PROGRAM AND ACTIVITY GUIDE

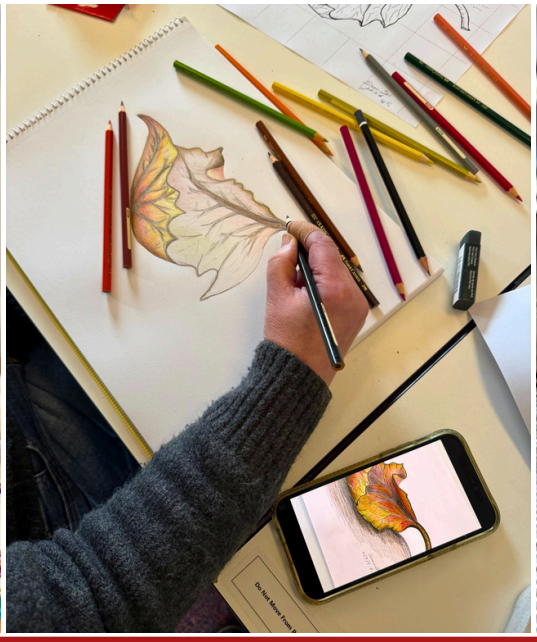
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JULY - AUGUST - SEPTEMBER

JAPARA
Inspiring Community Connection

The Heart of Kilsyth







FUN FOR KIDS **WORKSHOPS** **PROGRAMS**

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.

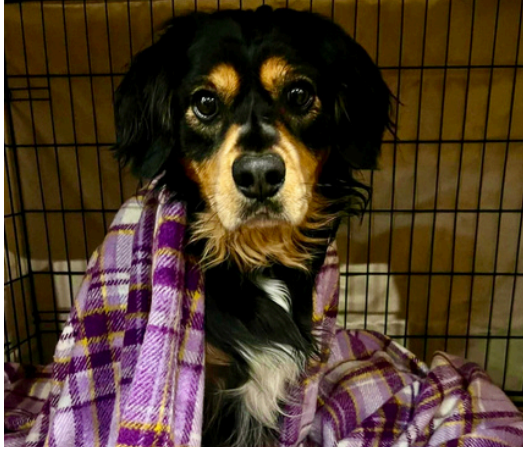
The Early Years Building is very popular for children's parties. With direct access to a fully fenced playground, you can enjoy catching up with your guests whilst your little ones safely explore the space without escaping!

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









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.

Japara Bridge Garden Club

Wednesdays 10:00 am - 11:30 am

Join us 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.

Whether it's every session or just when you can make it, your support to keep our Community Food Garden growing is always welcome and appreciated!

Bendigo Bank — Community Bank Mooroolbark

Community Bank Mooroolbark

Japara is incredibly grateful for the continued support and sponsorship from Community Bank Mooroolbark.

Through their Profit-for-Purpose model Community Bank Mooroolbark are putting funds straight back into the local community, including the Japara Bridge Community Food Garden!

Community engagement, growth, development and safety is at the heart of Japara, and without these shared values and contribution from the Community Bank Mooroolbark, the Japara Bridge House and Food Gardens would not be the wonderful space that it is today for us all to enjoy.



UPCOMING EVENTS

Red Nose Day

We're planning something exciting for Red Nose Day this term - keep your eyes on our socials for all the details.

Animal Aid Winter Appeal

Do you have clean towels and blankets you no longer need? We're collecting to support Animal Aid's Winter Appeal. Drop your donations into reception and help Animal Aid keep our furry friends warm and comfortable while they wait for their forever homes.

Free Active Women's Health Seminar

Thursday 24th September | 6:00 pm

Designed for women of all ages, from adolescence through to motherhood and beyond, offering practical insights for every stage of life.

Hosted by Bec Rosel from The Running Company Lilydale, we'll explore women's health and physical activity, combining evidence-based information with practical, real-world experience from leading professionals in women's physiotherapy and pelvic health.

The seminar will also cover supportwear for female runners, including clinically tested, medical-grade compression garments designed for pelvic support. Attendees will have the opportunity to view and try selected products.

Dance Party Inclusive Discos

Saturdays from 7:00 pm - 8:30 pm

Upcoming 2026 Dance Party Dates:

- Saturday 1st August
- Saturday 5th September

Inclusive Discos are a fun night out open to all-abilities adults 18+. Join other groovers for a great night of dancing and fun!

Bookings are required.

Full Year Membership:

$20 - access for the year

Casual Attendance

$5 - Per Session

Support workers and carers attend for free.

