



# TERM 4

2 OCTOBER – 20 DECEMBER 2023

47 Forest Street, Woodend woodendnh.org.au reception@woodendnh.org.au 5427 1845

## COMMUNITY CONNECTIONS

### SOCIAL CRAFT GROUP

GOLD COIN

Come along to our Social Craft Group and enjoy the company of like-minded people whilst you get creative.

Wednesdays 10am-12pm



### REPAIR CAFE

GOLD COIN

Visit our fantastic fix-it volunteers in the Undercroft to mend your household items and clothes.

Sat 7 Oct 9am-1pm  
Sat 4 Nov 9am-1pm  
Sat 2 Dec 9am-1pm

### CHATTY CAFE

GOLD COIN

Pop in and enjoy a cuppa and good conversation at our regular get together with friends, old and new.

Tues 26 Sep 10am  
Tues 24 Oct 10am  
Tues 28 Nov 10am

### COMMUNITY LUNCH

Bookings Essential by donation

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

Tues 10 October 12noon  
Tues 14 November 12noon  
Tues 12 December 12noon

### WOODEND WALKERS

FREE

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

Tuesdays 10am

### CYCLING GROUP

FREE

The 'Tour de Woodend' is for riders of all abilities. The group tends to avoid main roads and may split into two groups.

Mondays & Thursdays 10am

### COMMUNITY BAGS

FREE

Many hands make light work as we sew, cut, pin, bundle and iron the fabulous Woodend Community Bags.

Thursdays 9.30am-12.30pm

### CWA WOODEND EVES

Make new friends and get involved in the local community with the vibrant CWA Woodend Eves. All women and girls welcome.

For more info, visit: [www.facebook.com/cwawoodendeves](http://www.facebook.com/cwawoodendeves)

## WELLBEING FOR BODY AND MIND

### HATHA YOGA WITH CHITRA

\$220-\$198

Relax, recharge and renew with Hatha Yoga. Each class will help you de-stress, bring balance and good health.

Mon & Wed 9.30am-11am  
Wed 7.30pm-9pm

### YOGA FOR SENIORS AND CHRONIC CONDITIONS

\$165

Gentle and restorative exercises that can help boost energy and reduce pain.

Mondays 11.30am-12.30pm

### RISE AND SHINE YOGA

\$220

Kick off the day with a beginners level Hatha Yoga class that will gently warm and limber the whole body.

Thursdays 8am - 9am

## LEARN SOMETHING NEW

### LEARN CANTONESE

NEW \$220

Come along and learn some basic Cantonese. Suitable for beginners and those with prior knowledge.

Thurs 5 Oct - 14 Dec 1.30pm-2.30pm

### HUMAN SKILLS

NEW \$45-270

This series of Workshops will help you improve how you work with other people, from difficult conversations to challenges at work.

Thurs 18 Oct - 22 Nov 7pm - 9pm

### MINDFULNESS WORKSHOP

NEW \$30

Learn simple mindfulness skills to help experience deep relaxation during this three-hour workshop.

Sat 28 October 1pm - 4pm

## JUST FOR FUN

### BOARD GAME GATHERING

FREE

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

Sun 24 Sept, 22 Oct, 26 Nov 2pm-5pm



### MAHJONG

\$22

Mahjong is a game of skill, strategy and calculation using a set of tiles.

Tuesdays (11 weeks) 12:30pm - 3pm



### SOCIAL SCRABBLE

GOLD COIN

Join our new social scrabble group and find like-minded scrabble friends. New players are encouraged to register beforehand.

Mondays 12noon-2pm



### WOODEND COMMUNITY YARD SALE

We've joined the Garage Sale Trail! Sell or buy pre-loved items from the garden of the Woodend Neighbourhood House.

SATURDAY 18 NOVEMBER • 8AM - 1PM



## CHILDREN & YOUTH

### WOODEND YOUTH SPACE

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

Tues 10, 24 Oct  
Tues 21 Nov  
Tues 5, 19 Dec

4pm-5.30pm  
4pm-5.30pm  
4pm-5.30pm

FREE

### BEE CREATIVE

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

Wed 11 Oct-13 Dec

5pm-6pm

\$120



### THE HIVE

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

Wed 11 Oct-13 Dec

3.45-4.45pm

\$120

### CREATIVE YOGA FOR PARENTS & KIDS

This shared hour of yoga combines fun, dancing between activity and rest, for primary school aged children and their carer.

Wednesday 18 October - 8 November

6pm-7pm

\$120

### YOGA FOR TWEENS, TEENS AND PARENTS

This shared hour of yoga for tweens, teens and parents builds upon ideas from the creative yoga offering, to invite a growing understanding of mind, body and breath connection.

Wednesday 15 November - 6 December

6pm-7pm

NEW

\$120

## TAKE, SWAP, SHARE, CARE

### WOODEND TOY SWAP

Children of all ages can swap their pre-loved toys for something different. Located to the left of the House.

FREE

### WOODEND BOOK SWAP

Join the book sharing movement and find your next read. Both adult and childrens books available.

FREE

## SUPPORT & SERVICES

### OFFICE SERVICES & COMPUTER HIRE

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

varies

### RECYCLING

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

FREE

### IT HELP SESSIONS

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

FREE

### PARTY KIT HIRE

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

\$10

### CHILD CAR RESTRAINT INSPECTIONS

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

Thursday 9 November

10am-2pm

FREE

### WOODEND FOOD BANK

Everyone is welcome at the Woodend Foodbank in the Undercroft to access food, household and personal hygiene items.

Mondays & Thursdays 12.30pm - 2.30pm

FREE

### ST KILDA MUMS DROP-OFF POINT

We are a drop off point for St Kilda Mums - See the list of donatable items at [stkildamums.org](http://stkildamums.org) or we have a copy of the list at the House.

FREE

## TRAINING FOR WORK OR VOLUNTEERING

### RESPONSIBLE SERVICE OF ALCOHOL (RSA)

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

Friday 27 October

5pm-9.30pm

\$100

### PROVIDE FIRST AID

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

Saturday 9 December

9am-3.30pm

\$142

### PROVIDE CPR

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 9 December

9am-12.30pm

\$95

## CREATIVE

### WOODTURNING

Learn about the art of wood turning during this 8 session course (Tues and Thurs evenings). All consumables and tools supplied.

Starts:  
Tues 10 Oct 6pm - 8.30pm

\$395

### BLACKSMITHING WORKSHOP

Learn the basic techniques of blacksmithing and complete your very own cheese knife to take home. With Blacksmith Rob Nansen.

Sat 25 November 1pm-4pm

\$140

### CONTINUE ACRYLIC PAINTING

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

Fri 13 Oct - 8 Dec 1pm-3.15pm

\$180

### CONTINUE DRAWING

Each week during this four-week course, create a landscape, still life or floral drawing while learning about composition, tonal value, perspective and colour.

Thur 9-30 Aug 10.30am-12.30pm

\$80