 am | \$10 per term

A fun and friendly class for anyone, including those recovering from injury or illness, and those who are just starting their fitness journey.

Includes exercises for strength, coordination, mobility, balance and chair-based exercises.

Mindful Music and Drawing | 1 session

Sunday 28th August | 2:00 - 4:00 pm

\$20 per person

Take time out for self-care, to relax, slow-down, and explore your inner creativity through music and drawing.

Work and Study Skills

Digital Essentials Level 1 | 10 sessions

9th August - 25th October

Tuesday 10:00 am - 12:00 pm

\$55 per term

Explore the internet, your iPad or tablet, websites, social media and online resources. Start with the basics and discover how you can make your technology work for you.

All levels welcome.



Navigating Online Platforms | 10 sessions

9th August - 25th October

Tuesday 12:30 pm - 2:30 pm

\$55 per term

Build your confidence using the most common Windows and Google platforms used in education, workplaces, and small business. Including Windows 365, Google Drive, Dropbox, OneDrive, Canva, WordPress, Teams, and Zoom.



Industry Taster Course | 7 sessions

29th July - 9th September

Friday 10:00 am - 12:00 pm

\$50 per term

A 'taster' predominantly geared towards helping people who are entering or re-entering the workforce. Identify your personal aspirations and goals, and explore employment, study options and pathways.

This course is designed to provide a supportive environment where you can build your self-confidence and resilience. Tea and coffee provided.



Linking Carers Project

Linking Carers

Wednesday 13th July | 1:00 - 2:30 pm

It's not a simple decision to even consider working or study. This project provides an opportunity to begin to just think about how it might work, a chance to chat to someone without any obligation, and to meet up with other carers to have that conversation.

In partnership with SwinLocal.

Find out more:

<http://www.linkingcarers.com.au/>



Japara is a Learn Local provider

Gardens and Sustainability

Gardening for Sustainability | 9 sessions

16th July - 28th September

Saturday 11:00 am - 4:00 pm



\$50 per person

Designed for those with an interest in horticulture and gardening, and people who are looking for work in the horticulture and nursery industry. Tea and coffee provided. Includes 3 online sessions

Saturday 16th July

Composting

11:00 am - 1:00 pm

Straw Bale Greenhouse

2:00 pm - 4:00 pm

Saturday 20th August

Beekeeping

11:00 am - 1:00 pm

Companion Planting and

Beneficial Insects

2:00 pm - 4:00 pm

Saturday 17th September

Wicking Beds

11:00 am - 1:00 pm

Small Space Gardening

2:00 pm - 4:00 pm

Build a Sensory Wall | 1 session

Saturday 27th August

1:00 - 3:00 pm | \$75 per person

Keep the kids busy while providing the developmental and learning benefits of sensory play. Made out of recycled materials and customisable to fit any space. All materials provided and NO building experience necessary. Children welcome to attend with supervision.

Reflection Garden

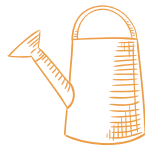
A quiet place at the Elizabeth Bridge Reserve now open to our community. If you are wandering past feel free to pop in and enjoy the space.

Gardens of the Bridge

Saturdays monthly

July 16th, Aug 20th, Sept 17th

A chance for local people to come together, share gardening tips and swap seeds and seedlings.



Social Groups, Community Events and Activities

Happy Tails - Dog Walking

Saturdays once a fortnight

First session - Saturday 2nd July

Welcome to Happy Tails - a social walking group for all dogs, big and small! Explore the best local paw friendly walks, dog parks and occasional cafe. Meeting at the Elizabeth Bridge Reserve Dog Park unless alternate location is specified. All fitness levels welcome. Book online at:

<https://walking.heartfoundation.org.au/walking/group/happy-tails>

Japara Hikers

Saturdays once a month

First session - 16th July

Enjoy fresh air and good company as we hit the trails, explore nature and exercise mind, body and soul. Please BYO water and snacks as we stop to share a meal and take in the scenery. Book online at:

<https://walking.heartfoundation.org.au/walking/group/japara-hikers>

Bonsai Information Session

Thursday 4th August

6:30 pm - 7:30 pm | FREE SESSION

Join this free 1-hour Introduction to Bonsai presentation which will cover the basics of bonsai, how to keep a bonsai alive, and how to start a bonsai tree.

Bonsai Novice Course | 4 sessions

17th August - 7th September

Wednesdays 6:30 pm - 8:30 pm

\$80 per person

Learn about the history of bonsai, how to keep your bonsai alive, suitable tree species to use, pot selection, bonsai wiring techniques, styles and styling, fertilization and more.

Montrose Community Cupboard

Saturdays fortnightly

Saturday 2nd July | 3:00 pm - 4:00 pm

Give what you can, take what you need. Stop food ending up in landfill and support your community! Check out their Facebook page and follow our socials to see when the Montrose Community Cupboard is popping up at Elizabeth Bridge House.