CONNECT WITH OTHERS

Japara Stitchers

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

Knit and Natter

Mondays 10:00 am - 12:00 pm
Creating all manner of fibre wonders, these crafters knit and crochet for charity and for the joy of it!
Mondays in the Japara Foyer.
Gold coin donation 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.
Gold coin donation per session

Friendly Voices Program

NEW

Would you like to make a genuine difference in someone's life? You can!

We are looking for volunteers to chat online with refugees and migrants who have limited mobility or community access. Simply by being a 'friendly voice', you can support participants to practise English, build confidence, and feel more connected.

Find out more on page 5









HEALTH AND WELLBEING

Dru Yoga

Monday 9:15 am - 10:30 am | $176
Jul 13th - Sept 14th | 10 sessions

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.

Trial Sessions : $17.60 per session

Hatha Yoga

Discover balance and serenity, improve flexibility, strength and mindfulness through guided poses and breath work. Casual booking options are subject to availability. All levels welcome.

Monday Evening Classes
Jul 20th - Sept 7th | 8 sessions
6:00 pm - 7:00 pm | $141

Wednesday Evening Classes
Jul 22nd - Sept 9th | 8 sessions
6:00 pm - 7:00 pm | $141

Casual Fee: $22 per session

LIVE BETTER FEEL BETTER



Tai Chi Beginners

Monday 2:00 pm - 3:00 pm | $150
Jul 13th - Sept 14th | 10 sessions

Develop your balance and coordination while improving your strength and breathing with low impact routines that are designed for beginners.

No experience necessary - all welcome.

Tai Chi Intermediate (continuing)

Thursday 11:00 am - 12:00 pm | $150
Jul 16th - Sept 17th | 10 sessions

This next step, intermediate class is designed for students who have attended previous intermediate Tai Chi classes, and are ready to move to the next level.

ART AND CREATIVITY

FIND YOUR CREATIVE SPARK



Kokedama Plant Balls Workshop

NEW

Wed July 29th | 10:00 am - 12:00 pm | $35
Discover the magic of Japanese Kokedama!

A fun, hands-on workshop where you'll transform a plant into a moss-wrapped living sculpture to take home, and learn the techniques to make many more. No experience required.

Pebble Picasso - Rock Art Workshop

NEW

Thur Aug 27th | 1:00 pm - 3:00 pm | $30
Turn ordinary rocks into extraordinary art!

Paint, decorate and design your own masterpiece in this workshop for complete beginners and seasoned crafters alike.

Explore your creativity and leave with a beautiful, hand-painted piece of art.

Introduction to Floristry

NEW

Wednesday 10:00 am - 12:00 pm | $230
Aug 12th - Sept 16th | 6 sessions

Join us for a fantastic floral adventure!

From styling potted color to stunning table centres you will explore the essentials of floristry, and develop the confidence to turn fresh flowers into your own works of art. No experience required.

The Humorous Habit

NEW

Laugh more, live better
Tue Aug 25th | 10:00 am - 12:00 pm | FREE

Why do we laugh, and why does it matter? Explore the surprising benefits of humour, and discover what makes people laugh, where to find humour in everyday life, and how to make humour a lasting habit.

The Stories We Tell

NEW

How stories shape our lives
Tue Sept 8th | 10:00 am - 12:00 pm | FREE

Stories connect us to our past, help us make sense of the present, and shape how we see ourselves. Explore the origins of storytelling and how memory influences the stories we tell about our own lives.

VISIT OUR VILLAGE

Who are we?

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 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 us at info@japarahouse.com.au

HELP US MAKE A DIFFERENCE

Volunteering at Japara

We have opportunities to volunteer at community events, in our Friendly Voices Program and our Repair Cafe, workshop facilitation, and in our gardens.

Volunteering is a great way to gain experience, connect with others, learn new skills and give back to community. Contact us to find out more: info@japarahouse.com.au

"There are so many wonderful programs that are accessible and bring people together. Neighbourhood houses like Japara provide opportunities for connection and activity. They are the heart of our communities."

CHILDREN AND FAMILIES

THE BRIDGE COMMUNITY PLAYGROUP

WEDNESDAYS FROM 9:30 AM - 11:15 AM

Weekly during school terms

A welcoming garden setting where children can explore through outdoor play and hands-on learning. Parents and caregivers can connect, share experiences, and enjoy tea and coffee together. Facilitated by a qualified early years educator.

Special events throughout the year. Indoor area for extreme weather.

