



TERM 2

22 APRIL - 4 JULY 2025

47 Forest Street, Woodend

woodendnh.org.au

reception@woodendnh.org.au

5427 1845



COMMUNITY CONNECTIONS

COMMUNITY GARDENING GROUP

This informal group is a welcoming space to connect with others, enjoy the outdoors, and get your hands in the soil!

Thursdays 10am - 12noon

CRAFT WORKSHOP FOR CARERS

Unpaid carers are invited to make their very own magnesium bath salts, in this fun workshop.

Fri 9 May 10am - 11.30am

WOODEND SENIORS GROUP

The Woodend Seniors meet twice a week in the Undercroft and go on regular bus trips (additional fee).

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

INTER-GENERATIONAL PLAYGROUP

Together with Woodend Playgroup, we're excited to invite seniors in our community to an Intergenerational Playgroup. Register your interest

SOCIAL CRAFT GROUP

Come along to our Social Craft Group and enjoy the company of like-minded people

Wed 10am - 12pm

REPAIR CAFE

Our fix-it volunteers mend household items and clothes from the Undercroft.

Sat 5 April 9am - 1pm
Sat 3 May 9am - 1pm
Sat 7 June 9am - 1pm

BIKE SHED

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

Fortnightly on Thursdays 3.30-5.30pm

AGM

Our AGM is open to everyone in our community. We also welcome new committee members

Tues 6 May 6pm - 7pm

COMMUNITY LUNCH

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

Tues 15 April 12noon
Tues 20 May 12noon
Tues 17 June 12noon

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

Explore local trails on walks of 4-5km. Dogs not essential but an appreciation of dogs is a must!

Tuesdays 9am

CYCLING GROUP

The 'Tour de Woodend' is for riders of all abilities. and tries to avoid main roads where possible.
Mon & Thurs 10am

COMMUNITY BAGS

Many hands make light work as we sew, cut, pin, bundle and iron the fabulous Woodend Bags.
Thursdays 9am-12pm

CHATTY CAFE

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

Tue 22 Apr 10.30am-12pm
Tue 27 May 10.30am-12pm
Tue 24 Jun 10.30am-12pm

WELLBEING FOR BODY AND MIND

HATHA YOGA WITH CHITRA

Relax, recharge and renew at Hatha Yoga with Chitra

Wed 9.30am-11am
Wed (Gentle) 2pm - 3pm
Wed 7.30pm-9pm
Zoom Pick your session

YOGA FOR SENIORS AND CHRONIC CONDITIONS

Join Chitra for this gentle restorative class

Wed 11.15am - 12.15pm

GROUNDING HATHA YOGA

Gently warm the body and calm the mind with this grounding hatha class with Sarah

Mon 10am - 11am

SUPPORTED HATHA YOGA

This gentle Hatha class with Sarah begins seated then uses supports such as walls, benches, chairs, bolsters, blocks and straps.

Mon 11.15am - 12.15pm

GUIDED MEDITATION

30-minute drop-in guided meditations sessions, open to all experience levels

Mon 1pm - 1.30pm

MINDFULNESS & MEDITATION

This 6-week course will build and develop mindfulness skills through meditation

Wed 7 May until
Wed 11 Jun 12.30-1.45pm

GENTLE YOGA, QI GONG & GUIDED MEDITATION

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

Sun 27 Apr, 25 May, 29 Jun 1:30pm - 4pm

WOODEND KIRTAN

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

Sun 18 May
Sun 15 June
 5.15pm onwards

TAI CHI & QIGONG

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

Free trials: 1, 8, 15 May
Thursday 9am - 10am



**COMMUNITY WICKING
BED WORKSHOPS
TUES 13TH & FRI 16TH MAY**



CHILDREN & YOUTH

BENDY BUDDIES YOGA

\$100
10 week course

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

Tues 9.30am - 10am

CREATIVE YOGA

\$150
10 week course

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

Tues 4pm - 5pm

WOODEND YOUTH SPACE

FREE

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

Tues 29 April
Tues 13 & 27 May 4pm-5.30pm
Tues 10 & 24 June

ART CLUB

\$234

Join Penelope for creative fun and sketch, weave, print, paint and draw. **EOI for Grade 5&6 class**

Wed (Prep-Gr 4) 3.45-5pm
Wed (Gr 5&6) 5.15-6.30pm

MINI ART CLUB

\$130

Join Penelope for creative fun and draw, paint, stamp, cut, paste and create. **2 - 5 years**

Wed 7 May until
Wed 4 June 2pm - 3pm

HOBBIES

BOARD GAME GATHERING

\$5
donation

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

Sun 27 Apr, 25 May, 22 Jun 2-5pm

DUNGEONS & DRAGONS

\$5
donation

NEW

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

Sun 27 Apr, 25 May, 22 Jun 12-4pm

MAHJONG

\$55

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

22 Apr-1 Jul 12.30-3pm

COMMUNITY WICKING BED WORKSHOPS

FREE

NEW

Help build our wicking beds and gain the skills to create your own

Tue 13th & Fri 16th May 10am - 1pm

PUZZLES & CHAT

NEW

donation welcome

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

Thur 1 May, 5 Jun, 3 July 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 a time to meet our friendly volunteer for help with your computer, tablet or phone.

Wednesdays 1pm - 3pm

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 to the left of the House - accessible anytime.

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

Saturday 3 May, Thursday 26 June 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

Saturday 3 May, Thursday 26 June 9am-12.30pm

CREATIVE

WEST AFRICAN DRUM GROUP

\$120 -150

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

8 week term starts: Thur 1 May 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 per session

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

PEN DRAWING WORKSHOP

NEW

\$75

Join Marilyn for an inspiring workshop exploring the art of contemporary drawing with coloured pens.

Thurs 3rd July 10.30am-3.30pm

CONTINUE ACRYLIC PAINTING

\$180

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

Starts Fri 2 May 1pm-3.15pm