

LA FIESTA! FESTIVAL SCHEDULE: 14 FEBRUARY – 10 MARCH 2019

DATE	TIME	TITLE	VENUE	COST	DESCRIPTION	CONTACT
THURSDAY 14/02	10am-4pm	One Billion Rising	Majestic Square	Free	We invite you to join in the global movement to rise up about violence against women, children and our planet. Dance, drum, move, speak!	Ph/txt Maria 022 162 7957
	6:30pm	Thoughtful Thursday: Documentary Screening	Confluence, 15 Watt Street	\$10	EMBRACE 2016 DIR Taryn Brumfitt M 1hr 30 mins [contains scenes of nudity]. When body image activist Taryn Brumfitt posted an unconventional before-and-after photograph in 2013, it was seen by more than 100 million worldwide and sparked an international media frenzy. She travels the world to interview an impressive range of women about their attitudes to their bodies.	https://www.confluence.kiwi/store/c12/Thoughtful-Thursdays
FRIDAY 15/02	9am-12pm	Intro to Social Enterprise for Women	142 Guyton St	\$20 waged/\$10 unwaged, student, low income	Join the Thrive Whanganui team to learn about social enterprise with hints on how to get started, in partnership with the Akina Foundation. Meet others who want to be part of growing a thriving social enterprise community here.	Ph/txt Nicola 027 871 6459 or: info@thrivenow.org.nz
	1:30-3:30pm	Insights from Kilmarnock's Social Enterprise Journey	142 Guyton St	Koha	Hear from the inspirational and engaging Kilmarnock Enterprises CEO Michelle Sharp about their journey from traditional charity to successful social enterprise. Hosted by Thrive Whanganui.	Ph/txt Nicola 027 871 6459 or: info@thrivenow.org.nz
	3:30-5pm	Motivation Tips	Victoria's Treasures	Free	Why positive thinking on its own doesn't work, and what we can do to increase our motivation to ensure we get the best chance at creating the life we want.	Email Carla: clangmead@slingshot.co.nz
	6-8pm	Wildflower Sunset Walk for Women	Duncan Pavilion	\$5 prepay	Learn about the gorgeous array of wildflowers you can eat and use, and which ones to avoid. Collect driftwood, korero and connect with nature. Carpool can be arranged.	Ph/txt Margi 027 448 1581 or: margikeys93@gmail.com
	6:30pm	Community Drumming	75 St Hill Street	\$5 unwaged/\$10 waged	Simple taught rhythms, suitable for beginners. Children are welcome to attend with an adult. Drums available, text to reserve one.	Ph/txt Jacqueline 021 135 9948 or: jacquifire@gmail.com
	11:15am-12:45pm	Loving Our Cycle	75 St Hill Street	\$10	Yoga practice for menstruation 1hr and a 30min sharing/discussion. Bookings essential.	Email Emma: embarkyoga@gmail.com
SATURDAY 16/02	6:30pm	Festival Launch	66 Taupo Quay	Free	Space Studio and Gallery is delighted to be hosting the official launch of the 10 th La Fiesta festival, with a viewing of dynamic exhibitions that celebrate "X".	Ph/txt Sarah 027 371 8595 or: sarah@spacestudiogallery.co.nz
	8:30pm	Earth Tongue	Lucky Bar + Kitchen	\$10	Earth Tongue is a brooding psychedelic force of music and theatre. With style straight out of a 1969 NZ Women's Weekly, this Wellington band featuring leading lady Gussie Larkin is truly unique. [Pre-sales available via: www.undertheradar.co.nz]	Email: georgie.ormond@gmail.com
	10:30am-12pm	Beginners Yoga	83 Guyton Street	\$12	To explore slowly and build towards stability within body and mind.	Email Emma: embarkyoga@gmail.com
SUNDAY 17/02	2pm	Reading by	75 St Hill	Koha	Award-winning fiction writer and poet Vivienne	Ph/txt Airini 027 636 3290 or: airinibeauntries@gmail.com

MONDAY 18/02		Vivienne Plumb	Street		Plumb is on a reading tour of NZ and will visit Whanganui to share some of her recent work.	
