

8pm | **FIFA WOMEN'S WORLD CUP THIRD PLACE PLAY-OFF** Experience the magic of the biggest women's sporting event in the world, across Australia and Aotearoa NZ. Wear your favourite team colours, bring your poi, and enter our FIFA fangirl zone | The Barracks Sports Bar, 170 St Hill Street **SUNDAY 20/08**

10:30am-12pm | **EMPOWERMENT WORKSHOP** Discover the practical actions we can take for meaningful growth. Whilst also acknowledging the uniqueness of each woman and the goals we value, this fun interactive workshop will encourage development of positive habits | The Women's Network, 75 St Hill Street. \$5. RSVP Mandy 021 067 0964 or timshel8007@gmail.com

2pm | **TRADITIONAL CHINESE MEDICINE WEBINAR** Menopause management | Online. Free. Contact Diana to register, email: WhanganuiLotus@gmail.com

MONDAY 21/08

7-8:30pm | **WORD-WRANGLING WORKSHOP 3** Make autocorrect work for you, learn keyboard shortcuts, create a quick access toolbar for your favourite tools, learn how to install & use a basic macro; and discuss free software that can speed up your work The Women's Network, 75 St Hill Street. \$10. Email enquiries to Anna: annathomsonediting@gmail.com

TUESDAY 22/08

6:30am & 5:30pm | **HIIT GROUP FITNESS SESSIONS** Warm up with a short and sharp HIIT group fitness session. Suitable for all ages and abilities, work to YOUR level | Softball Clubrooms, 29 Puriri Street. \$5 per session [usually \$12]. Email: amanda@wanganuibootcamp.com

11am-12pm | **TRIBAL BELLYDANCE** Give it a go, wiggle & giggle to a dance with a difference! The Women's Network, 75 St Hill Street. \$10. Ph/txt Jill 021 141 4257

6-8pm | **FLORAL ART DEMO** Come along and learn how to arrange flowers. BYO flowers and foliage from home and transform them into a beautiful bouquet | Riverside Church Hall, Mathieson Street. Gold coin, supper included. Contact Liz: oeta566@gmail.com

WEDNESDAY 23/08

10-11am | **LIBRARY ONLINE - Introduction to our digital services.** Discover how to get FREE access to movies, books, audiobooks, magazines, and newspapers through our library apps Alexander Library, Pukenu Drive. Free. RSVP to Rachel, ph 027 211 426 or rachel@whanganuilibrary.com

4-5pm | **UPSKILL WITH LINKEDIN LEARNING** Discover how you can use LinkedIn Learning's FREE online courses to keep up with changing technology and build on your business and creative skills | Alexander Library, Pukenu Drive. Free. RSVP to Rachel, ph 027 211 426 or rachel@whanganuilibrary.com

6pm | **WINE TASTING - FRENCH WINES** Experience the diverse delights of a range of French wines with great company and nibbles included | The Burrow. \$30. Bookings essential. RSVP to info@joaswines.co.nz

THURSDAY 24/08

6:30am & 5:30pm | **HIIT GROUP FITNESS SESSIONS** Warm up with a short and sharp HIIT group fitness session. Suitable for all ages and abilities, work to YOUR level | Softball Clubrooms, 29 Puriri Street. \$5 per session [usually \$12]. Email: amanda@wanganuibootcamp.com

9am-4pm | **NURTURING MASSAGE** An invitation to relax and restore. Limited spots. Bookings essential | Venue confirmed on booking. \$40 for 40mins. Ph/txt Emma 021 103 3394

5:30-6:30pm | **TRIBAL BELLYDANCE** This style of dance is earthy and grounding, with walks and steps that fit your body. Give it a go, wiggle & giggle to a dance with a difference! River City Dance & Leisure, cnr Peat and Pitt Street. \$10. Ph/txt Jill 021 141 4257.

6:30-9:30pm | **ULTIMATE FAMOUS WOMEN TRIVIA QUIZ** Teams of 6, use your combined girl power to nail this unique, female-themed quiz. Light refreshments provided, feel free to BYO snacks or [non-alcoholic] drinks | Gonville Library, 44 Abbot Street. Free. Register with: kat@whanganuilibrary.com

FRIDAY 25/08

9:30-11:30am | **PIPING & POLITICS WITH STEPH LEWIS, MP** Here's a chance to see Steph's cake decorating skills in action, and decorate your own mini-cake, while discussing her role as your MP The Women's Network, 75 St Hill Street. Free, materials provided. RSVP is essential, please send an email to steph.lewismp@parliament.govt.nz

10am-4pm | **OUT OF THE SHOEBOX** Learn how to use your smartphone to re-photograph old prints stored in boxes and albums in this 2-day workshop. Day 1 includes editing and Day 2 [Sunday 20 Aug] is archiving your digital photos | Josephite Retreat Centre, Hillside Terrace. \$80. Register with Pauline 021 266 4410 or neilson.pauline@gmail.com

