

6-23 **AUGUST**

Join in the tenth annual winter festival
Brought to you by the good folk at the
Women's Network Whanganui + friends

Winter WONDERFEST



Festival Guide

**CONNECT
EMPOWER
INSPIRE**



Winter Wonderfest Whanganui

FESTIVAL PROGRAMME: 6-23 AUGUST

Brought to you by the Women's Network + friends



FESTIVAL SPECIALS

Nurturing Massage

ACTIVITY DETAILS

Experience self-care through nurturing touch. Choose from a 30min Foot & Lower Leg Massage \$40; 30min Head, Neck, Shoulders, Chest, Arms \$45; 60min combo + relaxation \$70.

Beginner Pilates

During the festival, explore beginner Reformer Pilates classes & Mums + Bubs classes. 2 sessions for \$30. Download the Mindbody app, create an account, search for 'reformer room, Whanganui'.

CONTACT INFO + VENUE

75 St Hill Street

Emma @ Embark Massage + Yoga, 021 103 3394 or embarkyoga@gmail.com

Upstairs, 172-188 Victoria Ave

Lisa via thereformerroom@gmail.com

06/08

10am - 12pm

WHANGANUI LIBRARY WRITERS, free. An open invitation to attend our regular group. Bring some writing to share or just come along to listen.

10.30am - 12pm

ARTS + CRAFTS FOR GROWN UPS, free. Enjoy a morning of company & creativity. No experience needed, all welcome.

12 - 1pm

LUNCHTIME POETRY, free. An open invitation to attend our regular group. Bring your lunch and a poem to share or just come to listen.

12.30pm - 1.30pm

GENTLE STRETCH + RELAX, \$10. Bring awareness to the body, unravel to sink into relaxation. **Also sessions on 13 & 20 August.**

5:30 - 7pm

EXHIBITION OPENING. Celebrate the launch of our festival exhibitions + the first day of the festival. **Viewing to 23 August.**

Alexander Library, Pukenu Drive
RSVP: rachel@whanganuilibrary.com or 027 211 4261

Davis Library, 1 Pukenu Drive
iva@whanganuilibrary.com

Alexander Library, Pukenu Drive
RSVP: rachel@whanganuilibrary.com or 027 211 4261

75 St Hill Street. RSVP to Emma 021 103 3394 or embarkyoga@gmail.com

Space Studio & Gallery, 18 St Hill Street
www.spacestudio.gallery.co.nz/exhibitions

07/08

10am

BOXING, \$5. Give boxing a go! A supportive environment for all ages and fitness levels. **Also sessions on 8, 14, 15 August.**

6 - 8pm

WOMEN'S STORY-TELLING, free. A celebration of diverse lived experiences where migrant women share their journeys of identity, hope and resilience.

100 Devon Road. Lisa 021 0242 5335 or email: lisa.piggott@gmail.com

Women's Network, 75 St Hill Street
RSVP essential, spaces are limited.
multiculturalwhanganui@gmail.com

08/08

4pm

BOXING, \$5. Give boxing a go! A supportive environment for all ages and fitness levels. **Also sessions on 14 & 15 August.**

6 - 9pm

NOT D&D LADIES' NIGHT, free. Experience *Call of Cthulhu*, like Dungeons & Dragons, only spookier! New + experienced players welcome.

100 Devon Road. Lisa 021 0242 5335 or email: lisa.piggott@gmail.com

Alexander Library, Pukenu Drive
RSVP essential, spaces are limited
Email: nicola@whanganuilibrary.com

09/08

10am - 2pm

WELLNESS SESSIONS, \$25 per session. Supporting body, mind, emotions and heart. Explore a variety of healing modalities on offer. **Also on 16 & 23 August.**

10:30am - 12pm

MAKE HARAKEKE EARRINGS, koha. Learn to make simple woven earrings from harakeke. All materials supplied. BYO kai to share for lunch.

10:30am - 12pm

HEALING SHARE, koha. An opportunity to practice, share and network, or just recharge your batteries. All welcome.

1 - 2pm

GROW PLANTS FOR FREE FROM CUTTINGS, free. Many useful garden plants can be easily propagated. Learn about good plants for beginners, how to take cuttings, then take some home!

