

1-3:30pm | **AUTHENTIC MOVEMENT WORKSHOP** A meditative and beautiful movement practice involving moving, witnessing, expressive art, reflection & connection. Peaceful & calming, gently facilitated, snacks provided | Women's Network, 75 St Hill Street \$20. RSVP, email julie.radiancedmt@gmail.com

**\*MONDAY 12/08**

**Appointments | NURTURING MASSAGE** Enjoy a 20-min chair massage or a 30-min massage for head, neck and shoulders for a special price during the festival | Embark Yoga, 75 St Hill Street \$25 for 20mins; \$40 for 30mins. Ph/txt Emma 021 103 3394

**\*TUESDAY 13/08**

2pm | **FILM SCREENING: IDA, 2013, director Pawel Pawlikowski, M** Academy Award-winning Polish film in which a novice nun about to take her vows uncovers a family secret dating back to the German occupation | Josephite Retreat Centre, 14 Hillside Tce | Koha. Contact Pam, ph 06 345 5047 ext 3 or pam.hopper@sosj.org.au

**\*WEDNESDAY 14/08**

See repeat listings on Weds 07/08 for: Under 5s Story Time, Gentle Stretch & Relax, Bike Maintenance, Boxfit & Fireflies events on today.

6-8pm | **PERUVIAN COOKING** Discover the flavours of Peru! Learn how to make delectable Peruvian snacks, salsas & homestyle favourites in an inclusive cookery workshop | Venue confirmed upon enrolment | \$40. Enrol at: www.communityeducation.nz or admin@communityeducation.nz

7-9pm | **TEAR SOUP, A RECIPE FOR HEALING AFTER LOSS** Based on a modern-day fable, 'Tear Soup' is served, blending ingredients of life into an interactive grief process | Women's Network, 75 St Hill Street | Gold coin, includes soup & bread. Contact Keren, ph [06] 344 3345

**\*THURSDAY 15/08**

6-8pm | **RESTORE WELLNESS IN PERIMENOPAUSE & MENOPAUSE** Create a destination postcard, develop strategies & create your own action plan to restore wellness | Women's Network, 75 St Hill Street | Koha. Email: restorativepantry@gmail.com or 021 272 1021

6:30-8:30pm | **MAKE YOUR OWN LIP BALM** Follow simple instructions to make your own lip balm while discussing winter wellness. All materials provided | Gonville Library, 44 Abbot St | Free. Bookings essential. RSVP to kat@whanganuilibrary.com

**\*FRIDAY 16/08**

See repeat listings on 03/08 for: Felt Hat & Felt Necklace also on today

6-8pm | **CRAFTY CLOTHES SWAP** A clothes swap with a difference! BYO items or choose some from the shop to embellish & improve. Sewing machines & advice on hand | Women's Network, 75 St Hill Street | \$10. Ph/txt Maddie 022 192 2321 or wheb@sustainablewhanganui.co.nz

6:30-8:30pm | **DANCE IN THE DARK** Let your cares go & allow the music to let you shake, swirl, jiggle, skip & spin to your heart's content at this safe & sober movement activity | Whanganui Musicians Club, 65 Drews Avenue | \$10. Ph/txt Renee 021 252 3775. BYO water bottle & clothes for dancing

**\*SATURDAY 17/08**

See repeat listings on 09/08 for: Felt Scarf & Felt Beret events on today

10am-1pm | **RARANGA - WEAVING WORKSHOP** Learn how to harvest harakeke safely and sustainably according to tikanga. Make a kono or konoae [small basket] to gift to someone. Bring some kai for lunch | 138 Gonville Avenue | Koha. Bookings essential. Email: margot@sportwhanganui.co.nz

2-4pm | **CHINESE DUMPLINGS** Impress your friends with home-made Chinese dumplings in a hands-on workshop where you will perfect the art of dumpling-making | Venue confirmed upon enrolment | \$40. Enrol at: www.communityeducation.nz or admin@communityeducation.nz

5-8pm | **WONDER BAR** Enjoy some delicious cocktails, wines, craft gin and vodka, and locally brewed beer, food truck foods & DJ tunes to get your winter vibe going | Space Studio & Gallery, 18 St Hill Street | \$25, welcome drink included. Tickets Winter Wonderfest Wonder Bar - Space Studio & Gallery.

