

# TERM 2

15 APRIL - 28 JUNE 2024



47 Forest Street, Woodend



woodendnh.org.au



reception@woodendnh.org.au



5427 1845





# **NEW FOR TERM 2**

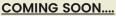
#### **ENERGY ASSISTANCE WORKSHOP**



Join Anglicare Victoria and learn about how you can take control of your energy bills and start saving money straight away!

Tues 23 April

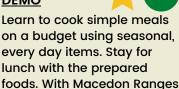
11am - 1pm





Register your interest to get involved via our website!

#### COOKING **DEMO**



Health Date in April TBC

12noon

FREE

# **BANKING SAFELY ONLINE**



Join Community Bank Trentham & Districts for an informative workshop to help you Bank Safely Online.

Tues 4 June

5.30pm - 6pm

# 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 6 April Sat 4 May

9am - 1pm 9am - 1pm 9am - 1pm

Sat 1 June

# **CHATTY CAFE**



Pop in and enjoy a cuppa and good conversation at our regular get together with friends, old and new. 10am

Tuesday 23 April Tuesday 21 May Tuesday 25 June

10am 10am

#### COMMUNITY LUNCH



Join us at the Woodend

RSL for a delicious twocourse lunch. Bookings essential.

Tues 14 May Tues 18 June Tues 9 July

12noon 12noon 12noon

#### WOODEND **WALKERS**



Meet at the house and walk at two paces medium and leisurely. 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. The group tends to avoid main roads and may split into two groups.

Mon & Thurs 10am

#### COMMUNITY **BAGS**



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

9.30am-12.30pm **Thursdays** 

# WELLBEING FOR BODY AND MIND

\$150-

165

#### HATHA YOGA WITH CHITRA

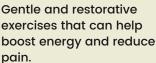


Relax, recharge and renew through our Hatha Yoga class designed to help you de-stress and find balance.

Mon & Wed Wed

9.30am - 11am 7.30pm - 9pm

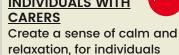
#### YOGA FOR SENIORS AND CHRONIC **CONDITIONS**



Wed (EOI)

11.15am - 12.15pm 11.15am - 12.15pm

# YOGA FOR **INDIVIDUALS WITH**



who require a carer to support their daily needs.

Carers participate for free. 12.30pm - 1.30pm Mondays

#### **RISE AND SHINE** \$150 YOGA



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

**Thursdays** 

7am - 8am

#### **GENTLE YOGA, QI GONG** AND GUIDED MEDITATION **WORKSHOPS**



Join Yong for an introduction to qigong therapeutic breathing exercises and mindful yoga postures and prepare for meditative state of mind.

Sun 28 Apr, Sun 26 May and Sun 23 Jun

2.30pm - 5pm

# **WOODEND KIRTAN**



Founded by locals with a love of the yoga of kirtan, this monthly meet is all about chanting and feasting. Please register your interest prior via our website.

Sun 21 Apr, Sun 19 May and Sun 16 Jun

5pm onwards

### **MINDFULNESS** AND MEDITATION



During this six-week Mindfulness and Meditation introductory course, learn simple mindfulness skills to help experience deep relaxation.

Mondays starting 13 May

2pm - 3.15pm





# CHILDREN & YOUTH

#### **CREATIVE YOGA FOR PARENTS & KIDS**



YOGA FOR TWEENS, TEENS AND PARENTS This shared hour promotes a growing understanding of

mind, body and breath. The class fee covers two people -

This shared hour combines fun, dancing, yoga and rest. The class fee covers two people - one primary school aged child and one carer.

Wed 17 Apr - 26 Jun

4:30pm - 5.30pm

Wed 17 Apr - 26 Jun

6pm-7pm

#### DISCOVERY CLUB JUNIOR \$380 (PRE-SCHOOL MUSIC)

A fun, social and inclusive group for ages 2-6 to discover music, brought to you by the Ranges Music Network. Nine-week term. https://rangesmusic.net Tuesday mornings 40mins session

#### **WOODEND YOUTH SPACE**



one tween/tween and one carer.

Macedon Ranges Youth Team host the Woodend Youth Space. Ages 12-17 years old.

Tues 23 April, 7 May, 21 May Tues 4 June, 18 June

4pm-5.30pm 4pm-5.30pm

#### **HAPPY HEALTHY MINDS MEDITATION**

\$40

Explore techniques to develop attention while encouraging kindness, compassion, and self-knowledge. For children aged 5-11. Four week course. Wed 1 May - 22 May 4.15pm-5pm

Reduce waste and save money with

our reusable party kits, including plates, bowls, cutlery, cups and more.

# **JUST FOR FUN**

#### **BOARD GAME GATHERING**

FREE Come along to the Undercroft on the fourth Sunday of each month and join our regular group. All welcome.

#### **MAHJONG**

The Mahjong group meets on a Tuesday afternoon during term times. Register your interest with WNH



## 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



**PARTY KIT HIRE** 

\$10

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



### ST KILDA MUMS **DROP-OFF POINT**

Bookings essential.



\$95

We are a drop off point for St Kilda Mums - See the list of donatable items at stkildamums.org or we have a copy of the list at the House.

# RECYCLING



bottle tops, mobile phones or other small e-waste to the House for recycling.

# **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

# TRAINING FOR WORK OR VOLUNTEERING

#### **PROVIDE FIRST AID**

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

Saturday 1 June

9am-3.30pm

\$142

#### PROVIDE CPR

\$65

Provide CPR (HLTAID009) is for those wanting comprehensive and compliant first aid CPR training or as an annual update to a first aid course.

\$200

Saturday 1 June

9am-12.30pm

# **CREATIVE**

#### WOOD **TURNING**



Learn about the art of wood turning during this 8 session course. All consumables and tools supplied.

Starts: Tues 21 May 6pm - 9pm

#### **BLACK-SMITHING WORKSHOP**

Sat 25 May

Learn the basic techniques of blacksmithing and complete a fire poker to take home. With Blacksmith Rob Nansen.

\$140

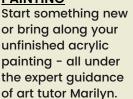
1pm-4pm

#### CREATIVE SEWING & **MENDING**

Do you have clothes that are in need of repair? Learn a variety of mending, stitching and patching techniques.

Sun 5 May 11am - 2pm

### CONTINUE **ACRYLIC PAINTING**



**Starts** Fri 19 Apr 1pm-3.15pm

#### RANGES DANCE **FITNESS**





Dance your way to fun and fitness with Performance Burlesque, Broadway Jazz and 90s Hits To find out more, visit: www.rangesburlesque.com.au

Tues & Thurs evenings