



TERM 2

24 APRIL – 23 JUNE 2023

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COMMUNITY CONNECTIONS

<p>SOCIAL CRAFT GROUP GOLD COIN</p> <p>Come along to our Social Craft Group and enjoy the company of like-minded people whilst you get creative.</p>  <p>Wednesdays 10am – 12pm</p>	<p>REPAIR CAFE GOLD COIN</p> <p>Visit our fantastic fix-it volunteers in the Undercroft to mend your household items and clothes.</p> <p>Sat 6 May 9am – 1pm Sat 3 June 9am – 1pm Sat 1 July 9am – 1pm</p>	<p>CHATTY CAFE GOLD COIN</p> <p>Pop in and enjoy a cuppa and good conversation at our regular get together with friends, old and new.</p> <p>Tuesday 23 May 10.30am Tuesday 27 June 10.30am</p>	<p>WOODEND FOOD BANK FREE</p> <p>Pick up some food and basic household items whilst enjoying a cuppa in the Undercroft. Donations gratefully received.</p> <p>Mon & Thurs 12.30pm – 2.30pm</p>
<p>WOODEND WALKERS FREE</p> <p>Meet at the house and walk at two paces – medium and leisurely. The session concludes with coffee at a local café.</p> <p>Tuesdays 10am</p>	<p>CYCLING GROUP FREE</p> <p>The 'Tour de Woodend' is for riders of all abilities. The group tends to avoid main roads and may split into two groups.</p> <p>Mon & Thurs 10am</p>	<p>COMMUNITY BAGS FREE</p> <p>Many hands make light work as we sew, cut, pin, bundle and iron the fabulous Woodend Community Bags.</p> <p>Thursdays 9.30am–12.30pm</p>	<p>COMMUNITY LUNCH Bookings Essential by donation</p> <p>Join us at the Woodend RSL for a delicious two-course lunch. Bookings essential.</p> <p>Tues 9 May 12noon Tues 20 June 12noon Tues 11 July 12noon</p>

WELLBEING FOR BODY AND MIND

<p>HATHA YOGA WITH CHITRA \$126-\$140</p> <p>Relax, recharge and renew through our Hatha Yoga class designed to help you de-stress, bring balance and good health.</p> <p>Mon & Wed 9.30am – 11am Wed 7.30pm – 9pm</p>	<p>YOGA FOR SENIORS AND CHRONIC CONDITIONS NEW \$105</p> <p>Gentle and restorative exercises that can help boost energy and reduce pain.</p> <p>Mondays 11.30am – 12.30pm</p>	<p>STRETCH, RELAX & MEDITATE \$60</p> <p>Support your physical, emotional, and mental wellbeing through meditation, movement and guiding breathing.</p> <p>Tuesdays 6pm – 6.45pm</p>	<p>RISE AND SHINE YOGA \$180</p> <p>Kick off the day with a beginners level Hatha Yoga class that will gently warm and limber the whole body.</p> <p>Thursdays 6.30am – 7.30am</p>
<p>EMPOWER YOUR HEALTH THROUGH NUTRITION NEW \$120</p> <p>Learn strategies to empower your health. Topics include boosting winter immunity, optimising brain power, bullet proofing bone and heart health and navigating the world of hormones.</p> <p>Tues 23 May – Tues 13 June 7pm – 9pm</p>	<p>SELF COMPASSION WORKSHOP NEW GOLD COIN</p> <p>Join Denise Howes for an introductory workshop on the Transformative Power of Self-Compassion. Learn how to treat yourself as you would treat a good friend, especially in times of hardship.</p> <p>Thursday 4 May 7pm – 9pm</p>	<p>EQUILIBRIUM PILATES NEW \$20</p> <p>Looking to improve your core strength, balance, overall mobility? Classes run by a fully certified Clinical Pilates instructor could be for you! Bookings via www.equilibriumpilates.com.au</p> <p>Wednesdays 8.15am – 9.15am</p>	

NEIGHBOURHOOD HOUSE WEEK 8 - 14 MAY 23

Join us to celebrate all the great things at the Woodend Neighbourhood House, including:

<p>Yoga for Seniors and Chronic Conditions Monday 8 May 11.30am – 12.30pm FREE</p>	<p>Social Scrabble Monday 8 May 12noon – 2pm Gold Coin Donation</p>	<p>Woodend Community Lunch Tuesday 9 May 12noon By Donation</p>	<p>Social Craft Group Wednesday 10 May 10am – 12noon Gold Coin Donation</p>	<p>Rise & Shine Yoga Thursday 11 May 6.30am – 7.30am FREE</p>	<p>Start Drawing Workshop Friday 12 May 10am – 12noon Gold Coin Donation</p>
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CHILDREN & YOUTH

WOODEND YOUTH SPACE

FREE

Join the Macedon Ranges Youth Team in the Undercroft for art, dance, games, and movies. Aged 12-17 years.

