



WOODEND  
NEIGHBOURHOOD  
HOUSE

# TERM 3

21 JULY - 19 SEPTEMBER 2025

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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  
Tues 2 & 16 Sep  
4pm-5.30pm

### 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](http://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](http://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

### MRRAG 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