

# WINTER WONDERFEST: 12-26 August 2023

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

DATE	ACTIVITY	VENUE	COST + CONTACT INFO
Saturday 12/08	10am-3pm	<b>RHYTHMS, CYCLES AND SEASONS.</b> 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 <a href="mailto:pam.hopper@sosj.org.au">pam.hopper@sosj.org.au</a>
	2pm	<b>80s AEROBICS CLASS.</b> 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 <a href="mailto:results@herfitness.co.nz">results@herfitness.co.nz</a>
	2-4pm	<b>FRESH HERBAL TEAS WITH MARGI.</b> Sample fresh herbal tea in china cups and get turned on to this economical way of enjoying different healthy hot drinks.	Confirmed on booking \$5. Bookings essential. RSVP to <a href="mailto:margikeys93@gmail.com">margikeys93@gmail.com</a>
Sunday 13/08	11am-2pm	<b>CONSCIOUSNESS AND INTUITION.</b> Explore what your colours reveal and why we get stuck in our thinking and what we can do about it. Increase intuition and learn to upregulate your field. All tools for transformation.	Coherence 4 Health, Suite 9, Wicksteed Tce \$99 [includes Aura Soma Colour Therapy bottle, \$80]. RSVP to Carla, email: <a href="mailto:clangmead@slingshot.co.nz">clangmead@slingshot.co.nz</a>
	11am-2pm	<b>RENEGADE ETCHING 101.</b> 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 Ave \$40. Materials and equipment included. Contact Michaela 021 149 6644 or <a href="mailto:stonemanmb@gmail.com">stonemanmb@gmail.com</a>
	2pm	<b>FALUN DAFA.</b> Falun Dafa introduction followed by Q + A, and exercise teaching.	Confirmed on booking Free. Contact Diana 022 123 6336 or <a href="mailto:WhanganuiLotus@gmail.com">WhanganuiLotus@gmail.com</a>
	4:15-5:30pm	<b>SOUND HEALING JOURNEY.</b> 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	<b>DROP-IN WITH STEPH LEWIS, MP.</b> Stop-by to catch up, share your thoughts or ask questions - no appointment needed.	40 Guyton Street Email general enquiries to: <a href="mailto:steph.lewismp@parliament.govt.nz">steph.lewismp@parliament.govt.nz</a>
	7-8:30pm	<b>WORD-WRANGLING WORKSHOP 1.</b> Tricks and tips for people who are reasonably comfortable with Word but know they 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: <a href="mailto:annathomsonediting@gmail.com">annathomsonediting@gmail.com</a>
Tuesday 15/08	6:30am & 5:30pm	<b>HIIT GROUP FITNESS SESSIONS.</b> 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: <a href="mailto:amanda@wanganuibootcamp.com">amanda@wanganuibootcamp.com</a>
	10-10:30am	<b>UNDER 5's STORY TIME.</b> Enjoy some wintry tales at our special Winter Wonderfest story time.	Davis Library, Pukenuamu Drive Free. For more info, contact <a href="mailto:ellen@whanganuilibrary.com">ellen@whanganuilibrary.com</a>