Women's Network, 75 St Hill Street
For more info, contact Rere 022 4344 914 or rerersutherland@gmail.com

138 Gonville Avenue
Bookings helpful. RSVP to margot@sportwhanganui.co.nz

Wisdom Is Yours, 59 Victoria Ave
Natasha or Kevin [06] 345 5002

Hakeke St Community Centre
RSVP essential: Rachel 022 096 5673 or martinsfarmhouse@fastmail.com

10/08

10am - 3pm

HANDY HOME DIY HACKS, \$75. Learn how to fix a leaky tap, patch up holes in the wall, install locks and more! A hands-on workshop to gain confidence to tackle everyday repairs.

10am-11:30am or 12:30-2pm

INTRO TO LAWN BOWLS, \$5. Have a go at a game for ALL generations! Teams of 3 preferred.

2 - 4pm

DARNING WORKSHOP, \$5. Try visible and invisible darning. BYO darning needle, thread + a garment to darn. Hot drinks provided.

Enrolment essential
<https://communityeducation.nz/> or admin@communityeducation.nz

Whanganui Bowling Club, 53 Nelson St. For more info, contact Rita: collegebowls2024@gmail.com

Sustainable Whanganui Envirohub, 23 Drews Ave
RSVP: whanganuirepaircafe@gmail.com

11/08

10am

POSITIVITY PORTRAITS, free. Create a collage masterpiece that highlights all the things which make you YOU. Take home a framed, self-reflective work of art. Beginner friendly, all welcome.

5:30pm

SHE'S ON A RIDE, free. Join Cath Cheatley from Velo Ronny's for a fun ride. All bikes, all ages welcome. Lights, layers & laughs essential! **Another session on 18 August.**

6pm

LADIES' NIGHT, \$5. Enjoy a relaxed evening of squash, games, laughs & good vibes. Perfect for beginners or seasoned players. **Another session on 18 August.**

Salvation Army, 4 Indus Street
RSVP essential as spaces are limited
Contact Amethyst 022 011 2282

49 Wilson Street
Just turn up or for more info contact: sales@veloronny.co.nz

Whanganui Squash Club, 3 Bassett St. For more info, contact Jodie: whanganuisquash@inspire.net.nz

12/08 6:15 - 7am	YOGA BOOTCAMP, \$10. Kickstart your day with an enlivening session to strengthen, move, lengthen and rest. Also sessions on 14, 19, 21 August.	75 St Hill Street RSVP to Emma 021 103 3394 or embarkyoga@gmail.com
10 - 10:30am	UNDER-5s STORY TIME, free. Enjoy some wintery tales at this special Winter Wonderfest story time session.	Davis Library, 1 Pukenuamu Drive jane@whanganuilibrary.com
3pm	STRENGTH & STRETCH, \$5. A gentle class suitable for 55+ using light weights and chair exercises. All fitness levels welcome.	St Andrew’s Hall, Bell Street Email: lisa.piggott@gmail.com
5:30 - 7pm	MEET THE CANDIDATES, free. The National Council of Women host some of the candidates for Whanganui District Council. Come along to hear what they stand for, with Q & A session and refreshments.	Brechin Lounge, St Paul’s in the City 112 Guyton Street For info: jennysaywood@gmail.com

13/08 10am	ARCHERY, \$10. Be guided with great support & knowledgeable coaches. Beginners & experienced archers welcome.	Kaierau Rugby Ground, 100 Devon Rd secretary@marangaiarcheryclub.co.nz
12.30pm - 1.30pm	GENTLE STRETCH + RELAX, \$10. Bring awareness to the body, unravel to sink into relaxtion. Another session on 20 August.	75 St Hill Street. RSVP to Emma 021 103 3394 or embarkyoga@gmail.com
2 - 4pm	INSOMNIA WORKSHOP, \$5. Engage in a guided discussion about useful tips for a good sleep. Come with an open mind.	Bookings essential. RVSP Margi [06] 344 120 or margikeys93@gmail.com
6pm	WINE TASTING FOR BEGINNERS, \$40. Explore a variety of wine styles, learn simple tasting techniques, share tips for pairing and enjoying wine without the snobbery.	Bookings essential www.joaswines.co.nz Includes wine and nibbles

14/08 6:15 - 7am	YOGA BOOTCAMP, \$10. Kickstart your day with an enlivening session to strengthen, move, lengthen and rest. Also sessions on 19, 21 August.	75 St Hill Street RSVP to Emma 021 103 3394 or embarkyoga@gmail.com
10am	BOXING, \$5. Give boxing a go! A supportive environment for all ages and fitness levels with the team from River City Boxing.	100 Devon Road. Lisa 021 0242 5335 or email: lisa.piggott@gmail.com