7-8pm | **POETRY PARTY** Celebrate National Poetry Day with the wise and whimsical words of women past and present. Come along to listen, and bring a poem if you would like to share. Light refreshments provided, feel free to BYO snacks or [non-alcoholic] drinks | Davis Library, Pukenu Drive. Free. For more info or to RSVP, email: kat@whanganuilibrary.com

SATURDAY 26/08

2pm | **DUMPLINGS WITH DIANA** Yum, love, and fun. Make your own proud dumplings, easy as! Bookings essential | Diana's Wonder Kitchen. \$32. Contact Diana 022 123 6336 or WhanganuiLotus@gmail.com

4-7pm | **FESTIVAL FINALE: POP-UP WONDERBAR** Indulge in a festive in-and-outdoor setting with fairy lights, fire pits and roasted marshmallows under the starlit winter sky. Enjoy some delicious cocktails by Fox Glove, wines by Joa's Wines, food by La Bella Street food and Geo entertaining with chill lounge covers | Space Studio & Gallery, 18 St Hill Street. \$20, includes a welcome drink by Fox Glove + entertainment by Geo. Tickets for purchase via: www.spacestudiogallery.co.nz/events/

*For general festival info, email: womnet.whanganui@gmail.com



+ CONNECT + EMPOWER + INSPIRE

Winter
WONDERfest

12-26 August 2023
WHANGANUI

Brought to you by
the Women's Network, Space Studio and Gallery + Friends

SATURDAY 12/08

10-3pm | RHYTHMS, CYCLES AND SEASONS The ways of nature, and the ways of our human lives, are pulsed with rhythms, cycles and seasons. Our attunement response to these can influence our whole wellbeing – our taha wairua, taha tinana, taha whānau and taha hinengaro | Josephite Retreat Centre, Hillside Terrace. \$20. Contact Pam, ph 06 345 5047 ext 3 or pam.hopper@sosj.org.au

2pm | 80s AEROBICS CLASS The hair, the music, the outfits – the '80s is back! Join in an hour of fab fun and fitness. Dressing up is encouraged. All welcome | Girls' College Hall, Jones Street. Gold coin. For more info, contact results@herfitness.co.nz

2-4pm | FRESH HERBAL TEAS WITH MARGI Sample fresh herbal tea in china cups and get switched on to this economical way of enjoying different healthy hot drinks | Venue confirmed on booking. \$5. Bookings essential. RSVP to margikeys93@gmail.com

SUNDAY 13/08

11am-2pm | CONSCIOUSNESS AND INTUITION Explore what your colours reveal, why we get stuck in our thinking and what we can do about it. Increase intuition and learn to upregulate your field Coherence 4 Health, Suite 9, Wicksteed Terrace. \$99, RSVP to Carla, email: clangmead@slingshot.co.nz

11am-2pm | RENEGADE ETCHING 101 Learn all the techniques to create printing plates from recycled Tetrapak packaging and make prints with a pasta machine printing press. An exciting introduction to the intaglio printmaking process. Bookings essential | Article Cafe, Drews Avenue. \$40. Materials and equipment included. Contact Michaela 021 149 6644 or stonemanmb@gmail.com

2pm | FALUN DAFA Introduction followed by Q + A, and exercise teaching | Venue confirmed on booking. Free. Contact Diana 022 123 6336 or WhanganuiLotus@gmail.com

4:15-5:30pm | SOUND HEALING JOURNEY Come and be bathed in healing sounds crafted to nourish your entire being. Bring yoga mat/cushion & blanket | Quaker Meeting House, 256 Wicksteed Street. \$25. Book with Yee Ley 022 366 2348

MONDAY 14/08

1-2pm | DROP-IN WITH STEPH LEWIS, MP Stop-by to catch up, share your thoughts or ask questions, no appointment needed. 40 Guyton Street. Email: steph.lewismp@parliament.govt.nz

7-8:30pm | WORD-WRANGLING WORKSHOP 1 Tricks and tips for working with Word so that you could be doing it better, faster, or smarter. Learn the difference between page and section breaks and how to use them to create different headers and footers in a document with more than two pages | The Women's Network, 75 St Hill Street. \$10. Email enquiries to Anna: annathomsonediting@gmail.com

TUESDAY 15/08

6:30am & 5:30pm | HIIT GROUP FITNESS SESSIONS Warm up with a short and sharp HIIT group fitness session. Suitable for all ages and abilities, work to YOUR level | Softball Clubrooms, 29 Puriri Street. \$5 per session [usually \$12]. Email: amanda@wanganuibootcamp.com

10-10:30am | UNDER 5's STORY TIME Enjoy some wintry tales at our special Winter Wonderfest story time | Davis Library, Pukenu Drive. Free. For more info, contact ellen@whanganuilibrary.com

11am-12pm | TRIBAL BELLYDANCE This style of dance is earthy and grounding, with walks and steps that fit your body. Give it a go, wiggle & giggle to a dance with a difference! The Women's Network, 75 St Hill Street. \$10. Ph/txt Jill 021 141 4257

8pm | FIFA WOMEN'S WORLD CUP SEMIFINAL Experience the magic of the biggest women's sporting event in the world, right here in NZ. Wear your favourite team colours, bring your poi, and enter our FIFA fangirl zone | The Barracks Sports Bar, 170 St Hill Street. Buy your own refreshments. Email Carla: womnet.whanganui@gmail.com

