



WOODEND  
NEIGHBOURHOOD  
HOUSE

# TERM 3

15 JULY - 20 SEPTEMBER 2024

📍 47 Forest Street, Woodend    🌐 woodendnh.org.au    @reception@woodendnh.org.au    ☎ 5427 1845    📱 📧

## NEW FOR TERM 3

**K'S FOR R U OK?** NEW FREE

We're clocking K's for R U OK? to strengthen connections, develop good habits, start meaningful conversations and have some fun. Throughout July

**ORIGAMI FOR HOMELESSNESS** NEW FREE

Join us for morning tea as we fold origami houses and create a display for Homelessness Week!

Thurs 18 July 11am - 12noon

**RAIL SAFETY AWARENESS** NEW FREE

Join the Community Education team from Metro Trains for this informative session on rail travel, safety and awareness for seniors. Thurs 29 Aug 11am

**WOODEND COMMUNITY BIKE SHED** NEW by donation

Drop in to the Woodend Community Bike Shed for basic bike maintenance and skill sharing. All welcome!

Thurs 18 Jul, 1 Aug, 4-5.30pm  
15 Aug, 29 Aug, 12 Sep 4-5.30pm

## COMMUNITY CONNECTIONS

**SOCIAL CRAFT GROUP** GOLD COIN

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

Wednesdays 10am - 12pm

**REPAIR CAFE** by donation

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

Sat 6 July 9am - 1pm  
Sat 3 Aug 9am - 1pm  
Sat 7 Sept 9am - 1pm

**CHATTY CAFE** GOLD COIN

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

Tuesday 23 July 10am  
Tuesday 27 Aug 10am  
Tuesday 24 Sept 10am

**COMMUNITY LUNCH** Bookings Essential by donation

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

Tues 9 July 12noon  
Tues 13 Aug 12noon  
Tues 10 Sept 12noon

**WOODEND WALKERS** FREE

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

Tuesdays 10am

**NEWHAM WALKERS WITH DOGS** FREE

Explore local trails on walks of 4-5km. Dogs not essential but an appreciation of dogs is a must!

Tuesdays 9am

**CYCLING GROUP** FREE

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** \$10 per year

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** FREE

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 (7 WEEK COURSE)** \$126-140

Relax, recharge and renew through Hatha Yoga class with Chitra. Classes start week of the 5th August.

Mon NEW 2.15pm - 3.15pm  
Mon & Wed 9.30am - 11am  
Wed 7.30pm - 9pm

**HATHA YOGA WITH SARAH (3 WEEK COURSE)** \$45-60

Relax, recharge and renew through Hatha Yoga class with Sarah. Classes start week of the 15th July.

Mon & Wed 10am - 11am  
Wed 7.30pm - 9pm

**YOGA FOR SENIORS AND CHRONIC CONDITIONS** \$45-105

Gentle and restorative exercises that can help boost energy and reduce pain. With Sarah (3 weeks) & Chitra (7 weeks)

Mon 11.15am - 12.15pm

**YOGA FOR INDIVIDUALS WITH CARERS** \$45-105

Instill calm and relaxation for individuals who require a carer (carers participate for free). With Sarah (3 weeks) & Chitra (7 weeks)

Mon 12.30pm - 1.30pm

**RISE AND SHINE** \$200

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

Thursdays 7am - 8am

**SUNDAY SESSIONS** \$45 per session

Join Yong for an introduction to qi gong, mindful yoga postures and a meditative state of mind.

28 July, 25 Aug 3-5.30pm  
22 Sept

**QI GONG** NEW \$160

Join Yong for this therapeutic exercise that weaves together movement, breathing, self massage and meditation

Tues 7.45am - 8.45am  
Tues 5.15pm - 6.15pm

**WOODEND KIRTAN** by donation

Founded by locals with a love of the yoga of kirtan, this Sunday meet up is all about chanting and feasting.

21 Jul, 18 Aug 5pm onwards  
15 Sept

**HANDLING DIFFICULT CONVERSATIONS** NEW \$80

Understanding different perspectives and learn how to deal with our own defensiveness.

Tues 30 Jul 7pm - 9pm

## CHILDREN & YOUTH

### CREATIVE YOGA FOR PARENTS & KIDS

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

Wed 17 July - Wed 18 Sept

4:30pm - 5.30pm

\$30  
per week

### YOGA FOR TWEENS, TEENS AND PARENTS

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

Wed 17 July - Wed 18 Sept

6pm-7pm

\$30  
per week

### MUSIC FOR PRESCHOOLERS & HOME SCHOOL STUDENTS

Join Ranges Music Network for fun, social and inclusive music lessons for preschoolers and home school students.

<https://rangesmusic.net>

Tuesday mornings

40mins session

see  
website

### WOODEND YOUTH SPACE

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

Tues 16 July 30 July, 13 Aug 4pm-5.30pm  
Tues 27 Aug, 10 Sept 4pm-5.30pm

FREE

### RESONANCE STRING ORCHESTRA

Learn string orchestra music (violin, viola, cello and double bass) in a supportive environment. Group beginner violin and viola classes also available. Monday afternoons/evenings

Varies

## JUST FOR FUN

### BOARD GAME GATHERING

Enjoy a board game? Why not join the Woodend Board Game Gathering in the Undercroft. All welcome.

Sun 28 Jul, 25 Aug, 29 Sept

2pm - 5pm

FREE

### MAHJONG

Mahjong is a game of skill, strategy and calculation. Free beginners table 12-12.30pm on Tues 16 & 23 July.

Tuesdays in term time

12.30pm - 3pm

\$50

## SUPPORT & SERVICES

### OFFICE SERVICES & COMPUTER HIRE

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

varies

### IT HELP SESSIONS

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

Tuesday mornings

10am - 12noon

FREE

### WOODEND FOOD BANK

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

Mondays  
Thursdays

12.30pm-2.30pm  
12.30pm-2.30pm

FREE

### 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.

FREE

### BOOK SWAP

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

FREE

### OUR VILLAGE DROP-OFF POINT

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

FREE

### PARTY KIT HIRE

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

\$10

## TRAINING FOR WORK OR VOLUNTEERING

### PROVIDE FIRST AID

HLTAID011 incorporates realistic classroom simulations to help you prepare for first aid situations.

Thursday 12 September

9am-3.30pm

\$142

### PROVIDE CPR

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

Thursday 12 September

9am-12.30pm

\$95

## CREATIVE

### WOOD TURNING

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

Starts:  
Tuesday 16 July

6pm - 9pm

\$400

### 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](http://www.rangesburlesque.com.au)

Tues & Thurs

See  
website

### CONTINUE ACRYLIC PAINTING

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

Starts:  
Friday 26 July

1pm - 3.15pm

\$180

### MACRAME WORKSHOP

Come along and make your very own Macrame Wall Hanging at this 2-hour workshop.

Sunday 4 August

10am - 12noon

NEW

\$60

### ECO DYEING WORKSHOP

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

Tuesday 3 September 9.30am - 12.30pm

NEW

\$70

### WEST AFRICAN DRUM GROUP

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

Starts:  
Thursday 18 July

5.30pm - 6.30pm

NEW

\$150-195