15/08 12.30pm - 1.30pm	GONVILLE WISDOM CIRCLE: POETRY READING & SHARING, free. Bring a favourite poem to share in honour of National Poetry Day next week.	Gonville Library, 44 Abbot Street gonville@whanganuilibrary.com
4pm	BOXING, \$5. Give boxing a go! A supportive environment for all ages and fitness levels with the team from River City Boxing.	100 Devon Road. Lisa 021 0242 5335 or email: lisa.piggott@gmail.com

16/08 10am - 12pm	EMBROIDERY FUN, free. Explore what can be done with a needle and thread & even give it a go – materials provided.	Davis Library, 1 Pukenuamu Drive. For info: donann101@gmail.com
10am - 1pm	SCHOOLED FOR TOOLS, \$50. Be guided through the essentials of power tool mastery. Learn safety protocols, which tools to use for various DIY tasks, care and maintenance + practical experience. All welcome.	Enrolment essential https://communityeducation.nz/ or admin@communityeducation.nz
10am - 2pm	WELLNESS SESSIONS, \$25 per session. Supporting body, mind, emotions and heart. Explore a variety of healing modalities on offer. Also on 23 August.	Women’s Network, 75 St Hill Street For more info, contact Rere 022 4344 914 or rerersutherland@gmail.com
11am	STAGES OF PASSING, koha. Spiritual development workshop for those wishing to explore the death process from a spiritual perspective.	Wisdom Is Yours, 59 Victoria Avenue. For more info, contact Natasha or Kevin [06] 345 5002
2:15 - 4pm	SPEED-DATING WITH A BOOK, free. A fun and fast-paced event where readers connect over favourite genres and hidden literary gems. A great way to discover new titles!	Gonville Library, 44 Abbot Street Booking essential! RSVP to gonville@whanganuilibrary.com
7pm	CLAY + WINE EVENING, \$65. Make a pottery cup & saucer, mug or vase by rolling out clay and adding patterns. Refreshments included.	11 Kotuku St, Castlecliff RSVP to Fiona 021 137 8719 or mcleodpottery@gmail.com

17/08 10am - 12pm	FRIED RICE VERMICELLI, \$50. Chow Mei Fun has been loved for decades. Enjoy the aroma of traditional soy sauce, spice and its colourful ingredients in this cooking demo with Diana Leu.	Enrolment essential https://communityeducation.nz/ or admin@communityeducation.nz
10:30am	GROWING GORGEOUS ROSES, \$10. Join Samantha from the award-winning Matthews Nurseries for a fun rose pruning demo with Q & A.	Women’s Network, 75 St Hill Street RSVP to womnet.whanganui@gmail.com
11am - 2pm	INTRO TO ETCHING, \$60. Printmaking aficionado MB Stoneman will guide you through the magic process of drypoint etching. Materials, equipment and cuppa provided. Bring your Mum/teen/bestie!	Article Cafe, 20 Drews Avenue Booking essential as spaces are limited Email: stonemanmb@gmail.com
12:30pm	LUNCH AT BEE’S, \$45. Come in from the cold to enjoy a delicious and authentic Peruvian lunch. Enjoy a set menu of tasty food and drinks with homely hospitality.	Booking essential RSVP to Beverly 021 171 0544 or bstuarthurtado@gmail.com
2 - 4pm	PORK & PRAWN JADE DUMPLINGS, \$55. See this famous Yum Cha Dim Sum brought to a new level with our fresh Kiwi pork and seafood in this cooking demo with Diana Leu.	Enrolment essential https://communityeducation.nz/ or admin@communityeducation.nz

18/08**9am**

GOOD TRASH BIKE RIDE, free. Ride in different directions to collect aluminium cans. You'll need a basket or backpack for what you collect.

5:30pm

SHE'S ON A RIDE, free. Join Cath Cheatley from Velo Ronny's for a fun ride. All bikes, all ages welcome. Lights, layers & laughs essential!

6pm

LADIES' NIGHT, \$5. Enjoy a relaxed evening of squash, games, laughs & good vibes. Perfect for beginners or seasoned players.

7 - 8:30pm

TELL IT, free. Be guided in the process of telling one of your own stories by Adriann Smith – writer, broadcaster, actor and teacher. **Another session on 20 August.**

Meet at Yellow House Cafe for coffee and instructions. For more info, contact Margi 027 448 1581

49 Wilson Street

Just turn up or for more info contact: sales@veloronny.co.nz

Whanganui Squash Club, 3 Bassett St. For more info, contact Jodie: whanganuisquash@inspire.net.nz

Alexander Library, Pukenu Drive
RSVP essential. Txt Rachel 027 211 4261 or rachel@whanganuilibrary.com

19/08**6:15 - 7am**

YOGA BOOTCAMP, \$10. Kickstart your day with an enlivening session to strengthen, move, lengthen and rest. **Another session on 21 August.**

1:30 - 3pm

GOOD READS, free. A focus on chic lit, female authors and female lead characters. BYO favourites to share with others.