Wednesday 16/08	11am-12pm	<b>TRIBAL BELLYDANCE.</b> 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 to register your interest
	8pm	<b>FIFA WOMEN'S WORLD CUP SEMIFINAL.</b> 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. For more info, email Carla: <a href="mailto:womnet.whanganui@gmail.com">womnet.whanganui@gmail.com</a>
	10am-12pm	<b>POETRY WORKSHOP.</b> 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, Pukenuamu Drive	Free. RSVP to Rachel 027 211 426 or <a href="mailto:rachel@whanganuilibrary.com">rachel@whanganuilibrary.com</a>
	10:30-11am	<b>UNDER 5's STORY TIME.</b> Enjoy some wintry tales at our special Winter Wonderfest storytime.	Gonville Library, 44 Abbot Street	Free. For more info, contact <a href="mailto:jane@whanganuilibrary.com">jane@whanganuilibrary.com</a>
	5:30-7pm	<b>EXHIBITION OPENING.</b> 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: <a href="http://www.spacestudiogallery.co.nz">www.spacestudiogallery.co.nz</a>
Thursday 17/08	6:30am & 5:30pm	<b>HIIT GROUP FITNESS SESSIONS.</b> 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: <a href="mailto:amanda@wanganuibootcamp.com">amanda@wanganuibootcamp.com</a>
	9am-4pm	<b>NURTURING MASSAGE.</b> 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	<b>GIVE IT A GO, PRINTMAKING.</b> 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: <a href="mailto:sarah@spacestudiogallery.co.nz">sarah@spacestudiogallery.co.nz</a>
	5:30-6:30pm	<b>TRIBAL BELLYDANCE.</b> 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 St	\$10. Ph/txt Jill 021 141 4257 to register your interest
	7-8:30pm	<b>WORD-WRANGLING WORKSHOP 2.</b> 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: <a href="mailto:annathomsonediting@gmail.com">annathomsonediting@gmail.com</a>
Friday 18/08	6-9pm	<b>DUNGEONS AND DRAGONS LADIES' NIGHT.</b> 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, Pukenuamu Drive	Free. Bookings essential, RSVP to <a href="mailto:nicola@whanganuilibrary.com">nicola@whanganuilibrary.com</a>
	7-9pm	<b>CLAY &amp; WINE WITH FIONA MCLEOD.</b> 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 <a href="http://www.spacestudiogallery.co.nz/events/">www.spacestudiogallery.co.nz/events/</a>
Saturday 19/08	9:30am-2pm	<b>ABSTRACTED - DRAWING WORKSHOP. WITH ADELE DUBARRY.</b> Take your first or next step in drawing - designed to unlock your creative potential and guide you to produce work you really love!	Space Studio & Gallery 18 St Hill Street	\$95. Bookings essential. Register <a href="http://www.spacestudiogallery.co.nz/events/">www.spacestudiogallery.co.nz/events/</a>
	10am-2pm	<b>SIT AND STITCH.</b> 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: <a href="mailto:donann101@gmail.com">donann101@gmail.com</a>

Sunday 20/08	10am-4pm	<b>OUT OF THE SHOEBOX.</b> 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 <a href="mailto:neilson.pauline@gmail.com">neilson.pauline@gmail.com</a>
	11am-1pm	<b>MAKE A SUNCATCHER.</b> 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 <a href="mailto:redlowgypsy@gmail.com">redlowgypsy@gmail.com</a>
	1-2pm	<b>KUNG FU, SEEKING THE DAO.</b> 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, Pukenamu Drive	Free. RSVP preferred. Contact Diana <a href="mailto:filmsandartsofcourage@gmail.com">filmsandartsofcourage@gmail.com</a> or 022 123 6336
	2-4pm	<b>BEESWAX FOOD WRAPS + CANDLE MAKING.</b> Make a difference by using reusable foodwraps. Beeswax candles are non-toxic and beneficial for hay fever.	Te Rangi, 4 Allison St	\$20 for 1, \$35 for 2 products. RSVP: <a href="mailto:info@peacethroughunity.org.nz">info@peacethroughunity.org.nz</a>
	8pm	<b>FIFA WOMEN'S WORLD CUP THIRD PLACE PLAY-OFF.</b> 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	Buy your own refreshments. For more info, email Carla: <a href="mailto:womnet.whanganui@gmail.com">womnet.whanganui@gmail.com</a>
Monday 21/08	10:30am-12pm	<b>EMPOWERMENT WORKSHOP.</b> 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 to Mandy 021 067 0964 or <a href="mailto:timshel8007@gmail.com">timshel8007@gmail.com</a>
	2pm	<b>TRADITIONAL CHINESE MEDICINE WEBINAR.</b> Menopause management.	Online	Free. Contact Diana to register, email: <a href="mailto:WhanganuiLotus@gmail.com">WhanganuiLotus@gmail.com</a>
Tuesday 22/08	7-8:30pm	<b>WORD-WRANGLING WORKSHOP 3.</b> Learn tricks and tips for working with Word. Work smarter, not harder. 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; discuss free software that can speed up your work.	The Women's Network, 75 St Hill Street	\$10. Email enquiries to Anna: <a href="mailto:annathomsonediting@gmail.com">annathomsonediting@gmail.com</a>
Wednesday 23/08	6:30am & 5:30pm	<b>HIIT GROUP FITNESS SESSIONS.</b> 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: <a href="mailto:amanda@wanganuibootcamp.com">amanda@wanganuibootcamp.com</a>
	11am-12pm	<b>TRIBAL BELLYDANCE.</b> 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 to register your interest
	6-8pm	<b>FLORAL ART DEMO.</b> 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 St	Gold coin, supper included. Contact Liz: <a href="mailto:oeta566@gmail.com">oeta566@gmail.com</a>
Wednesday 23/08	10-11am	<b>LIBRARY ONLINE - Introduction to our digital services.</b> Discover how to get FREE access to movies, books, audiobooks, magazines, and newspapers through our library apps at Whanganui District Library.	Alexander Library, Pukenamu Drive	Free. RSVP to Rachel, ph 027 211 426 or <a href="mailto:rachel@whanganuilibrary.com">rachel@whanganuilibrary.com</a>
	4-5pm	<b>UPSKILL WITH LINKEDIN LEARNING.</b> 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, Pukenamu Drive	Free. RSVP to Rachel, ph 027 211 426 or <a href="mailto:rachel@whanganuilibrary.com">rachel@whanganuilibrary.com</a>
	6pm	<b>WINE TASTING – FRENCH WINES.</b> Experience the diverse delights of a range of French wines with great company and nibbles included.	The Burrow	\$30. Bookings essential. RSVP to <a href="mailto:info@joaswines.co.nz">info@joaswines.co.nz</a>