SUSTAINABLE TOY SWAP

Last Wednesday of the Month
9:30 am - 11:00 am

Share, Swap and Play!

Monthly Community Toy Swap during playgroup - bring up to five clean, complete toys to swap for "new-to-you" treasures. Reduce waste, give old toys a new life and connect with other families in your community.



POWERED BY CURIOSITY

national science week 2025

FREE!

Monday 17th August | 3 sessions
Session 1: 9:30 am - 10:30 am
Session 2: 10:30 am - 11:30 am
Session 3: 11:30 am - 12:30 pm

Join us to explore force, energy, motion, balance, measurement, magnetism and observation as part of our Science Week fun at Japara!

It wouldn't be science week without an experiment to pique our curiosity!

The session will begin with a small experiment before we encourage our mini scientists to move about the space and make their own predictions, observations and judgements.

From human powered movements, construction challenges, weighing and comparing objects and microscopic exploration, there is something for everyone to enjoy!

- metal souvenir spoons
- coloured plastic bottle tops
- crystal-look beads
- wooden rolling pins
- different sized wooden spoons
- large coloured beads
- metal colanders

SCHOOL HOLIDAYS



BIG SCIENCE - BIG FUN!

Get your goggles on and lets go!!!

Mon 21st Sept | 10:00 am - 11:00 am

Gabrielle from Fizzics Education is coming to Japara to put on this epic science show!

Come and join us for an hour of fun including hair-raising electricity experiments, spectacular liquid nitrogen and much, much more. You never know you might even see some flying toilet paper!

Recommended for children aged 5+
Bookings Required | Cost: $10

CRAFTY CALL OUT!

We're looking for some super-savers to help us collect stuff for our crafting adventures! Drop your bits and bobs in to reception, and stay tuned for some more amazing art and craft fun at Japara in term 4!

EARLY YEARS OCCASIONAL CARE

MONDAYS AND FRIDAYS - 9:00 AM - 2:00 PM
TUESDAYS AND WEDNESDAYS - 9:00 AM - 3:00 PM



Families can opt to book their child in for between two and five/six hours within these session times. We charge $16.22 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.

Permanent and casual bookings welcome. Visit our website for more: www.japarahouse.com.au



Friendly Voices Program
NEW

Volunteers Making a Real Difference

The Friendly Voices Program supports migrants and refugees who may have limited opportunities to connect, helping them practise conversational English and feel more connected to their community.

We are inviting volunteers to be part of the program, where a relaxed online chat can make a meaningful impact.

As a volunteer, you'll be supported to:

- Share a 30-minute online conversation each week for 6 weeks
- Set up your device and get started with helpful conversation prompts
- Chat via phone or laptop at a time that suits you

No teaching experience is needed, just a willingness to connect, listen, and make a positive difference.

Learn more: info@japarahouse.com.au.

To express your interest in volunteering for the Friendly Voices program, simply scan the QR code.



Linking women with local activities that work for them

NEW

No time - No childcare - No experience - No gear - No mental capacity
These are NOT excuses. They are REAL barriers.

THAT'S WHY LINKUP EXISTS!

To support women aged 25 - 55 to break the barriers and get active and involved in local sports and recreational fun.

- FREE Beginner friendly and refresher sessions.
- No commitment, No fees, No costs.
- Childcare available upon request.
- Refuel with a healthy meal to enjoy together or take with you after each session.
- Wide variety of Sports and Recreational activities to choose from!
- Sessions will be held across the year with local clubs and groups.
- Organised at times to suit busy lifestyles.

Check out the range of sports and activities you can be apart of below!

KILSYTH FOOTBALL CLUB

THE RUN CLUB

PICKLEBALL

LINE DANCING

FUTSAL

CRICKET

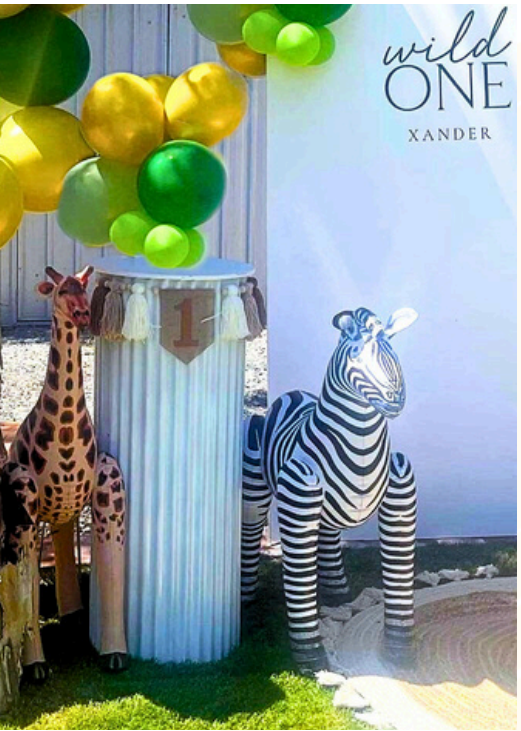
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For more information please contact Kelly at coordinator@japarahouse.com.au.