3pm

STRENGTH & STRETCH, \$5. A gentle class suitable for 55+ using light weights and chair exercises. All fitness levels welcome.

5:30 - 7pm

WOMEN WHO LEAD, free. Join Women's Network Manager, Carla Donson in conversation with someone extraordinary. An hour of power you didn't know you needed!

75 St Hill Street

RSVP to Emma 021 103 3394 or embarkyoga@gmail.com

Gonville Library, 44 Abbot Street
gonville@whanganuilibrary.com

St Andrew's Hall, Bell Street
Email: lisa.piggott@gmail.com

Barracks Sports Bar, 170 St Hill Street. Check for updates: Women's Network Whanganui on Facebook

20/08**10 - 11:30am**

TELL IT, free. Be guided in the process of telling one of your own stories by Adriann Smith – writer, broadcaster, actor and teacher.

12.30pm - 1.30pm

GENTLE STRETCH + RELAX, \$10. Bring awareness to the body, unravel to sink into relaxation.

7 - 8 pm

DANCE IN THE DARK, \$10. Let your cares go and shake, skip or spin to your heart's content in a sober, safe and conscious space to feel liberated in. BYO water bottle & prepare to move!

Alexander Library, Pukenu Drive
RSVP essential. Txt Rachel 027 211 4261 rachel@whanganuilibrary.com

75 St Hill Street. RSVP to Emma 021 103 3394 or embarkyoga@gmail.com

St Andrew's Hall, Bell Street. Email: whanganui.movement@gmail.com

21/08**6:15 - 7am**

YOGA BOOTCAMP, \$10. Kickstart your day with an enlivening session to strengthen, move, lengthen and rest.

9:30am - 11:30am

WEAVING FOR WĀHINE, free. A chance to create, connect and unwind. Weave something special with expert guidance, materials provided.

75 St Hill Street. RSVP to Emma 021 103 3394 or embarkyoga@gmail.com

Hakeke St Community Centre
RSVP essential
Email: lisa@hakekest.org.nz

22/08**12 - 1pm**

EXERCISE YOUR DEMOCRATIC RIGHTS, free. Enrolled to vote? Unsure? Come and ask your questions about voting in the upcoming local elections.

7 - 8pm

POETRY PARTY, free. Celebrate *National Poetry Day* with the wise and whimsical words of women past and present. Come along to listen or share a poem you have written or read. Light refreshments provided.

Women's Network, 75 St Hill Street
For more info, contact: diane.paterson@whanganui.govt.nz

Davis Library, 1 Pukenu Drive
Booking essential
gonville@whanganuilibrary.com

23/08**10am - 2pm**

WELLNESS SESSIONS, \$25 per session. Supporting body, mind, emotions and heart. Explore a variety of healing modalities on offer. Give yourself some self-care for the last day of the festival.

3 - 7pm

WINE WALK WITH JOA, \$40. Experience the best of both worlds with a wine tasting walk, where you can enjoy the great outdoors while sipping on exquisite wines from local establishments. With your knowledgeable wine guide Joa leading the way, learn about the winemaking process, various regions and terroirs, and the art of pairing wine with food.

Women's Network, 75 St Hill Street
For more info, contact Rere 022 4344 914 or rerersutherland@gmail.com

Women's Network, 75 St Hill Street
Booking essential
www.joaswines.co.nz
Fee includes some nibbles but not the wine – there will be a special wine selection at each venue.



Details were correct as at 30 June. Some changes may occur. For more info, get in touch with the contact person listed for each festival event.

REMEMBER

Be sure to RSUP where required to secure your place! General enquiries about the Winter Wonderfest can be emailed to: womnet.whanganui@gmail.com



The Winter Wonderfest is a flagship initiative of the Women's Network. Operating in Whanganui from the iconic Ladies' Rest Building for almost 40 years, the Women's Network is all about making positive change for women and girls in our community. As a social service organisation, we have many partnerships across the community, as well as in-house support services & activities. Follow us on Facebook + Instagram at Women's Network Whanganui & Winter Wonderfest Whanganui on Facebook.



WHANGANUI
DISTRICT COUNCIL
Te Kaunihera a Rohe o Whanganui



Whanganui
Community
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