



WOODEND  
NEIGHBOURHOOD  
HOUSE

# TERM 4

7 OCTOBER - 20 DECEMBER 2024

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

## NEW FOR TERM 4

### SENIORS MONTH: COME & TRY YOGA

Join Chitra for this gentle and restorative class that can help boost energy and reduce pain.

Wed 9th October 11.15am - 12.15pm

### CARERS WEEK: TERRARIUM WORKSHOP

Unpaid carers are invited to make and create a jar terrarium in this fun workshop.

Thurs 17th October 10.30am - 12noon

### MENTAL HEALTH FIRST AID FOR CARERS

Accredited course, specifically for carers. Info session on Wednesday 18th September at 11.30am

Thurs 24 & 31 Oct, 7 Nov 9.30am - 2.30pm

### CHILDREN'S WEEK: THIS IS NATURE

Join Creative Me for a fun Nature based workshop this Children's Week

Tues 22nd October (5-12yrs) 4pm - 5pm  
Wed 23rd October (2-5 yrs) 2pm - 3pm

### WASTE EDUCATION SESSION

Join Council's Waste Education Officer for this informative session covering everything waste-related!

Wed 30th October 2.30pm - 3.30pm

### EMERGENCIES, INSURANCE AND YOU

Join ARC Justice and Council and find out how you can make sure you are legally prepared for a disaster.

Thursday 14 November 10.30am-11.30am

## COMMUNITY CONNECTIONS

### SOCIAL CRAFT GROUP

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

Wednesdays 10am - 12pm

### REPAIR CAFE

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

Sat 5 Oct 9am - 1pm  
Sat 2 Nov 9am - 1pm  
Sat 7 Dec 9am - 1pm

### CHATTY CAFE

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

Tuesday 22 Oct 10am  
Tuesday 26 Nov 10am

### COMMUNITY LUNCH

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

Tues 8 Oct 12noon  
Tues 12 Nov 12noon  
Tues 10 Dec 12noon

### WOODEND WALKERS

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

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

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

Mon & Thurs 10am

### WOODEND SENIORS GROUP

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

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

### COMMUNITY BAGS

Help us sew, cut, pin, bundle and iron the fabulous Woodend Community Bags.

Thursdays 9am-12pm

## WELLBEING FOR BODY AND MIND

### HATHA YOGA WITH CHITRA

Relax, recharge and renew through our Hatha Yoga class designed to help you de-stress and find balance.

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

### YOGA FOR SENIORS AND CHRONIC CONDITIONS

Join Chitra for gentle and restorative exercises that can help boost energy and reduce pain.

Mondays 11.15am - 12.15pm  
Wednesdays 11.15am - 12.15pm

### YOGA FOR INDIVIDUALS WITH CARERS

Create a sense of calm and relaxation, for individuals who require a carer. Carers participate for free.

Mondays 12.30pm - 1.30pm

### GENTLE HATHA YOGA WITH CHITRA

A gentle 1 hour class with Chitra that will help you relax, recharge and renew.

Mondays 2.15pm - 3.15pm

### RISE AND SHINE YOGA

Kick off the day with Sarah at this beginners level Hatha class that will warm and limber the whole body.

Thursdays 7am - 8am

### GENTLE YOGA, QI GONG AND GUIDED MEDITATION

Join Yong for an intro to qigong breathing exercises and mindful yoga.

Sun 27 Oct, Sun 27 Nov  
Sun 22 Dec 3:00pm - 5.30pm

### WOODEND KIRTAN

Founded by locals with a love of the yoga of kirtan, this monthly meet explores chanting and feasting.



Sun 20 Oct, Sun 17 Nov  
Sun 15 Dec 5pm onwards

### MINDFULNESS AND MEDITATION

During this six-week intro course, learn simple mindfulness skills to help experience deep relaxation.



Mon 23 Oct until  
Mon 27 Nov 2pm - 3.15pm

## CHILDREN & YOUTH

**CALMING CONNECTIONS**  

Explore yoga through sound vibrations, poses, breathwork and meditation in a fun and connected way. Prep to Gr4 (Age 5-10yrs)

5 week course starts  
9 Oct or 13 Nov 4:30pm-5.30pm

**STRENGTHENING SOULS**  

Practice yoga flows whilst incorporating sound vibrations, poses, breathwork and meditation. Grade 5+ (Age 10+)

5 week course starts  
9 Oct or 13 Nov 4:30pm-5.30pm

**WOODEND YOUTH SPACE** 

Macedon Ranges Youth Team host the Woodend Youth Space. (Age 12-17)

Tues 8 & 22 Oct,  
19 Nov, 3 & 17 Dec 4pm-5.30pm

**ART CLUB**  

Join Penelope for some creative fun as together you sketch, weave, print, paint and draw with like minded individuals (Age 7+)


Wed 16 Oct -  
Wed 18 Dec 3.45pm - 5pm

## HOBBIES


**BOARD GAME GATHERING** 

Come and play boardgames in the Undercroft. All welcome.

Sun 22 Sept, 27 Oct, 24 Nov 2pm - 5pm


**MAHJONG** 

Experienced players & beginners (Beginners 8-29 Oct from 12noon. Tuesdays in term time 12.30pm - 3pm


**SOCIAL GARDEN CLUB** 

Do you enjoy gardening? We'd love to start a social group. Get in touch to register your interest.

## SUPPORT & SERVICES


**OFFICE SERVICES & COMPUTER HIRE** 

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

**IT HELP SESSIONS** 


Make a time to meet our friendly volunteer for help with your computer, tablet or phone.

Wednesdays 1pm - 3pm

**WOODEND FOOD BANK** 

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


Mondays 12.30pm-2.30pm  
Thursdays 12.30pm-2.30pm

**RECYCLING** 

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** 

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


**OUR VILLAGE DROP-OFF POINT** 

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 incorporates realistic classroom simulations to help you prepare for first aid situations.

Saturday 7 December 9am-3.30pm

**PROVIDE CPR** 

HLTAID009 is for those who need the annual CPR training update for first aid.


Saturday 7 December 9am-12.30pm

## CREATIVE

**MRAG ART SESSIONS** 


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/>

**BASKET WEAVING WORKSHOP** 

Learn a variety of coiling and stitching techniques to make a basket. Bring along fabrics or threads from home, or use provided materials.

Saturday 26 October 11am - 2pm

**CONTINUE ACRYLIC PAINTING** 

Start something new or bring along your unfinished acrylic painting for expert guidance with Marilyn.

Starts:  
Friday 18 October 1pm - 3.15pm

**BLACKSMITH WORKSHOP** 


Join blacksmith Rob Nansen and learn the basic techniques of blacksmithing to make a fire poker.

Sunday 4 August 10am - 12noon

**ECO DYEING WORKSHOP**  

Join local artist Colleen Weste and create patterns on silk, cotton and paper using plant dyes.

Tuesday 22 October 9.30am - 12.30pm

**WEST AFRICAN DRUM GROUP** 

Join Ness for this beginners group and experience the joy that comes from putting together simple rhythms.

Starts:  
Thursday 10 October 5.30pm - 6.30pm

### COMMUNITY SANTA PHOTOS FOR PETS

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



### REVERSE ADVENT CALENDAR APPEAL

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