	5-7pm	Roller Disco	The Rink, 37 Hatrick St	Free	Be transported back in time with the sweet sounds of the 70s and 80s. Strap on a pair of rollerskates and boogie the night away.	Ph/txt Stephen 021 0850 5150 or: smileycoyote48@gmail.com
	9:30-10:45am	Yoga on the Grass	75 St Hill Street	\$8	Connect with earth while we 'work in' the body rather than 'working out'. Stress relieving tips and tricks.	Email Emma: embarkyoga@gmail.com
	10am-2pm	Beautiful Bountiful Brave	75 St Hill Street	\$15	This life/art process we prepare with a movement warm-up. We let go into guided dance, and after create with colour. Close with safe sharing.	Ph/txt Jacqueline 021 135 9948 or: jacquifire@gmail.com
TUESDAY 19/02	2-5pm	Free Legal Clinic	94 Victoria Ave	Free	Make an appointment to discuss any legal matter including wills, power of attorney, or anything else you may be wondering about. All welcome.	Ph Carol: [06] 281 3461 or: carol@dewhirstlaw.co.nz
	10:30am	Beginner Bellydance	75 St Hill Street	\$5	A chance to bring out the goddess within you by learning basic moves in a Gypsy Caravan Tribal Bellydance format.	Ph/txt Jill 021 141 4257
	5:30pm	Zonta Meet Up	Brick House	Koha	Meet up with the dynamic ladies from the Zonta Club of Wanganui. Enjoy some fellowship and inspiration.	Ph/txt Anne 021 0832 2949
WEDNESDAY 20/02	10am-12pm	Knit & Yarn	75 St Hill Street	Gold coin	Come and yarn over a cuppa with good company. Novice and experienced knitters welcome.	Ph [06] 345 6833
	1-2pm	Hospitals in Whanganui from 1846	75 St Hill Street	Gold coin	Join Ailsa Stewart as she takes you on a journey through the unique history of our hospitals. Plenty of opportunities for questions and a cuppa.	Ph [06] 345 6833
THURSDAY 21/02	10am-12pm	Women's Wisdom Circle	75 St Hill Street	Gold coin	A sacred space for all women to explore and share our inner wisdom with each other as equals and sisters.	Ph/txt Maria 022 162 7957
	4-7pm	Vintage Kimono Sale	75 St Hill Street	Free	Admire and try on an amazing array of vintage and antique hand-sewn silk Kimono, Haori and cotton Yukata from Japan. EFTPOS and awesome service will be available.	Ph/txt Rita 022 373 4647
	6pm	Car Care Tips for Women	221 Guyton Street	\$5	Join the crew from Whanganui Toyota for some car care tips and learn some basic maintenance for your vehicle. Fundraiser for the Women's Network. Bookings helpful.	Ph/txt Michelle 027 247 4422 or: michellen@wanganuitoyota.co.nz
FRIDAY 22/02	7-8:30pm	Open Night Demonstration of Clairvoyance	200b Victoria Ave	Koha	Our readers will give a demonstration of clairvoyance and how they work within our wellbeing centre.	Ph/txt Natasha 027 253 1858
	12-1pm	Women of Early Whanganui	75 St Hill Street	Gold coin	Find out about what life was like for women in Whanganui during the 1880s-1920s. Margaret Campion will share stories about some dynamic women that contributed to our community at this time.	Ph [06] 345 6833
	3:30-5pm	Motivation Tips	Victoria's	Free	Why positive thinking on its own doesn't work, and	Carla: clangmead@slingshot.co.nz

SATURDAY 23/02			Treasures		what we can do to increase our motivation to ensure we get the best chance at creating the life we want.	