**\*TUESDAY 20/08**

2pm | **FILM SCREENING: THE JUSTICE OF BUNNY KING, 2021, director Gaysorn Thavat, rated M** A triumph over adversity tale about women fighting their way back from the bottom of society, featuring a directorial debut in this acclaimed NZ film | Josephite Retreat Centre, 14 Hillside Tce | Koha. Contact Pam, ph 06 345 5047 ext 3 or pam.hopper@sosj.org.au

5:30-7pm | **WOMEN WHO LEAD** Enjoy an hour of power that showcases an inspiring local woman who leads in an intimate couch conversation, followed by Q & A | Barracks Sport Bar, 170 St Hill Street | Free. Email: womnet.whanganui@gmail.com

**\*WEDNESDAY 21/08**

See repeat listings on 07/08 for: Gentle Stretch & Relax, and Bike Maintenance events on today

5:30-6:30pm | **THAT TIME OF THE MONTH YOGA SESSION** Explore a supportive & restorative yoga practice. During menstruation, it is a time to turn inward. All welcome, any time of cycle or journey | Embark Yoga, 75 St Hill Street | \$15. Bookings essential. Contact Emma embarkyoga@gmail.com or 021 103 3394

**\*THURSDAY 22/08**

6-8pm | **CRAFTING EVENING** Rest into some winter crafting with Maddie & Kath. Make a lip balm using natural ingredients & sew a bag from recycled fabric | Women's Network, 75 St Hill Street | \$10. RSVP to Maddie 022 192 2321 or wheb@sustainablewhanganui.co.nz

**\*FRIDAY 23/08**

7-8pm | **POETRY PARTY** Celebrate National Poetry Day with the wise and whimsical words of women past & present. Come along to listen or share a poem that you've written or read. Light refreshments provided Davis Library, Pukenamu Drive | Free. For info or to RSVP, email: kat@whanganuilibrary.com

**\*SATURDAY 24/08**

10am-3pm | **WOO WELLNESS DAY** Massage, Reiki, Spinal Flow, healings, readings and more. Enjoy a day of nurturing and healing insights. Book on arrival, bring cash | Women's Network, 75 St Hill Street | \$20 per session. Contact Tracy 021 761 511 or Yee Ley 022 366 2348

**\*BONUS EVENT: WEDNESDAY 28/08**

6pm | **JOA'S WINE TASTING: EXPLORING SHADES OF ROSE'** Explore the charming varieties of Rose' wines & how they differ to cultivar, colour, aroma and flavour | The Burrow, Taupo Quay | \$40, incl wine & nibbles. Booking essential info@joaswines.co.nz



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

3-24 August

# FESTIVAL GUIDE



\*CONNECT \*EMPOWER \*INSPIRE

## \*EXTRA SPECIAL EVENTS

Various days & times | **REFORMER PILATES** Experience a low impact full body workout that will improve & maintain overall fitness. Beginner classes suitable for all | Reformer Room 51 Victoria Ave [above Big Orange] \$60 for 4 classes - a special festival offer. Contact Lisa, thereformerroom@gmail.com

10am-3pm | Open: 3, 4, 9, 10, 11, 16 & 17 August | **DODO'S TINY GALLERY** Visit to enjoy upcycled embroidered one-off designer peasant blouses, papier mache hat boxes and torsos, knotted rugs, vintage garments, linens and lovely things | 76 Pitt Street | Free. Contact Irene 027 285 8898 or kaneloder1@gmail.com

