

TERM 2

22 APRIL - 4 JULY 2025



47 Forest Street, Woodend



woodendnh.org.au



reception@woodendnh.org.au



5427 1845





COMMUNITY CONNECTIONS

COMMUNITY GARDENING GROUP

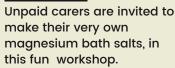


This informal group is a welcoming space to connect with others, enjoy the outdoors, and get your hands in the soil!

Thursdays

10am - 12noon

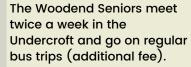
CRAFT WORKSHOP **FOR CARERS**



Fri 9 May

10am - 11.30am

WOODEND **SENIORS GROUP**



Tue: Button Bingo Thurs: Cards

1-3pm

INTER-GENERATIONAL **PLAYGROUP**

Together with Woodend Playgroup, we're excited to invite seniors in our community to an Intergenerational Playgroup.

Register your interest

LUNCH

SOCIAL CRAFT donation **GROUP**

Come along to our Social Craft Group and enjoy the company of likeminded people

Wed

10am - 12pm

REPAIR CAFE



FREE

Our fix-it volunteers mend household items and clothes from the Undercroft.

Sat 5 April Sat 3 May Sat 7 June 9am - 1pm 9am - 1pm 9am - 1pm

Drop in to the Bike

BIKE SHED

Shed for basic bike maintenance and skill sharing.

Fortnightly on Thursdays 4-5.30pm

<u>AGM</u>



Our AGM is open to everyone in our community. We also welcome new committee members

Tues 6 May 6pm - 7pm

COMMUNITY



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

Tues 15 April Tues 20 May Tues 17 Juné

12noon 12noon 12noon

WOODEND WALKERS



Meet at the house and walk at two paces. The session concludes with coffee at a local café.

Tuesdays 10am

NEWHAM WALKERS



is a must!

Tuesdays 9am

CYCLING GROUP



The 'Tour de Woodend' is for riders of all abilities. and tries to avoid main roads where possible. Mon & Thurs 10am

COMMUNITY **BAGS**



Many hands make light work as we sew, cut, pin, bundle and iron the fabulous Woodend Baas. Thursdays 9am-12pm

CHATTY CAFE



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

Tue 22 Apr 10.30am - 12pm Tue 27 Mayl0.30am - 12pm Tue 24 Juni0.30am-12pm

WELLBEING FOR BODY AND MIND

HATHA YOGA WITH CHITRA



Relax, recharge and renew at Hatha Yoga with Chitra

Wed Wed (Gentle) Wed Zoom

9.30am-11am 2pm - 3pm 7.30pm-9pm Pick your session

YOGA FOR SENIORS \$150 **AND CHRONIC CONDITIONS**

Join Chitra for this gentle restorative class

11.15am - 12.15pm Wed

GROUNDING HATHA YOGA



Gently warm the body and calm the mind with this grounding hatha class with Sarah

10am - 11am Mon

SUPPORTED **HATHA YOGA**

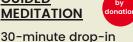




This gentle Hatha class with Sarah begins seated then uses supports such as walls, benches, chairs, bolsters, blocks and straps.

11.15am - 12.15pm Mon

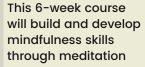
GUIDED MEDITATION



guided meditations sessions, open to all experience levels

1pm - 1.30pm 7pm- 7.30pm Mon Thur

MINDFULNESS & MEDITATION



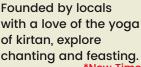
Wed 7 May until Wed 11 Jun 12.30-1.45pm

GENTLE YOGA, QI GONG & **GUIDED MEDITATION**

Join Yong for this extended session of qigong, yoga, cupping & meditation

Sun 27 Apr, 25 May, 29 Jun 1:30pm - 4pm

WOODEND **KIRTAN**



Sun 18 May Sun 15 June

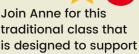


New Time 5.15pm

onwards

TAI CHI & **QIGONG**





Free trials: 1, 8, 15 May Thursday 9am - 10am Thursday

health and wellbeing.



COMMUNITY WICKING **BED WORKSHOPS** TUES 13TH & FRI 16TH MAY



CHILDREN & YOUTH

BENDY BUDDIES YOGA Bendy Buddies Yoga is a joyful and playful yoga adventure designed for aged 2 - 5 years

9.30am - 10am Tues

CREATIVE YOGA

Join Sarah from Shanti Studio for this unique blend of yoga, fun and relaxation for Prep to Grade 6

Tues 9.30am - 10am WOODEND **YOUTH SPACE**

The Macedon Ranges Youth Team host this Youth Space for youth 12-17 years

Tues 29 April Tues 13 & 27 May Tues 10 & 24 June 4pm-5.30pm ART CLUB

Join Penelope for creative fun and sketch, weave, print, paint and draw. EOI for Grade 5&6 class

Wed (Prep-Gr 4) 3.45-5pm Wed (Gr 5&6) 5.15-6.30pm

MINI **ART CLUB**

\$234

FREE

Join Penelope for creative fun and draw, paint, stamp, cut, paste and create.

\$130

2 - 5 years

Wed 7 May until Wed 4 June 2pm - 3pm

HOBBIES

BOARD GAME **GATHERING**



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

Sun 27 Apr, 25 May, 22 Jun

2-5pm

DUNGEONS & DRAGONS

This group plays **Dungeons** and Dragons monthly at the House. New players welcome

Sun 27 Apr, 25 May, 22 Jun 12-4pm

MAHJONG



FREE

Mahjong is a game of skill, strategy and calculation and involves a degree of chance.

22 Apr-1 Jul 12.30-3pm

COMMUNITY **WICKING BED WORKSHOPS**

Help build our wicking beds and gain the skills to create your own

Tue 13th & Fri 16th May 10am - 1pm

FREE

FREE

PUZZLES & CHAT



Relax, connect, and challenge your mind with puzzles and friendly conversation

Thur 1 May 5 Jun, 3 July 1pm - 3pm

SUPPORT & SERVICES

OFFICE SERVICES

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

Our office services include printing, photocopying, scanning, and laminating. We also offer free Wi-Fi for your convenience.

Wednesdays

or phone.

IT HELP SESSIONS

Make a time to meet our

friendly volunteer for help

with your computer, tablet



1pm - 3pm

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

WOODEND **FOOD BANK**

OUR VILLAGE

DROP-OFF POINT

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

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

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

BOOK SWAP



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

HLTAID011 help you prepare for first aid situations. Book through ITS Training www.its.vic.edu.au or 1300 585 866

Saturday 3 May, Thursday 26 June

9am-3.30pm

\$142

PROVIDE CPR

HLTAID009 is the annual CPR update for first aiders. Book through ITS Training www.its.vic.edu.au or 1300 585 866

Saturday 3 May, Thursday 26 June

9am-12.30pm

CREATIVE

WEST AFRICAN DRUM GROUP



Experience the joy that comes from putting together simple rhythms. BYO drum, or drum provided.

8 week term starts: Thur 1 May 5.30-6.30pm MRAG **ART SESSIONS**



Join Macedon Ranges Art Group for their regular art sessions. 1st & 3rd Friday. Members \$5, Non members \$10 per session

To find out more, visit: https://macedonrangesartgroup.com/ PEN **DRAWING** WORKSHOP



workshop exploring the art

Thurs 3rd July 10.30am-3.30pm

of contemporary drawing

with coloured pens.

Join Marilyn for an inspiring

CONTINUE **ACRYLIC PAINTING**



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

Starts Fri 2 May

1pm-3.15pm