	6:30-7:30pm	Instrumental Talk & Journey	75 St Hill Street	\$5	Come enjoy some unique sounds played on a variety of world instruments with some talk about their origins.	Ph/txt Jacqueline 021 135 9948 or: jacquifire@gmail.com
	10:30am	Meditation	200b Victoria Ave	\$2	A guided meditation aimed to assist in your relaxation and peace of mind.	Ph/txt Natasha 027 253 1858
	1-3pm	Summer Om	Tickle My Feet Yoga	\$35	Learn how to integrate crystals into your yoga practice during this special Yin Yang workshop – packed with breath, meditation and Ayurveda wellness tools that will help you find more calm, balance and joy this summer. Includes: crystal to keep, organic kombucha and yoga equipment.	Ph/txt Simone 021 135 3973 or: ticklemyfeetyoga@gmail.com
SUNDAY 24/02	7:30pm	I'll Tell You This For Nothing: My Mother the War Hero	Amdram Theatre	Adult \$25 - Senior / Student / Supporter \$20 Platter for two \$22.50	Irish-born New Zealander, Phyllis JasonSmith, was a QA nurse on the WWII battlefields. Awarded the Legion d'Honneur, her tale of war, courage, romance and danger is brought to life in an acclaimed solo play written and acted by her daughter, Kate JasonSmith.	Tickets at the Royal Wanganui Opera House: ph [06] 349 0511 or www.whanganuivenues.co.nz
	12-3pm	Creating the Life You Want	Montgomery Road	\$20	Join in this retreat workshop: 12-1pm provided lunch and chat; 1-2pm short movie by Dr Joe Dispenza and sharing; 2-3pm guided meditation. Bookings essential.	Carla: clangmead@slingshot.co.nz
	1:30-4pm	Frocks On Bikes	75 St Hill Street	\$5 Adults	Dress up in your finest frock, suit, or super hero costume and join in a fun adventure ride around town. Family friendly route available. All wheels without engines welcome. Registrations from 1:30pm.	Ph [06] 345 6833
MONDAY 25/02	9:30-10:45am	Yoga on the Grass	75 St Hill Street	\$8	Connect with earth while we 'work in' the body rather than 'working out'. Stress relieving tips and tricks.	Email Emma: embarkyoga@gmail.com
	10am-2pm	Reiki Healing Circle	75 St Hill Street	Gold coin	A group of Reiki practitioners and teachers working in circle together for people to experience the Reiki healing energies.	Ph/txt Maria 022 162 7957
	2-5pm	Free Legal Clinic	94 Victoria Ave	Free	Make an appointment to discuss any legal matter including wills, power of attorney, or anything else you may be wondering about. All welcome.	Ph Carol: [06] 281 3461 or carol@dewhirstlaw.co.nz
	4:15-5pm	Yoga for Teens	83 Guyton St	\$7	A safe space to explore yoga, with sensitivity, awareness and relaxation. Bring a friend for free!	Email Emma: embarkyoga@gmail.com
	6-8pm	Loving Ourselves	75 St Hill Street	\$10	Playshop with mindful and reflective practices including yoga, journaling and affirmations. Bring a small booklet or journal. All levels and ages above 14yrs welcome. Bookings essential.	Email Emma: embarkyoga@gmail.com
TUESDAY 26/02	10:30am	Beginner Bellydance	75 St Hill Street	\$5	A chance to bring out the goddess within you by learning basic moves in a Gypsy Caravan Tribal Bellydance format.	Ph/txt Jill 021 141 4257

WEDNESDAY 27/02	3-5pm	Learn to Talk with Mrs Google	75 St Hill Street	Koha	Intro to search engines and how to vary your questions to get the answers you want. BYO device and topics of interest to search.	Ph/txt Rita 022 373 4647 or: rjdibert@gmail.com
	6-8pm	How to Use Social Media for Business	75 St Hill Street	\$5	Learn how to promote your small business using Facebook, Instagram and Twitter. Beginners welcome.	Ph/txt Maria 022 162 7957
	10am-12pm	Knit & Yarn	75 St Hill Street	Gold coin	Come and yarn over a cuppa with good company. Novice and experienced knitters welcome.	Ph [06] 345 6833
	12pm	A Right Royal Tour	69 St Hill Street	Koha	Take a special behind the scenes look at the grand old dame that is the Royal Wanganui Opera House. Explore 120 years of history in the last remaining working Victorian theatre in the southern hemisphere.	Ph Shirna [06] 349 0511