WEDNESDAY 16/08

10am-2pm | POETRY WORKSHOP A series of activities exploring various ways of writing poetry. Novice and experienced writers welcome. Participants are invited to join us on National Poetry Day, 25 August 7-8pm. Bookings required | Alexander Library, Pukenu Drive. Free. RSVP to Rachel 027 211 426 or rachel@whanganuilibrary.com

10:30-11am | UNDER 5's STORY TIME Enjoy some wintry tales at our special Winter Wonderfest story time | Gonville Library, 44 Abbot Street. Free. For more info, contact jane@whanganuilibrary.com

5:30-7pm | EXHIBITION OPENING Join us for the opening of our Winter Wonderfest Exhibitions featuring work by Mike & Sarah Marsh, Tess Charles & other local artists | Viewing until 26 August Space Studio & Gallery, 18 St Hill Street. Free. For more info about the exhibition programme, visit: www.spacestudiogallery.co.nz

THURSDAY 17/08

6:30am & 5:30pm | HIIT GROUP FITNESS SESSIONS Warm up with a short and sharp HIIT group fitness session. Suitable for all ages and abilities, work to YOUR level | Softball Clubrooms, 29 Puriri Street. \$5 per session [usually \$12]. Email: amanda@wanganuibootcamp.com

9am-4pm | NURTURING MASSAGE An invitation to relax and restore. Limited spots. Bookings essential | Venue confirmed on booking. \$40 for 40mins. Ph/txt Emma 021 103 3394

10am-2pm | GIVE IT A GO, PRINTMAKING Have a go at making your very own art print, using either the pre-carved plates provided or design and make your own from scratch | Space Studio & Gallery, 18 St Hill Street. Koha. All materials provided. Email: sarah@spacestudiogallery.co.nz

5:30-6:30pm | TRIBAL BELLYDANCE This style of dance is earthy and grounding, with walks and steps that fit your body. Give it a go, wiggle & giggle to a dance with a difference! River City Dance & Leisure, cnr Peat and Pitt Street. \$10. Ph/txt Jill 021 141 4257.

7-8:30pm | WORD-WRANGLING WORKSHOP 2 Tricks and tips for people who are reasonably comfortable with Word. Learn how to create, apply, and modify styles and then use them to create a table of contents | The Women's Network, 75 St Hill Street. \$10. Email enquiries to Anna: annathomsonediting@gmail.com

FRIDAY 18/08

6-9pm | DUNGEONS AND DRAGONS LADIES' NIGHT New and experienced players welcome. Join us for an unravelling of mysteries and imminent threats in this table-top role-playing game. Limited places | Alexander Library, Pukenu Drive. Free. Bookings essential. RSVP to nicola@whanganuilibrary.com

7-9pm | CLAY & WINE WITH FIONA MCLEOD A fun evening creating either a tealight candle house or a pinch pot ball for fairy lights while enjoying a glass of wine! Space Studio & Gallery, 18 St Hill Street. \$65. Bookings essential. Register www.spacestudiogallery.co.nz/events/

SATURDAY 19/08

9:30am-2pm | ABSTRACTED - DRAWING WORKSHOP WITH ADELE DUBARRY Take your first or next step in drawing. Unlock your creative potential and produce work you really love! Space Studio & Gallery, 18 St Hill Street. \$65. Bookings essential. Register www.spacestudiogallery.co.nz/events/

10am-2pm | SIT AND STITCH Try your hand at stitching. Bring your questions and learn about the local Embroiderers Guild to see what can be done with a needle and thread | Gonville Library, 44 Abbot Street. Free, all materials supplied. Contact Ann: donann101@gmail.com

10am-4pm | OUT OF THE SHOEBOX Learn how to use your smartphone to re-photograph old prints stored in boxes and albums in this 2-day workshop. Day 1 includes editing and Day 2 [Sunday 20 Aug] is archiving your digital photos | Josephite Retreat Centre, Hillside Terrace. \$80. Register with Pauline 021 266 4410 or neilson.pauline@gmail.com

11am-2pm | MAKE A SUNCATCHER Explore your creativity with this hearts and stars themed stained glass suncatcher class | The Women's Network, 75 St Hill Street. \$40, suitable for ages 15+. RSVP to Jo at redlowgypsy@gmail.com

1-2pm | KUNG FU, SEEKING THE DAO Documentary screening inspired by a top Chinese Kungfu and Qigong master's journey and his enlightenment of the Dao. Followed with Q & A and teaching of Qigong | Davis Library, Pukenu Drive. Free. RSVP preferred. Email Diana: filmsandartsofcourage@gmail.com

2-4pm | BEESWAX FOOD WRAPS + CANDLE MAKING Make a difference by using reusable foodwraps. Beeswax candles are non-toxic and beneficial for hay fever | Te Rangi, 4 Allison Street. \$20 for 1 or \$35 for both. RSVP: info@peacethroughunity.org.nz