



TERM 3

21 JULY - 19 SEPTEMBER 2025

47 Forest Street, Woodend

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NEW FOR TERM 3

KIDS' CLOTHING SWAP



Swapping is a clever and thrifty way to update your kids' wardrobe without hitting the shops. It saves you pennies and the planet too!

Saturday 16 August 10am-12noon

SERIOUS FUN WITH AI



Learn how to use AI effectively and safely – explore its exciting possibilities while staying mindful of the risks.

Mon 25 Aug (all welcome) 11.30am-12.30pm
Thurs 28 Aug (parents & teens) 5.30pm-6.30pm

OPEN HOUSE



Drop in and explore all that the Woodend Neighbourhood House has to offer – from workshops and activities to community support and connection.

Saturday 6 September 9am - 1pm

COMMUNITY CONNECTIONS

GARDENING GROUP



Connect with others, enjoy the outdoors, and get your hands in the soil!

2nd & 4th Tues 10am-12noon

CHATTY CAFE



Pop in for a cuppa and chat at our regular get together.

Tue 22 July 10.30am-12pm
Tue 26 Aug 10.30am-12pm
Tue 23 Sept 10.30am-12pm

INTER-GENERATIONAL PLAYGROUP



Together with Woodend Playgroup, we're connecting seniors and preschoolers.

Fri 1 Aug, Fri 5 Sept 9am-11am

COMMUNITY LUNCH



Join us at the Woodend RSL for a two-course lunch.

Tues 15 July 12noon
Tues 19 Aug 12noon
Tues 16 Sept 12noon

SOCIAL CRAFT GROUP



Bring your project and enjoy a relaxed morning with creative company.

Wednesdays in term time 10am - 12pm

WOODEND SENIORS GROUP



Enjoy friendly gatherings in the Undercroft, plus regular day trips.

Tue: Button Bingo 1-3pm
Fri: Cards 1-4pm

REPAIR CAFE



Our fix-it volunteers mend household items.

Sat 5 July 9am - 1pm
Sat 2 August 9am - 1pm
Sat 6 Sept 9am - 1pm

BIKE SHED



Drop in to the Bike Shed for basic bike maintenance and skill sharing.

Fortnightly on Thursdays 4-5.30pm

WOODEND WALKERS



Meet at the house and walk at two paces. The session concludes with coffee at a local café.

Tuesdays 10am

NEWHAM WALKERS WITH DOGS



Walk local 4-5km trails - bring a dog or just your love for them!

Tuesdays 9am

CYCLING GROUP



The 'Tour de Woodend' is for riders of all abilities. The group tries to avoid main roads where possible.

Mon & Thurs 10am

COMMUNITY BAGS



Come along and lend a hand with the Woodend Community Bags. Sewing skills optional!

Thursdays 9am-12pm

WELLBEING FOR BODY AND MIND

WEDNESDAY HATHA YOGA WITH CHITRA



Stretch, Strengthen, Relax and Renew.

Hatha 9.30am-11am
Gentle 2pm - 3pm
Beginners 6pm - 7pm
Hatha 7.30pm-9pm
Zoom Pick a session

YOGA FOR SENIORS & CHRONIC CONDITIONS



A gentle, restorative class that can help boost energy and reduce pain

Wed 11.15am - 12.15pm

GENTLE YOGA, QI GONG & GUIDED MEDITATION



Join Yong for an extended session of qigong, yoga, cupping & meditation

Sun 27 Jul, 24 Aug, 28 Sept 1:30pm - 4pm

WOODEND KIRTAN



Founded by locals with a love of the yoga of kirtan, explore chanting and feasting.

Sat 19 July 6.30pm
Sat 20 Sept onwards

TAI CHI & QIGONG



Join Anne for this traditional class that is designed to support health and wellbeing.

Thursday 9am - 10am

SUNDAY YOGA WORKSHOP SERIES



Join Chitra for four special sessions deep diving into Hatha Yoga

Sun 17 Aug 10-11am
Sun 14 Sep 11.30-12.30pm

LET'S TALK YOGA



Join Sarah for tea and shared stories as you explore the deeper layers of yoga beyond the mat.

Friday 10.30am-11.30am

MINDFULNESS WORKSHOP



Learn simple mindfulness skills with Mary to help experience deep relaxation.

Sat 23 Aug 1pm - 3.30pm

A TASTE OF AYURVEDA



Join Fiona to explore and practise Ayurveda - the original Lifestyle Medicine

Sun 3 Aug 10am - 3pm

LAUGHTER YOGA



Learn playful exercises to reduce stress, boost mood, and enhance wellbeing with Fi.

