



# TERM 2

15 APRIL - 28 JUNE 2024

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## 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

### COMING SOON....



Register your interest to get involved via our website!

### COOKING DEMO



Learn to cook simple meals on a budget using seasonal, every day items. Stay for lunch with the prepared foods. With Macedon Ranges Health Date in April TBC 12noon

### 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 9am - 1pm  
Sat 4 May 9am - 1pm  
Sat 1 June 9am - 1pm

### CHATTY CAFE



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

Tuesday 23 April 10am  
Tuesday 21 May 10am  
Tuesday 25 June 10am

### COMMUNITY LUNCH



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

Tues 14 May 12noon  
Tues 18 June 12noon  
Tues 9 July 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.

Thursdays 9.30am-12.30pm

## 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



Gentle and restorative exercises that can help boost energy and reduce pain.

Mon 11.15am - 12.15pm  
Wed (EOI) 11.15am - 12.15pm

### YOGA FOR INDIVIDUALS WITH CARERS



Create a sense of calm and relaxation, for individuals who require a carer to support their daily needs. Carers participate for free.

Mondays 12.30pm - 1.30pm

### RISE AND SHINE 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

\$30  
per week

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

### YOGA FOR TWEENS, TEENS AND PARENTS

\$30  
per week

This shared hour promotes a growing understanding of mind, body and breath. The class fee covers two people - one tween/tween and one carer.

Wed 17 Apr - 26 Jun

6pm-7pm

### DISCOVERY CLUB JUNIOR (PRE-SCHOOL MUSIC)

NEW

\$380

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

FREE

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

Tues 23 April, 7 May, 21 May 4pm-5.30pm  
Tues 4 June, 18 June 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

## JUST FOR FUN

### BOARD GAME GATHERING

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

FREE

### MAHJONG

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

\$55

## SUPPORT & SERVICES

### OFFICE SERVICES & COMPUTER HIRE

varies

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

### IT HELP SESSIONS

FREE

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

### PARTY KIT HIRE

\$10

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

### RECYCLING

FREE

Bring in your bread tags, batteries, bottle tops, mobile phones or other small e-waste to the House for recycling.

### WOODEND FOOD BANK

FREE

Everyone is welcome at the Woodend Foodbank in the Undercroft to access food, household and personal hygiene items.

Mondays & Thursdays 12.30pm - 2.30pm

### ST KILDA MUMS DROP-OFF POINT

FREE

We are a drop off point for St Kilda Mums - See the list of donatable items at [stkildamums.org](http://stkildamums.org) or we have a copy of the list at the House.

## TRAINING FOR WORK OR VOLUNTEERING

### PROVIDE FIRST AID

\$142

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

Saturday 1 June

9am-3.30pm

### PROVIDE CPR

\$95

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

Saturday 1 June

9am-12.30pm

## CREATIVE

### WOOD TURNING

\$400

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

\$140

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

Sat 25 May 1pm-4pm

### CREATIVE SEWING & MENDING

NEW

\$65

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

\$200

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

Starts  
Fri 19 Apr 1pm-3.15pm

### RANGES DANCE FITNESS

NEW

See website

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

Tues & Thurs evenings