10am-3pm | Open: 3, 4, 9, 10, 11, 16 & 17 August | **SUE'S MAGIC CARPETS** Studio gallery with unique photography, hand-knotted carpets & an eclectic array of collectables | 27 Stewart Street | Free. For more info, contact Sue: sfbirchall756@gmail.com

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



## FESTIVAL LAUNCH | WEDNESDAY 31/07

5:30-7pm | Celebrate our ninth annual Winter Wonderfest with the exhibitions of Paul & Mark Rayner, Mayumi Sherburn + the ever-popular S M A L L works exhibition | Space Studio & Gallery, 18 St Hill Street | Free. Visit: <https://spacestudiogallery.co.nz/>

## \*SATURDAY 03/08

9am-12pm | **WOOL FELT HAT MAKING** Hands-on workshop to make a felt hat from carded wool sliver. No experience needed. materials provided | Venue confirmed upon booking | \$50. Contact Jacqui on 027 289 2101 or [jollyjaccrations@gmail.com](mailto:jollyjaccrations@gmail.com) **Repeats Friday 16/08**

12-2pm | **INDIAN COOKING** Masala Chai? Crispy home-made samosas? Yes! Experience authentic Indian flavours in Pushpa's cookery workshop. Ingredients supplied | \$40. Enrol at: [www.communityeducation.nz](http://www.communityeducation.nz) or [admin@communityeducation.nz](mailto:admin@communityeducation.nz)

1-4pm | **WOOL FELTED TEXTILE NECKLACE** Hands-on workshop to create a felt necklace from carded wool sliver. Materials provided | Venue confirmed upon booking | \$50. Contact Jacqui on 027 289 2101 or [jollyjaccrations@gmail.com](mailto:jollyjaccrations@gmail.com) **Repeats on Friday 16/08**

7-9pm | **VARIETY SHOW** An evening of local live entertainment as 'Space' fundraises for new stage lighting. Welcome drink and nibbles included | Space Studio & Gallery, 18 St Hill Street | \$40 or \$60 for 2 people. Book via <https://spacestudiogallery.co.nz/event/variety-show/>

## \*SUNDAY 04/08

2-4pm | **NEW MOON LOVE POTIONS** Harness the self-expressive energies of the New Moon in Leo making 'love potions': a tea blend, spice mix for mulled wine + a syrup mix for cocktails/mocktails, using ingredients associated with all kinds of love | Women's Network, 75 St Hill Street | \$35, includes all ingredients + vessels. Bookings encouraged. RSVP to [airinibeautrais@gmail.com](mailto:airinibeautrais@gmail.com)

6-7:30pm | **SING-A-LING-ALONG** Warm up with a fun and good old-fashioned sing-along in a celebration of musicals with maestro Lizze de Vegt. Refreshments provided | Women's Network, 75 St Hill Street | \$15. Bookings essential. RSVP to [LoveSingingNZ@gmail.com](mailto:LoveSingingNZ@gmail.com)

## \*MONDAY 05/08

10am-12pm | **LEGAL OVERVIEW WITH Q + A** The team from Horsley Christie Lawyers will take you through Wills and Estates, Property Law + Immigration | Women's Network, 75 St Hill Street \$10, incl refreshments. RSVP to [joamariv@horsleychristie.co.nz](mailto:joamariv@horsleychristie.co.nz)

## \*TUESDAY 06/08

10-10:30am | **UNDER 5s STORY TIME** Enjoy some wintery tales at this special Winter Wonderfest story time | Davis Library, Pukenamu Drive | Free. Contact [jane@whanganuilibrary.com](mailto:jane@whanganuilibrary.com) **Also on 13/08**

6-7pm | **80s AEROBICS** It's back! The hair, the music, the outfits. Join us for an hour of fitness fabulousness. Dressing up is welcome! Whanganui Girls' College Hall, Jones St | Gold coin | Contact Deb 027 589 4440 or [deb@sportwhanganui.co.nz](mailto:deb@sportwhanganui.co.nz)

