

TERM

28TH JANUARY - 4TH APRIL 2025



47 Forest Street, Woodend



woodendnh.org.au



reception@woodendnh.org.au



5427 1845





COMMUNITY CONNECTIONS

SOCIAL CRAFT **GROUP**



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

10am - 12pm Weds





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

Tuesdays

10am

REPAIR CAFE



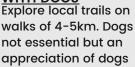
FREE

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

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

NEWHAM WALKERS WITH DOGS

is a must!



Tuesdays 9am

BIKE SHED



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

Fortnightly on Thursdays 4pm - 5.30pm

CYCLING **GROUP**



This group is for riders of all abilities. The group tends to avoid main roads and may split into two groups.

Mon & Thurs 10am

CHATTY CAFE



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

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

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 LUNCH



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

Tues 18 Feb Tues 18 Mar **Tues 15 Apr**

12noon 12noon 12noon

COMMUNITY BAGS



Help us sew, cut, pin, bundle and iron the fabulous Woodend Community Bags.

Thursdays 9am-12pm

WELLBEING FOR BODY AND MIND

HATHA YOGA CLASSES

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

Monday Sarah (7 wks) 10am - 11am

Wednesday Chitra (9 wks) 6.15pm-7.30pm

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

Wednesday Chitra (9 wks) 9.30am - 11am

Wednesday Chitra (9 wks) 7.45pm-9pm

Zoom Only Chitra (9 wks) Pick your session

GUIDED MEDITATION



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

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

MINDFULNESS AND MEDITATION



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



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

Mon (Sarah) Wed (Chitra)

11.15am - 12.15pm 11.15am - 12.15pm

GENTLE YOGA, QI GONG AND GUIDED MEDITATION



Join Yong for an intro to gigong 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



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

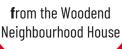
Sellers get on the map for \$10



Had a clear out? Love a bargain? This event is for you!

Saturday 1 March 2025

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





CHILDREN & YOUTH

BENDY BUDDIES YOGA



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

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

WOODEND **YOUTH SPACE**



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



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



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**



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**



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

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

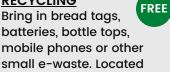
AA MEETINGS



Going to an AA meeting is simple. You just turn up. There's no signing in and no appointment to make.

Time and Date to be confirmed

RECYCLING



mobile phones or other small e-waste. Located outdoors to the left of the House - accessible anytime.

HLTAID011 help you prepare for

BOOK SWAP



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

OUR VILLAGE DROP-OFF POINT



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

PARTY KIT HIRE



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

first aid situations.

Saturday 15 February



PROVIDE CPR



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 Februrary 9.30am - 4.30pm

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

9am-3.30pm

Saturday 15 February

update for first aiders.

Book through ITS Training

HLTAID009 is the annual CPR

www.its.vic.edu.au or 1300 585 866

9am-12.30pm

CREATIVE

WOODTURNING



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



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



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

Starts:

Friday 7 February 1pm - 3.15pm