



WOODEND  
NEIGHBOURHOOD  
HOUSE

# TERM 1

28TH JANUARY - 4TH APRIL 2025

📍 47 Forest Street, Woodend

🌐 woodendnh.org.au

@ reception@woodendnh.org.au

☎ 5427 1845



## COMMUNITY CONNECTIONS

### SOCIAL CRAFT GROUP

donation welcome

Enjoy the company of like-minded creative people at our weekly social craft group

Weds 10am - 12pm

### REPAIR CAFE

donation welcome

Visit our volunteers in the Undercroft to mend household items and clothes.

Sat 1 Feb 9am - 1pm  
Sat 1 Mar 9am - 1pm  
Sat 5 Apr 9am - 1pm

### BIKE SHED

donation welcome

Drop in to the Bike Shed for basic bike maintenance and skill sharing.

Fortnightly on Thursdays 4pm - 5.30pm

### CHATTY CAFE

donation welcome

Pop in for a cuppa and good chat at our regular get together.

Tues 28 Jan 10-11.30am  
Tues 25 Feb 10-11.30am  
Tues 25 Mar 10-11.30am

### COMMUNITY LUNCH

donation welcome

Join us for a delicious two course lunch. Bookings essential.

Tues 18 Feb 12noon  
Tues 18 Mar 12noon  
Tues 15 Apr 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 CLASSES

Monday Sarah (7 wks) 10am - 11am

Wednesday Chitra (9 wks) 9.30am - 11am

\$120-180

Relax, recharge and renew at Hatha Yoga. These classes will help you de-stress and find balance.

Wednesday Chitra (9 wks) 6.15pm-7.30pm

Wednesday Chitra (9 wks) 7.45pm-9pm

Wednesday Chitra (9 wks) 2pm - 3pm Gentle Hatha

Zoom Only Chitra (9 wks) Pick your session

### GUIDED MEDITATION

NEW

by donation

Join our 30-minute drop-in guided meditation sessions, designed for beginners and experienced practitioners.

Mondays 1pm - 1.30pm  
Wednesdays 7pm - 7.30pm

### MINDFULNESS AND MEDITATION

\$150

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

Wed 12 Feb until Wed 19 Mar 12.30pm - 1.45pm

### YOGA FOR SENIORS AND CHRONIC CONDITIONS

\$120-135

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

Mon (Sarah) 11.15am - 12.15pm  
Wed (Chitra) 11.15am - 12.15pm

### GENTLE YOGA, QI GONG AND GUIDED MEDITATION

\$45 per session

Join Yong for an intro to qigong breathing exercises, mindful yoga postures and cupping, whilst preparing for meditative state of mind.

Sun 5 Jan, Sun 23 Feb  
Sun 23 Mar 1:30pm - 4pm

### WOODEND KIRTAN

by donation

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

Sun 9 Feb, Sun 16 Mar  
Sun 20 April 5pm onwards

# WHOLE TOWN GARAGE SALE

Had a clear out? Love a bargain?

This event is for you!

Saturday  
1 March 2025

Sellers get on the map for \$10  
Registrations close on Wednesday 26th February at midnight

Shoppers buy a map for \$5 from 8am on Sat 1st March from the Woodend Neighbourhood House

## CHILDREN & YOUTH

### BENDY BUDDIES YOGA



Bendy Buddies Yoga is a joyful and playful yoga adventure designed for preschool kids. Free Session on 11th February.

11 Feb- 1 Apr 9.30-10am (2-3 years)  
11 Feb- 1 Apr 10.30-11am (4-5 years)

### WOODEND YOUTH SPACE

FREE

The Macedon Ranges Youth Team host the fortnightly Woodend Youth Space for youth aged 12-17.

Tues 4 & 18 Feb  
Tues 4 & 18 March  
Tues 1 April 4pm-5.30pm

### ART CLUB



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

Wed 5 Feb until 2pm-3pm (2-5 years)  
Wed 25 March 3.45pm-5pm (Prep to Gr 6)

## HOBBIES

### BOARD GAME GATHERING



Enjoy a board game? Why not join the Woodend Board Game Gathering? The group meet on the fourth Sunday of the month in the Undercroft. All welcome.

Sun 26 Jan, 23 Feb, 23 March 2pm - 5pm

### MAHJONG

\$60

Mahjong is a game of skill, strategy and calculation and involves a degree of chance. The game is played with a set of tiles based on Chinese characters and symbols.

Tues 14 Jan - 1 April 12.30pm - 3pm

### SOCIAL GARDEN CLUB

FREE

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

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 our friendly volunteer for help with your computer, tablet or phone.

Wednesdays 1pm - 3pm

### WOODEND FOOD BANK

FREE

Everyone is welcome to access food and household items. Find us in the Undercroft.  
Mondays 12.30pm-2.30pm  
Thursdays 12.30pm-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

### RECYCLING

FREE

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

FREE

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

\$10

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

\$142

HLTAID011 help you prepare for first aid situations.

Book through ITS Training  
www.its.vic.edu.au or 1300 585 866

Saturday 15 February 9am-3.30pm

### PROVIDE CPR

\$95

HLTAID009 is the annual CPR update for first aiders.

Book through ITS Training  
www.its.vic.edu.au or 1300 585 866

Saturday 15 February 9am-12.30pm

### ADULT MENTAL HEALTH FIRST AID



This accredited training will equip you with essential skills to support the mental health of those around you.

Sun 9 & 16 February 9.30am - 4.30pm

## CREATIVE

### WOODTURNING

\$450

Can you use a lathe and wood-turning tools? If you are an adult and would like to learn, this might be for you.

Tues and Thurs evenings 8 weeks  
18 Feb until 13 Mar 5.30pm - 8.30pm

### WEST AFRICAN DRUM GROUP

\$45-80

Join Ness for this beginners group and experience the joy that comes from putting together simple rhythms. BYO drum, or drum provided.

4 wk course: 6-27 Feb  
3 wk course: 20 Mar-3 Apr 5.30pm-6.30pm

### CONTINUE ACRYLIC PAINTING

\$180

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

Starts: Friday 7 February 1pm - 3.15pm