## \*WEDNESDAY 07/08

7-8am | **MORNING RAVE!** Get your groove, sweat, shake or bounce on, at this sober rave! All welcome. Coffee provided | Whanganui Musicians Club, Dance Hall | \$10. Contact Julie [radiancedmt@gmail.com](mailto:radiancedmt@gmail.com)

10:30-11am | **UNDER 5s STORY TIME** Enjoy some wintery tales at this special Winter Wonderfest story time | Gonville Library, 44 Abbot St | Free. Contact [jane@whanganuilibrary.com](mailto:jane@whanganuilibrary.com) **Also on 14/08**

10:30am-12pm | **ARTS & CRAFTS FOR GROWN UPS** Enjoy a morning of creativity with the company of fellow craft enthusiasts | Davis Library, Pukenamu Drive | Free. Contact [iva@whanganuilibrary.com](mailto:iva@whanganuilibrary.com)

12-1pm | **LUNCHTIME POETRY** An open invitation to attend this regular poetry group. BYO lunch and a poem to share, or just come along and listen | Alexander Library, Pukenamu Drive | Free. Contact Rachel, ph 027 211 4261 or [rachel@whanganuilibrary.com](mailto:rachel@whanganuilibrary.com)

12:30-1:30pm | **GENTLE STRETCH & RELAX** Make some time for yourself with this gentle stretch class suitable for all levels, finishing with some restorative relaxation | Embark Yoga, 75 St Hill Street | \$15. Ph/txt Emma 021 103 3394 or email [embarkyoga@gmail.com](mailto:embarkyoga@gmail.com) **Every Wednesday during the festival**

1:30pm | **MEET UP FOR WOMEN WHO LIVE ALONE** Socially connect with other women over a cuppa and/or some lunch | Barracks Sport Bar, 170 St Hill Street | Free [or order off the menu]. Email: [womnet.whanganui@gmail.com](mailto:womnet.whanganui@gmail.com) **Also 5:30pm at the Women's Network**

5-7pm | **BIKE MAINTENANCE FOR WOMEN** Come and learn bike maintenance skills with the Green Bikes team over 3 weeks, or drop in for 1 or 2 sessions | Green Bikes, 23 Drews Avenue | Koha. Email [Maddie.whyb@sustainablewhanganui.co.nz](mailto:Maddie.whyb@sustainablewhanganui.co.nz) **Every Wednesday during the festival**

5:45-6:30pm | **BOXFIT** Enjoy a fun and energetic boxing circuit with great music and plenty of laughs. All fitness levels welcome | Her Fitness Gym, 59 Ingestre Street | \$5. Email [results@herfitness.co.nz](mailto:results@herfitness.co.nz) or ph [06] 348 9121 **Also Weds 14/08**

7pm | **FIREFLIES** Learn to dance with flames, an intro to fire spinning. Dress warm & firewise. Equipment provided, BYO props if you have them. All welcome, no experience necessary | Riverside picnic area James McGregor Memorial Park | \$5. Bookings essential. [Whanganui.Movement@gmail.com](mailto:Whanganui.Movement@gmail.com) or 027 783 1982 **Also on 14/08**

7-9pm | **JOURNALING FOR SELF-REFLECTION** Join writer Airini Beautrais to work on journaling techniques to help with self-confidence, self-knowledge and creativity. Suitable for all levels of experience | Women's Network, 75 St Hill Street | \$20. Bookings encouraged. RSVP to [airinibeautrais@gmail.com](mailto:airinibeautrais@gmail.com)

## \*THURSDAY 08/08

12-2pm | **REPAIR CAFE** Get stuff fixed! Bring garments, soft toys or anything made of hard materials; also parts, threads & fabric for your damaged item. Darning, machine + hand stitching, embroidery and general repairs | Article Cafe cnr Drews Avenue & Rutland Street Donation. For more info: [whanganuirepaircafe@gmail.com](mailto:whanganuirepaircafe@gmail.com) or Margi 027 448 1581