	5:30pm	Nutrition & Herbs to Relieve Stress & Fatigue	75 St Hill Street	\$5	Calm the stress and increase your energy through simple nutrition boosts and herbal remedies. Prioritising self-care in order to better care for others.	Ph/txt Cindy 022 107 7525 or: cindymunn@outlook.com
THURSDAY 28/02	12-1pm	History of the Whanganui Base Hospital	75 St Hill Street	Gold coin	Ailsa Stewart will take you on a trip through time with the unique story of how our local hospital has evolved since 1899.	Ph [06] 345 6833
	6:30pm	Thoughtful Thursday: Documentary Screening	Confluence, 15 Watt St	\$10	KUSAMA: INFINITY 2018 DIR Heather Lenz Exempt 1hr 30 mins. Filmed for more than a decade, Heather Lenz's debut documentary shows how Yayoi Kusama overcame countless odds to create a legacy of artwork that spans the disciplines of painting, sculpture, installation art, performance art, poetry, and novels, and has endured to become the top-selling female artist in the world.	https://www.confluence.kiwi/store/c12/Thoughtful-Thursdays
FRIDAY 01/03	10am-12pm	La Leche League - Mother Led Breastfeeding Support	75 St Hill Street	Koha	An encouraging and supportive space for breastfeeding with a special focus on nurturing the bond when weaning baby.	Ph/txt Jacqueline 021 135 9948 or: jacquifire@gmail.com
	1-2pm	History of the Karitane Hospital	75 St Hill Street	Gold coin	The first of its kind in the North Island, it was left to the people of Whanganui to be run as a hospital for women and their babies. It was also used during WW1 for the treatment of influenza. Ailsa Stewart will take you on a fascinating journey.	Ph [06] 345 6833
	3:30-5pm	Motivation Tips	Victoria's Treasures	Free	Why positive thinking on its own doesn't work, and what we can do to increase our motivation to ensure we get the best chance at creating the life we want.	Carla: clangmead@slingshot.co.nz
	6:30pm	Community Drumming	75 St Hill Street	\$5 unwaged/\$10 waged	Simple taught rhythms, suitable for beginners. Children are welcome to attend with an adult. Drums available, text to reserve one.	Ph/txt Jacqueline 021 135 9948 or jacquifire@gmail.com
SATURDAY 02/03	11am	Coffee Care & Chat	Yellow House Cafe	Free	The Compassionate Friends of Whanganui Bereaved Parents Grief Support group meets the first Saturday each month. Parents, grandparents, siblings	Ph Keren 06 344 3345 or email: north@thecompassionatefriends.org.nz

SUNDAY 03/03	1:30-4:30pm	Express Styling	293 Victoria Ave	\$30	welcome. Join the award-winning team at Protege Hairdressing and indulge yourself in a 45-minute blowwave or simple hair up. Enjoy a complimentary drink and goody bag to take home. Bookings essential!	Ph [06] 345 4045
	5:30-7pm	Exhibition Opening: Michael Haggie & Catherine MacDonald	66 Taupo Quay	Free	"I sing the body electric" is an exhibition that celebrates the classical art of life drawing [exhibition viewing until 14 March].	Ph/txt Sarah 027 371 8595 or email: sarah@spacestudiogallery.co.nz
	1:30-3pm	Laughter & Joy Workshop	75 St Hill Street	\$20	Join fun, laughter and inspiration as we joyfully connect and play with the spirit of joy through laughter yoga, gentle Qi gong, playful gibberish, movement, dance, gratitude, exercises and more!	Ph/txt Judith 021 242 8667 email: fabrosarios@hotmail.com
MONDAY 04/03	8am	Pride Week Launch	Whanganui District Council	Free	The launch of Whanganui's first Pride Week will feature some special guests and a flag raising.	Ph/txt Christina 021 0840 4336 or: christinaemery@mediaworks.co.nz
	2-5pm	Free Legal Clinic	94 Victoria Ave	Free	Make an appointment to discuss any legal matter including wills, power of attorney, or anything else you may be wondering about. All welcome.	Ph Carol: [06] 281 3461 or: carol@dewhirstlaw.co.nz