<b>Thursday 24/08</b>	<b>6:30pm</b>	<b>DVD EVENING, FILM 'DARK WATERS', rated PG.</b> A corporate defence attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution. Starring Mark Ruffalo, Anne Hathaway, Tim Robbins and Bill Pullman.	Josephite Retreat Centre, Hillside Terrace	Koha. Contact Pam, ph 06 345 5047 ext 3 or <a href="mailto:pam.hopper@sosj.org.au">pam.hopper@sosj.org.au</a>
	<b>6:30am &amp; 5:30pm</b>	<b>HIIT GROUP FITNESS SESSIONS.</b> 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: <a href="mailto:amanda@wanganuibootcamp.com">amanda@wanganuibootcamp.com</a>
	<b>9am-4pm</b>	<b>NURTURING MASSAGE.</b> An invitation to relax and restore. Limited spots. Bookings essential.	Venue confirmed on booking	\$40 for 40mins. Ph/txt Emma 021 103 3394
	<b>5:30-6:30pm</b>	<b>TRIBAL BELLYDANCE.</b> 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 St	\$10. Ph/txt Jill 021 141 4257 to register your interest
	<b>6:30-9:30pm</b>	<b>ULTIMATE FAMOUS WOMEN TRIVIA QUIZ.</b> Form a team with maximum 6 of your girlfriends, 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 your team with Kat at <a href="mailto:kat@whanganuilibrary.com">kat@whanganuilibrary.com</a>
<b>Friday 25/08</b>	<b>9:30-11:30am</b>	<b>PIPING &amp; POLITICS WITH STEPH LEWIS, MP.</b> You've admired the cakes Steph has made for her family from afar, 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 <a href="mailto:steph.lewismp@parliament.govt.nz">steph.lewismp@parliament.govt.nz</a>
	<b>10am-4pm</b>	<b>OUT OF THE SHOEBOX.</b> 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 [Saturday 26 Aug] is archiving your digital photos.	Josephite Retreat Centre, Hillside Terrace	\$80. Register with Pauline 021 266 4410 or <a href="mailto:neilson.pauline@gmail.com">neilson.pauline@gmail.com</a>
	<b>7-8pm</b>	<b>POETRY PARTY.</b> 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, Pukenuamu Drive	Free. For more info or to RSVP, email: <a href="mailto:kat@whanganuilibrary.com">kat@whanganuilibrary.com</a>
<b>Saturday 26/08</b>	<b>2pm</b>	<b>DUMPLINGS WITH DIANA.</b> Yum, love, and fun. Make your own proud dumplings, easy as! Bookings essential.	Diana's Wonder Kitchen	\$32. Contact Diana 022 123 6336 or <a href="mailto:WhanganuiLotus@gmail.com">WhanganuiLotus@gmail.com</a>
	<b>4-7pm</b>	<b>FESTIVAL FINALE: POP-UP WONDERBAR.</b> 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	\$15, includes a welcome drink by Fox Glove. Tickets for purchase via: <a href="http://www.spacestudiogallery.co.nz/events/">www.spacestudiogallery.co.nz/events/</a>

Details were correct at the time of compilation on 10 July 2023. Some changes may occur over time, please use the contact details listed for each festival activity to register your interest or seek further information. Otherwise, contact Carla at the Women's Network via email: [womnet.whanganui@gmail.com](mailto:womnet.whanganui@gmail.com)

Special thanks to our event partners, sponsors and supporters for bringing our eighth annual Winter Wonderfest to life. Visit and follow our Women's Network and Winter Wonderfest Whanganui pages on Facebook for regular updates.

Download a festival guide at: [WINTER WONDERFEST \(lafiestanz.com\)](http://lafiestanz.com) and at <https://spacestudiogallery.co.nz/>