Advanced Philosophy

19th July - 13th September

Tuesdays 7:00 pm - 9:00 pm

Gold Coin Donation

Crafty Chicks

12th July - 13th September

Tuesdays 7:30 pm - 9:30 pm

Gold Coin Donation

Japara Stitches

Next session - Tuesday 26th July

(4th Tuesday of the month)

Tuesday 12:30 pm - 3:00 pm

\$5 per session

Jigsaw Puzzle Group

Next session - Friday 15th July

(1st and 3rd Friday of the month)

Friday 12:30 pm - 3:00 pm

Gold Coin Donation

Kilsyth Senior Citizens

Tuesdays 10:30 am - 1:30 pm

Join this vibrant, welcoming group on Tuesdays to chat, share a cuppa and play Bingo.

Sisters in Stitches

Next session - Monday 4th July

(1st Monday of the month)

Monday 7:30 pm - 9:30 pm

\$5 per session

Social Guitar

11th July - 12th September

Mondays 8:00 pm - 9:00 pm

\$5 per session

How to Enrol

There are three ways you can enrol in a program at Japara.

- Visit our website to book and pay
- Come in to the office and speak with one of our friendly staff
- Call us on 9728 3587 to enrol over the phone

We look forward to seeing you soon.

Children and Families

Childcare Service

Monday, Wednesday and Friday
9:00 am - 2:00 pm

Families can opt to book their child in for between two and five hours within these session times. We charge \$13 per hour with eligible families receiving CCS (Government rebate) off this fee.

Our programs are run by qualified staff with years of 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.

Permanent and casual positions available. Visit us at Japara:
<https://www.japarahouse.com.au/children-family-services/occasional-care>

Early Years

Sleep and Settling

Understand "normal sleep", debunk unrealistic expectations, explore the benefits of a good bedtime routine, the importance of play and self-care.

All sessions will run for two hours which will include 30 minutes for questions.

Tea and coffee provided. Children welcome, toys and activities available.

Friday 22nd July | \$20 per session
0 - 4 months | 9:30 am - 11:30 am
4 - 12 months | 11:45 am - 1:45 pm

Saturday 30th July | \$20 per session
12 months + | 9:30 am - 11:30 am
Early Primary | 12:30 pm - 2:30 pm

Baby Massage | 4 sessions

Fortnightly Tuesdays | 9:30 - 11:00 am
July 19th, August 2nd, August 16th
and August 30th | \$30 per term

Enjoy bonding with your baby whilst encouraging development, relaxation and sleep in a casual and safe environment.

Facilitated by a myotherapist and remedial massage therapist, this relaxed class offers plenty of time to settle in with bubs, learn new skills and connect with others.

Carers and Grandparents welcome.
Tea and coffee provided.

Japara's Messy Movers

Learn Through Play

21st July - 15th September

Thursday 9:30 - 11:30 am

Full Fee: \$12 per session

Concession Fee: \$8 per session

Join us for a morning of music, movement, and messy play! Together we will explore, learn, and navigate our environment through body movement and sensory engagement.



School Holiday Program

Twinkle Jars Workshop - Ages 6+

Wednesday 29th June

10:00 am - 12:00 pm | \$25 per child
Create a Twinkle Jar full of fairy lights and butterflies! Learn to fold Japanese Origami butterflies and create your own magical keepsake.

Card Making Workshop - Ages 6+

Wednesday 6th July

10:00 am - 12:30 pm | \$20 per child
Design and create your own beautiful handmade cards for every occasion in this introduction to card making.

Build Your Own Insect Hotel - Ages 6+

Wednesday 6th July

1:00 pm - 3:00 pm | \$11 per child
Build an Insect Hotel to take home for your very own garden, and learn how to create a home to take care of our native insects. All materials supplied.

We're Going on a Bear Hunt!

Thursday 15th September

9:30 - 11:30 am | \$5 per child

Set out on a sensory adventure to hunt down the hidden book characters! Enjoy squishing and squelching your way through The Bridge House Garden dressed as your favourite book character to discover the prize at the end!

Primary School Kids

Robotics - Stem Birds | 8 sessions

28th July - 15th September

Thursday 5:00 pm - 6:00 pm

\$152 per term

Learn robotics with fun filled activities with robots like Ozobots, Sphero, Edison, Microbit, Robotron, LEGO Boost and Mindstorms EV3.

Children's Clothing Swap

Saturday 6th August | 1:00 - 3:00 pm

Bring along the quality clothes your children no longer wear to swap with others for new-to-you clothing. No money is exchanged, just great quality clothing. Please ensure all items are clean and in good condition.

Child Car Restraint Program

Free Safety Checks and Fittings

Tuesday fortnightly 10:00 am - 2:00 pm

Book your free fitting or safety check with accredited and experienced fitters. Bookings online at:

<https://safeseatssafekids.com.au/venues-mec/>