TRY ONE SPORT OR TRY THEM ALL!

Find what works for YOU and YOUR lifestyle.

Hire the Japara Bridge House and Gardens for your Private Function



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 to complete our online enrolment form.

Contact Us

54 - 58 Durham Road, Kilsyth 3137

General: info@japarahouse.com.au
Venue: venuehire@japarahouse.com.au
Web: www.japarahouse.com.au
Telephone: (03) 9728 3587
A.B.N. 93 252 863 062

Hours of Operation

Monday - Thursday 9:00 am - 4:00 pm

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

Yarra Ranges Council | VICTORIA State Government | Neighbourhood Houses







Japara Village - Linking you to local services and support

Montrose Community Cupboard

Give what you can
Take what you need

All programs are FREE

Montrose Community Cupboard are a volunteer-run free food pantry, located at Japara Bridge House. We rescue food from going in to landfill and redistribute it to our local community.

Community Cupboard - Japara Bridge

49 Durham Road, Kilsyth
Open daily - accessible by everyone

Food Markets - every Saturday

Alternating between Kilsyth and Montrose
See social media or poster at the cupboard for times and locations.

Community Meals

(February - November)
4th Sunday of the Month 5:30 - 7:00 pm
Kilsyth Memorial Hall
514 Mt. Dandenong Road, Kilsyth

Soup, main, dessert - all using food rescued before going to landfill.
Web: montrosecommunitycupboard.org

How can you get involved?

Email us to discuss available volunteering opportunites with MCC.
montrosecommunitycupboard@gmail.com

KCAG Kilsyth Commun Action Group

Passionate about where you live?

If you are, then Kilsyth Community Action Group is the place for you!

Who are we?

A group of residents whose aim is to make Kilsyth a community we want to be part of.

What do we do?

The Kilsyth Festival, working with local traders, improving sport and recreation Reserves, arranging concerts and public art, advocating for causes close to Kilsyth hearts, and more.

When do we meet?

2nd Thursday of the month at 6:30 pm.

Where?

In-person at Japara - Durham Rd, or online.

So if you have ideas, skills or just want to make a difference, whether you're a long-time local, or new to the neighbourhood, just bring your enthusiasm and community spirit!

For more information, simply email
info@kilsythcommunityactiongroup.net

care connect
Life, made easier

SCAN HERE

Care Connect with Your Local Care Finder, Gianna

Meet your Local Care Finder and get one-on-one, confidential advice about the federally funded Care Finder program.

Receive clear information on how the aged care system works, referrals to advocacy services, and support to access home care and residential services.

Upcoming sessions:

Tuesday 6th October
10:30 am to 12:00 pm

Scan the QR code above or call 9728 3587 to find out more.

"It's such a great place to try new activities, spend time with people and feel like part of the community."

REPAIR CAFÉ
FIX IT, DON'T DITCH IT!

Join the Repair Revolution!

The Repair Cafe is a community initiative dedicated to creating a more sustainable future by empowering everyone to fix, reuse, and rethink how we consume everyday items.

Got a broken toaster, torn jeans, or wobbly chair? Our friendly volunteers can help you bring it back to life!

- Support a more sustainable future
- Learn practical repair skills
- Enjoy free tea, coffee, and a chat

AMAZING VOLUNTEERS!

Our volunteers are the heart of the Repair Café, and we're always keen to welcome new faces to our small but mighty team.

FREE FOOD MARKET

The Repair Café is held alongside the Montrose Community Cupboard Free Food Market. Drop in and help them keep food out of landfill as well!
Japara Bridge - 49 Durham Rd, Kilsyth

UPCOMING DATES

Saturday 25th July
Saturday 22nd August

HOW DO I GET INVOLVED?

Open monthly on a Saturday from 2:30 pm - 4:30 pm at Japara Bridge - 49 Durham Road, Kilsyth.
Check our socials for upcoming dates.

If you'd like to volunteer, or to find out more, use the QR Code below, or contact us at Japara, via email:
info@japarahouse.com.au

SCAN ME!