	7-9pm	Grief Gathering	75 St Hill Street	Koha	A friendly forum for mothers, grandmothers and sisters who have experienced the death of a child, grandchild, sibling of any age, at any time from any cause. Including a focus on grief books for children and adults. Hosted by Compassionate Friends of Whanganui, Bereaved Parents Grief Support.	Ph Keren 06 344 3345 or: north@thecompassionatefriends.org.nz
TUESDAY 05/03	10:30am	Beginner Bellydance	75 St Hill Street	\$5	A chance to bring out the goddess within you by learning basic moves in a Gypsy Caravan Tribal Bellydance format.	Ph/txt Jill 021 141 4257
	3:30-4pm	Sonic Meditation	75 St Hill Street	Koha	A practice of allowing sounds to flow with your outbreath. Immerse yourself into deep listening as we create a large field of vibration. Bookings essential.	Email: katharina.sporl@gmail.com
	5-7pm	Women's Wellness & Pamper Evening	Gate 3, 100 Heads Road	Free	Come along and enjoy some pampering plus get your women's health checks organised - blood pressure, cervical and breast screening, cardiovascular risk assessments. All women aged 20 years + are welcome.	Ph/txt Nicola 021 242 5055 or: nmetcalfe@wrhn.org.nz
WEDNESDAY 06/03	10am-12pm/5:30-7:30pm	Top Draw Tips	49 Victoria Ave	\$5	Come and see us for an update on what we offer, including breast care for Cancer clients, NZ made sleepwear, swimwear, and an update on correctly fitting your bra. RSVP by 1 March.	Ph Paula [06] 348 7559 or: info@topdrawlingerie.co.nz
	10am-12pm	Knit & Yarn	75 St Hill Street	Gold coin	Come and yarn over a cuppa with good company. Novice and experienced knitters welcome.	Ph [06] 345 6833
	1-3pm	Learn To See	75 St Hill	\$5	Undo those negative feelings about drawing in a safe	Ph/txt Rita 022 373 4647 or: rjdibert@gmail.com

THURSDAY 07/03		With Blind Drawing	Street		environment. Bring a garment to draw or use one of ours. No drawing experience needed!	
	10am-12pm/5:30-7:30pm	At The Edge	45 Victoria Ave	\$5	Learn what we have on offer. You'll be surprised what you can book in for and what results you could achieve. Meet our fully trained therapists and hear about our visiting Doctor. RSVP by 1 March	Ph Paula 06 348 7557 or: info@theedgebeauty.co.nz
	10am-2pm	Beautiful Bountiful Brave	75 St Hill Street	\$15	This life/art process we prepare with a movement warm-up. We let go into guided dance, and after create with colour. Close with safe sharing.	Ph/txt Jacqueline 021 135 9948 or: jacquifire@gmail.com
	2:30pm	Spina & Benignetti: Piano Duo/Four Hands	69 St Hill Street	\$10-\$30	Eleonora Spina and Michele Benignetti are compelling, talented young musicians. Their partnership as a piano duo began in 2013 and immediately received positive acclaim.	Ph [06] 349 0511 or http://www.whanganuivenues.co.nz/
	6:30-7:30pm	Instrumental Talk & Journey	75 St Hill Street	\$5	Come enjoy some unique sounds played on a variety of world instruments with some talk about their origins.	Ph/txt Jacqueline 021 135 9948 or: jacquifire@gmail.com
FRIDAY 08/03: INTERNATIONAL WOMEN'S DAY	6:30-7:30am	Sunrise Walk	Advised upon booking	\$5 prepay	Start this special day by meeting with other early risers for an hour-long riverside walk, rain or shine. Check out wild carrot, nasturtium and purple-top, buddleia, pennyroyal and amaranthus.	Ph/txt Margi 027 448 1581 or: margikeys93@gmail.com
	7-8:30am	IWD Breakfast	The Grand Hotel	\$30	Celebrate with a shared breakfast hosted by the Zonta Club of Whanganui. Guest speaker is Julie Herewini, Chair of the Whanganui Community Foundation, Project Manager Te Tangata e Tiaki e, Coordinator of Healthy Families.	Ph/txt Gill 027 315 9370 or drgillianwhite@yahoo.co.nz
	10am-2pm	Music Extravaganza!	75 St Hill Street	Free	DJ Maddy spins some beats and tunes at the Ladies' Rest celebrating women songwriters.	Ph [06] 345 6833
	12-1pm	Drum & Dance	75 St Hill Street	Free	A spirited celebration of women featuring bellydance and drumming.	Ph [06] 345 6833