5pm | **AUGMENTED REALITY IS FOR EVERYONE** Augmented Reality gives you super powers. Explore how it's used to guide, educate, entertain and express, through to virtually visiting spaces and places. The Backhouse, 28 Taupo Quay or join on Zoom | Free. RSVP to Michelle 027 434 8934 or [michelle@theantipodean.us](mailto:michelle@theantipodean.us)

7-8pm | **FALUN DAFA MEDITATION** Rooted in Buddhist tradition, it consists of self-improvement through the study of teaching + gentle exercises and meditation | Gonville Library, 44 Abbot Street | Free. Bookings essential. RSVP to [kat@whanganuilibrary.com](mailto:kat@whanganuilibrary.com)

## \*FRIDAY 09/08

9am-12pm | **FELT SCARF MAKING** Hands-on workshop where you will felt merino wool sliver to fine woven silk fabric to make a scarf to take home. All materials provided | Venue confirmed upon booking \$60. Contact Jacqui on 027 289 2101 or [jollyjaccrations@gmail.com](mailto:jollyjaccrations@gmail.com) **Repeats on Saturday 17/08**

1-4pm | **FELT BERET** Hands-on workshop to make a felt beret to take home. No experience needed, materials provided | Venue confirmed upon booking | \$60. Contact Jacqui on 027 289 2101 or [jollyjaccrations@gmail.com](mailto:jollyjaccrations@gmail.com) **Repeats on Saturday 17/08**

6-9pm | **DUNGEONS AND DRAGONS LADIES' NIGHT** New and experienced players welcome. Unravel mysteries and imminent threats in this table-top role-playing game. Limited places | Alexander Library, Pukenamu Drive | Free. Bookings essential. RSVP to [nicola@whanganuilibrary.com](mailto:nicola@whanganuilibrary.com)

## \*SATURDAY 10/08

9am-12pm and 1-4pm | **FELT FINGERLESS GLOVES** Hands-on workshop to felt merino wool sliver into fine woven silk fabric to make a pair of fingerless gloves | Venue confirmed upon booking | \$60. Contact Jacqui on 027 289 2101 or [jollyjaccrations@gmail.com](mailto:jollyjaccrations@gmail.com)

10:30am-12pm | **SEX, DEATH & TAXES - A LEGAL PERSPECTIVE** How to manage blended families, the Property Relationship Act and wealth creation in an empowering and thoughtful way | Women's Network, 75 St Hill Street | \$10. RSVP to [karin@ruapehunz.nz](mailto:karin@ruapehunz.nz) or 021 819 166

11am-1pm | **SAD IS NOT BAD** An interactive gathering focused on healing after grief and loss, using library books & other family friendly activities | Davis Library, Pukenamu Drive | Free. For more info, contact [jane@whanganuilibrary.com](mailto:jane@whanganuilibrary.com)

7-8pm | **CHARLOTTE MELSER - LIVE** An intimate sitting of evocative songs, written and performed to connect with the audience. Charlotte's music is inspired by her own experiences, raw and real Repertory Theatre, 4 Ridgway St | \$15. Ticket link [Charlotte Melser - Live | Humanitix](#)

8:30-9:35pm | **RAT TALES!** Storytelling to make you laugh. Ebby shares stories of her interactions with the Animal Kingdom. What's Rodentistry? Calf Club, heard of it? Bad Taxidermy - how bad? How similar is Ebby to her Ape ancestors? Repertory Theatre, 4 Ridgway St | \$15. Ticket link [RAT TALES! A comedy storytelling show | Humanitix](#)

## SUNDAY 11/08

10:30am-12pm | **MAKING LIFE BETTER WHEN IT GETS HARD** Anna has 30 years' experience managing an anxiety disorder and has picked up many tips & techniques that she'd love to share that will leave you feeling inspired. BYO pen & paper | Venue confirmed upon booking | \$30. RSVP to: [annathomsonediting@gmail.com](mailto:annathomsonediting@gmail.com)