

TERM 2

22 APRIL - 4 JULY 2025



47 Forest Street, Woodend



woodendnh.org.au



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COMMUNITY CONNECTIONS

COMMUNITY GARDENING GROUP

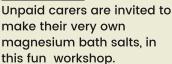


This informal group is a welcoming space to connect with others, enjoy the outdoors, and get your hands in the soil!

Thursdays

10am - 12noon

CRAFT WORKSHOP FOR CARERS



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 **Thurs: Cards**

1-3pm

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 donation **GROUP**

Come along to our Social Craft Group and enjoy the company of likeminded people

Wed

10am - 12pm

REPAIR CAFE



FREE

9am

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

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

BIKE SHED



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

Fortnightly on Thursdays 3.30–5.30pm

<u>AGM</u>



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 Tues 20 May Tues 17 June

12noon 12noon 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

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 Baas. 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 May10.30am-12pm Tue 24 Jun10.30am-12pm

WELLBEING FOR BODY AND MIND

HATHA YOGA WITH CHITRA



Relax, recharge and renew at Hatha Yoga with Chitra

Wed Wed (Gentle) Wed Zoom

9.30am-11am 2pm - 3pm 7.30pm-9pm Pick your session

YOGA FOR SENIORS \$150 **AND CHRONIC CONDITIONS**

Join Chitra for this gentle restorative class

11.15am - 12.15pm Wed

GROUNDING HATHA YOGA





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

10am - 11am Mon

SUPPORTED **HATHA YOGA**





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

11.15am - 12.15pm Mon

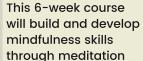
GUIDED MEDITATION



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

Mon 1pm- 1.30pm

MINDFULNESS & MEDITATION



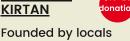
Wed 7 May until Wed 11 Jun 12.30-1.45pm

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**



with a love of the yoga of kirtan, explore chanting and feasting. New Time Sun 18 May 5.15pm

Sun 15 June



onwards

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

TAI CHI &

QIGONG

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





ripples BED WORKSHOPS OF CHANGE TUES 13TH & FRI 16TH MAY

CHILDREN & YOUTH

BENDY BUDDIES YOGA !!! Bendy Buddies Yoga is a joyful and playful yoga adventure designed for aged

9.30am - 10am Tues

CREATIVE YOGA

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**

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

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

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

\$234

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

MINI **ART CLUB**

Join Penelope for creative fun and draw, paint, stamp, cut, paste and create.

\$130

2 - 5 years

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

HOBBIES

BOARD GAME **GATHERING**

2 - 5 years



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

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

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

MAHJONG

FREE

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**

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

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

FREE

FREE

PUZZLES & CHAT



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

Thur 1 May 5 Jun, 3 July 1pm - 3pm

SUPPORT & SERVICES

OFFICE SERVICES

RECYCLING



FREE

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

Wednesdays

or phone.



1pm - 3pm

FREE

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

WOODEND **FOOD BANK**

Everyone is welcome to access food and household items. Find us in the Undercroft.

Monday 12.30pm-2.30pm Thursdays 12.30pm-2.30pm **AA MEETINGS**

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

Fridays

7pm - 8pm

PARTY KIT HIRE

\$10

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

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

IT HELP SESSIONS

Make a time to meet our

friendly volunteer for help

with your computer, tablet

Join the worldwide

OUR VILLAGE DROP-OFF POINT

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

TRAINING FOR WORK OR VOLUNTEERING

PROVIDE FIRST AID

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

\$142

PROVIDE CPR

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

Experience the joy that

together simple rhythms.

comes from putting

BYO drum, or drum

provided.



MRAG



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:

PEN **DRAWING WORKSHOP**



workshop exploring the art

Thurs 3rd July 10.30am-3.30pm

of contemporary drawing

with coloured pens.

CONTINUE **ACRYLIC PAINTING** Join Marilyn for an inspiring



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

8 week term starts: Thur 1 May

5pm-6pm

ART SESSIONS

https://macedonrangesartgroup.com/