

TERM 4

6 OCTOBER - 19 DECEMBER 2025



47 Forest Street, Woodend



woodendnh.org.au



reception@woodendnh.org.au

FREE



5427 1845









FREE



Bring your pet down to the Neighbourhood House for a photo with Santa. Bookings required. Contact the House for more details.

JUST FOR CARERS: MOSAIC COASTER

Carers are invited to unleash their creativity and craft beautiful coasters in a relaxing environment!

Thurs 16 Oct 2pm-3.30pm

JUST FOR CARERS: YOGA, TEA & **CONNECTION**

Carers are invited to sip tea, share stories, and learn some gentle yoga movements to help you relax.

Mon 17 Nov 11am - 12.30pm

REVERSE ADVENT CALENDAR APPEAL

Help support people living with food insecurity in our community this Christmas time. Contact the House to get involved.



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 23 Sept

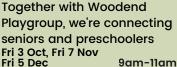
Tue 28 Oct Tue 25 Nov

WOODEND

SENIORS GROUP

10.30am-12pm 10.30am-12pm 10.30am-12pm

INTER-**GENERATIONAL PLAYGROUP**



COMMUNITY LUNCH



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

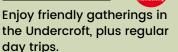
Tues 21 Oct 12noon Tues 18 Nov 12noon Tues 16 Dec 12noon

SOCIAL CRAFT GROUP



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

Wednesdays in term time 10am - 12pm



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

REPAIR CAFE



FREE

Our fix-it volunteers mend household items.

Sat 4 Oct 9am - 1pm Sat 1 Nov Sat 6 Dec 9am - 1pm 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



This group is full due to the number of dogs with regular walkers. If you'd like to lead a second group, please get in touch.

CYCLING GROUP



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 and strengthen in this mat-based class.

9.30am-11am Hatha 7.30pm-9pm Pick a session Hatha 700m

SUNDAY YOGA

Join Chitra for four special sessions deep diving into Hatha Yoga

WORKSHOP SERIES

10-11am & Sun 9 Nov 11.30-12.30pm

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

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

11.15am - 12.15pm Wed

GENTLE HATHA YOGA WITH CHITRA

Practice various Yoga techniques to build strength, flexibility, and overall wellbeing. Wed 2pm - 3pm

WOODEND **KIRTAN**



\$150

Enjoy meditative mantras, traditional music, and delicious vegetarian food.

Sun 21 Sept 5pm-8pm 6.30pm - 9.30pm

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

TAI CHI & **QIGONG**



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

Thursday 9am - 10am

GUIDED MEDITATION Join Yong for an extended

GENTLE YOGA,

QI GONG &

session of qigong, yoga, cupping & meditation Sun 28 Sept, 26 Oct, 30 Nov 1:30pm - 4pm

Sat 15 Nov

CHILDREN & YOUTH

BENDY **BUDDIES YOGA**



Bendy Buddies Yoga is a joyful and playful yoga adventure designed for aged 2 -5 years 10am -**Tuesdays** 10.30am

CREATIVE YOGA

This unique blend of yoga is fun and relaxing for students from Prep to Grade 6.

Wednesday 4pm - 5pm

WOODEND **YOUTH SPACE**

The Macedon Ranges Youth Team hosts this regular event for

ages 12-17.

4pm-5.30pm

ART CLUB

TABLETOP XMAS TREES

Join Penelope and Get creative with our exploring all things art volunteers at this fun for children in Prep to festive workshop for Grade 4. children in Prep to Grade 6 3.45pm-5pm **Tues or Wed** Mon 1 Dec 4pm onwards

HOBBIES

BOARD GAME GATHERING

All welcome.



Enjoy a board game? Why not join the Woodend **Board Game Gathering?**

28 Sept, 26 Oct 23 Nov 2-5pm

DUNGEONS & DRAGONS

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

28 Sept, 26 Oct

23 Nov 12-4pm

MAHJONG



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

12.30-3pm 7 Oct - 9 Dec

PUZZLES & CHAT



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

2 Oct, 6 Nov 4 Dec

1pm - 3pm

SUPPORT & SERVICES

OFFICE SERVICES



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

RECYCLING



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

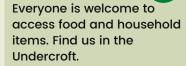
IT HELP SESSIONS



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

Fridays 10am - 2pm

WOODEND **FOOD BANK**



Mon & Thurs 12.30-2.30pm

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

BOOK SWAP



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



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

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

Saturday 25 October, Thursday 4 December

9am-3.30pm

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 25 October, Thursday 4 December

9am-12.30pm

CREATIVE

WEST AFRICAN DRUM GROUP



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

9 week term starts: Thur 16 Oct 5pm-5pm-6pm

MRAG ART SESSIONS



Join Macedon Ranges Art Group for their regular art sessions. 1st & 3rd Friday. Members \$10, Non members \$15 To find out more, visit: https://macedonrangesartgroup.com/

CONTINUING ACRYLICS

\$142



Ready to build on your acrylic painting skills? Marilyn will help you grow in confidence and creativity. Starts Fri 17 Oct 1pm-3pm

CHRISTMAS BOTANICAL WREATH WORKSHOP

Join us for this fun, festive workshop and take home your very own masterpiece.

10.30am-Sat 22 Nov 12.30pm

CREATIVE CIRCLE WOODEND



Join Penelope for this new creative group where art, design and craft come together.

Starts Tues 7 Oct

10am-12noon

\$350