Tues 2, 16, 30 May
Tues 13 June

4pm-5.30pm
4pm-5.30pm

BEE CREATIVE

\$144

Make all kinds of crafty things at our weekly creative club. Explore mosaics, drawing, cooking and polymer clay. Aged 9+ years.

Starts
Wed 26 April

3.45pm - 5.30pm



THE HIVE

NEW

\$30

Keep the little ones busy at our brand new after school club. Craft, cooking, board games and more. Aged 6+ years.

Tues 23 May
Tues 6, 20 June

3.45pm - 4.45pm
3.45pm - 4.45pm



SUPPORT & SERVICES

OFFICE SERVICES & COMPUTER HIRE

varies

Printing, photocopying, scanning and laminating, as well as access to the internet or help completing forms.

RECYCLING

FREE

Bring in your bread tags, batteries, bottle tops, mobile phones or other small e-waste to the House for recycling.

IT HELP SESSIONS

FREE

Make a time to meet one of our friendly staff or volunteers to help you with your computer, tablet or phone queries.

PARTY KIT HIRE

\$10

Reduce waste and save money with our reusable party kits, including plates, bowls, cutlery, cups and more. Bookings essential.

CHILD CAR RESTRAINT INSPECTIONS

FREE

Free child car restraint fitting or checks, courtesy of Kidsafe Victoria. Bookings essential via the 'Safe Seats, Safe Kids' website.

Thursday 11 May

10am - 2pm

POWER SAVING BONUS APPLICATIONS

FREE

Help available to apply for the State Government's \$250 Power Saving Bonus. Pop in on a Monday, Tuesday or Thursday between 11am - 3pm and we will help you apply.

ST KILDA MUMS DROP-OFF POINT

FREE

We are a drop off point for St Kilda Mums - See the list of donatable items at stkildamums.org or we have a copy of the list here at the House.

TRAINING FOR WORK OR VOLUNTEERING

RESPONSIBLE SERVICE OF ALCOHOL (RSA)

\$100

All people serving or selling alcohol must hold a current RSA certificate. SITHFAB021 is delivered under VCGLR guidelines.

Friday 16 June

5pm - 9.30pm

PROVIDE FIRST AID

\$142

Provide First Aid (HLTAID011) incorporates realistic classroom simulations to help you prepare for first aid situations.

Saturday 6 May

9am - 3.30pm

PROVIDE CPR

\$95

Provide CPR (HLTAID009) is for those wanting comprehensive and compliant first aid CPR training or as an annual update to a first aid course.

Saturday 6 May

9am - 12.30pm

JUST FOR FUN

BOARD GAME GATHERING

FREE

Come along to the Undercroft on the last Sunday of each month and join our regular group of 'boarders'. New players always welcome!

Sun 23 April, 28 May, 25 June

2-5pm



MAHJONG

\$20

Mahjong is a game of skill, strategy and calculation using a set of tiles. Beginners and intermediate players welcome.

Tuesdays (10 weeks)

1pm-3.30pm



SOCIAL SCRABBLE

NEW

GOLD COIN

Join our new social scrabble group and find like-minded scrabble friends. Register your interest via our website or by calling the House.

Mondays (starts 1st May)

12noon-2pm



CREATIVE

ACRYLICS & DRAWING FOR INTERMEDIATES

\$140

Start something new or bring along your unfinished drawing (any medium) or acrylic painting - all under the expert guidance of our art tutor Marilyn.

8-week course starts:

Fri 12 May 1pm-3.15pm

START DRAWING WORKSHOP

NEW

GOLD COIN

Learn how to draw in this introductory course, suitable for complete beginners. The workshop will cover simple design and techniques to help adults start to draw.

Fri 12 May

10am-12noon

SMARTPHONE PHOTOGRAPHY WORKSHOP

NEW

\$5

Make the most of your iPhone or android device and learn how to take amazing pictures with your smartphone camera. Two-session short course.

Thur 18 & 25 May

3-5pm

BLACKSMITHING WORKSHOP

NEW

\$140

Learn the basic techniques of blacksmithing. and make your own marshmallow toasting fork, perfect for the winter months. With Blacksmith Rob Nansen.

Sat 13 May

1-4pm