3 week course:
28 Jul, 4 & 11 Aug 9.30-10.15am
25 Aug, 1 & 8 Sept 10.15am

CHILDREN & YOUTH

BENDY BUDDIES YOGA

\$80
8 week course

Bendy Buddies Yoga is a joyful and playful yoga adventure designed for aged 2 - 5 years

**New Time*

Tuesdays 10am - 10.30am

CREATIVE YOGA

\$120
8 week course

Join Sarah from Shanti Studio for this unique blend of yoga, fun and relaxation for Prep to Grade 6.

Wednesday 4pm - 5pm

WOODEND YOUTH SPACE

FREE

The Macedon Ranges Youth Team host this Youth Space for youth 12-17 years.

Tues 22 Jul
Tues 5 & 19 Aug 4pm-5.30pm
Tues 2 & 16 Sep

ART CLUB

\$208

Join Penelope for some creative fun and explore a range of themes, mediums and techniques. **Now running two nights!**

Tues or Wed 3.45pm - 5pm

HOBBIES

BOARD GAME GATHERING

\$5
donation per session

Enjoy a board game? Why not join the Woodend Board Game Gathering? All welcome.

Sun 27 July, 24 Aug, 28 Sept 2-5pm

DUNGEONS & DRAGONS

\$5
donation per session

This group plays Dungeons and Dragons monthly at the House. New players welcome

Sun 27 July, 24 Aug, 28 Sept 12-4pm

MAHJONG

\$40
8 week term

Mahjong is a game of skill, strategy and calculation and involves a degree of chance.

29 July - 16 September 12.30-3pm

BEGINNERS MAHJONG

\$20
4 week term

This four week beginners course will teach you the foundation skills to play Mahjong.

Wed 6 - 27 August 10am - 12pm

PUZZLES & CHAT

donation welcome

Relax, connect, and challenge your mind with puzzles and friendly conversation

Thur 3 July, 7 Aug, 4 Sept 1pm - 3pm

SUPPORT & SERVICES

OFFICE SERVICES

varies

Our office services include printing, photocopying, scanning and laminating. We also offer free Wi-Fi for your convenience.

IT HELP SESSIONS

FREE

Make an appointment for help completing forms online or navigating your device.

WOODEND FOOD BANK

FREE

Everyone is welcome to access food and household items. Find us in the Undercroft.
Mondays 12.30pm-2.30pm
Thursdays 12.30pm-2.30pm

AA MEETINGS

Donation welcome

Going to an AA meeting is simple. You just turn up. There's no signing in and no appointment to make.

Fridays 7pm - 8pm

RECYCLING

FREE

Bring in bread tags, batteries, bottle tops, mobile phones or other small e-waste. Located outdoors

BOOK SWAP

FREE

Join the worldwide book sharing movement and find your next read. Both adult and children's books available.

OUR VILLAGE DROP-OFF POINT

FREE

Drop off point for Our Village (previously St Kilda Mums). Contact us for date of next pick up.

PARTY KIT HIRE

\$10

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

TRAINING FOR WORK OR VOLUNTEERING

PROVIDE FIRST AID

\$142

HLTAID011 help you prepare for first aid situations. Book through ITS Training www.its.vic.edu.au or 1300 585 866

Monday 18 August 9am-3.30pm

PROVIDE CPR

\$95

HLTAID009 is the annual CPR update for first aiders. Book through ITS Training www.its.vic.edu.au or 1300 585 866

Monday 18 August 9am-12.30pm

CREATIVE

WEST AFRICAN DRUM GROUP

\$120
-160

Experience the joy that comes from simple rhythms. BYO drum, or drum provided.

8 week term starts:
Thur 31 July 5pm-6pm

MRAG ART SESSIONS

\$5-
\$10

Join Macedon Ranges Art Group for their regular art sessions. 1st & 3rd Friday. Members \$5, Non members \$10

To find out more, visit:
<https://macedonrangesartgroup.com/>

LEATHER-WORK CLASS

NEW

\$220

Join Wendy for this practical and creative leatherworking workshop and make a suede leather belt pouch.

Sat 9 August 10am -4pm

STARTING ACRYLICS

NEW

\$160

Curious about acrylic painting? This class is the perfect place to start, with our art tutor Marilyn.

Starts
Thurs 31 July 2pm-4pm

CONTINUING ACRYLICS

\$160

Ready to build on your acrylic painting skills? Our art tutor Marilyn will help you grow in confidence and creativity.

Starts
Fri 1 Aug 1pm-3pm