	3:30-4pm	Sonic Meditation	75 St Hill Street	Koha	A practice of allowing sounds to flow with your outbreath. Immerse yourself into deep listening as we create a large field of vibration. Bookings essential.	Email: katharina.sporl@gmail.com
	3:30-5pm	Motivation Tips	Victoria's Treasures	Free	Why positive thinking on its own doesn't work, and what we can do to increase our motivation to ensure we get the best chance at creating the life we want.	Carla: clangmead@slingshot.co.nz
	7-9pm	Renee & Juliet: Sound Session @ Space	66 Taupo Quay	\$10 pre-sale/\$15 door sale	Juliet McLean and Renee Millner blend their unique musical styles together for a special International Women's Day performance. Renowned for festival performances in Taranaki and beyond, they weave storytelling with jazz, acoustic and folk influences.	Ph/txt Sarah 027 371 8595 or: sarah@spacestudiogallery.co.nz
SATURDAY 09/03	10am-1pm	Family Nature Play	223 No 2 Line	Free	Have an adventure in nature! BYO sturdy shoes, sunhat, sunscreen, a change of clothes, food and water. All ages welcome!	Ph/txt Dani 022 190 7323 or: theecoschool@gmail.com
	10am-1pm	Pride Walk Around the	Meet by the silver ball at	Gold coin	Dress up in your brightest rainbow colours, or your favourite costume, and join in a walk from the	Ph/txt Christina 021 0840 4336 or: christinaemery@mediaworks.co.nz

		Bridges	the riverside		market to the Dublin St bridge, then back toward the town centre via Kowhai Park and the town bridge. All welcome!	
	10am-4pm	Fiesta Blue Cheese & Ciabatta Bread and Butter	Venue confirmed on booking	\$120	Take the next step in your cheesemaking journey and enjoy a delicious lunch with take home cheese mould. Bookings essential!	Ph/txt Bronwynne or: kiwibokslady@gmail.com
	2-5pm	Let's Talk About Breastcare	Savage Club, 65 Drews Ave	\$10	Top Draw Lingerie introduces Dr Katherine Gale, one of few female specialist Breast Surgeons in NZ, practising all aspects of breast oncology and reconstruction. This is for all women to learn about preventative breast care and pre or post breast surgery care and options.	RSVP by 1 March to: info@topdrawlingerie.co.nz
	7:30pm	Michele A'Court & Jeremy Elwood On The Road	69 St Hill Street	Adult \$25 Senior/ Student \$20	Renowned for their intelligent, irreverent and insightful comedy, this show promises to be a hilarious night out. Michele headlined La Fiesta 2016 with a sell-out of "Stuff I Forgot to Tell My Daughter", and her second book "How We Met" is now available.	Ph [06] 349 0511 or http://www.whanganuivenues.co.nz/
	7:30pm til late	Pride Party	Lucky Bar + Kitchen	\$20 door sales	Let us celebrate everything that makes us, us! With MC Miss Ribena, live DJ, best costume comp, and lots of fun and games.	Ph/txt Christina 021 0840 4336 or: christinaemery@mediaworks.co.nz
SUNDAY 10/03	10am-2pm	Womancraft Market	75 St Hill Street	Free	Market stalls by local women and girls featuring crafters, tinkerers and artists of various media. Browse in our fabulous pre-loved boutique at the Women's Network too!	Ph/txt Maria 022 162 7957
	10am-4pm	Sausage, Bacon & Ham Special	Venue confirmed on booking	\$120	A fun interactive class where you can take some of the sausages home, enjoy a lunch, and a demo of bacon and ham making.	Ph/txt Bronwynne or: kiwibokslady@gmail.com
	7pm	Fab Fiesta Finale	Lucky Bar + Kitchen	\$10 door sales	A fabulous feast of local talent in this musical extravaganza to conclude a fantastic fiesta.	Ph [06] 345 6833
Festival event	14/02-10/03	Visit the Rose Garden	Matthews Nurseries, SH3 [10mins drive south of Whanganui]	Free	Take time to stop and smell the roses at Matthews Nurseries public display garden. Look out for the "La Fiesta" box to cast your vote for your favourite rose and go in the draw to win a beautiful Matthews rose!	Ph Cath [06] 342 6710 or: orders@rosesn.co.nz