



# Festival Guide

11 February to 13 March

Events all around Whanganui  
Brought to you by the Women's  
Network + Friends

The Festival is a My Vaccine Pass Event

La  
Fiesta!  
EST 2010

NZ'S BEST WOMEN'S FEST

## FRIDAY 11/02

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### 5:30pm | WONDER WOMEN EXHIBITION OPENING

A Gallery, 85 Glasgow St | Free

Contact Cath 027 629 2545 or admin@agallery.nz

### 7pm | LAUNCH EVENT: OWEN HUGH SINGS WOMEN SONGS

Space Studio + Gallery, 18 St Hill Street | \$10 tickets

Contact Sarah: sarah@spacestudiogallery.co.nz

## SATURDAY 12/02

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### 11:30am | AN OPEN PRESENTATION OF CLAIRVOYANTS

Wisdom Is Yours, 200b Victoria Ave | Donation

Contact [06] 345 5002 or dimensionsoflight7@gmail.com

### 2pm | RAISING OUR VIBRATION BY CONSCIOUSLY LIVING

70a Guyton Street | \$25

Contact Carla: clangmead@slingshot.co.nz

## SUNDAY 13/02

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### 11:15am – 12:15pm | INTRODUCTORY YOGA

The Women's Network, 75 St Hill Street | \$10

Contact Emma 021 103 3394 or embarkyoga@gmail.com

### 2–4pm | FALUN DAFA MEDITATION

Venue confirmed upon booking | Free

RSVP to Diana 022 123 6336 or whanganuilotus@gmail.com

### 4–6pm | WAI NOT HAVE A SPLASH? | Splash Centre |

Donate a can of food to the Food Bank | Ph [06] 349 0113

## MONDAY 14/02

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### 10am–12pm | LIBRARY LOVERS' DAY

The Women's Network | 75 St Hill Street | Free event

Contact 027 211 4261 or rachel@whanganuilibrary.com

### 2:30–5pm | FREE LEGAL CLINIC

250 Wicksteed St

To book, phone [06] 281 3461 or katie@dewhirstlaw.co.nz

### 6:45–9pm | AUTHENTIC MOVEMENT FOR BEGINNERS

92 Peat St | \$80 for 4 weeks

RSVP to Julie 021 121 6965 or julz.crocker@gmail.com

## TUESDAY 15/02

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### 1:30–2:30pm | SIT FIT

St Andrew's Hall, Bell St | First class FREE, \$60 for ten classes

Contact Carla 021 165 8961

### 4:15–5:05pm | YOUTH MOVE, STRETCH, RELAX

The Women's Network | 75 St Hill Street | \$5

Contact Emma 021 103 3394 or embarkyoga@gmail.com

### 5:30–6:30pm | CARDIO, STEP, HIT

St Andrew's Hall, Bell St | First class FREE, \$60 for ten classes

Contact Carla 021 165 8961

## WEDNESDAY 16/02

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### 10am–11:30am | THE PAPERMAKER'S TEARS

The pavilion, corner Drews Ave + Rutland St | Koha

Contact Lesa 020 413 57192 or lesa@lesahepburn.com

### 12:30–1pm | BOXFIT SESSION

Rivercity Gym, 100 Devon Rd | Free or donate a can for the

Food Bank | Contact Dinelle 022 076 3592 or

dinelle@sportwhanganui.co.nz

### 5–7pm | EXHIBITION OPENING

Space Studio + Gallery, 18 St Hill Street | Free | Contact Sarah

027 371 8595 or sarah@spacestudiogallery.co.nz

A group show featuring diverse and wonderful Whanganui women artists in celebration of the feminine form. Exhibition runs to Sunday 6 March.

Local singer/songwriter Owen Hugh will have you laughing, crying and maybe even singing along with his covers and originals about the women he has loved and lost and been influenced by.

A presentation of clairvoyance in an open forum. Providing connection with a loved one and offering some guidance along your current path.

Learn and understand how our emotions affect our vibratory field and how to regulate them for improved resilience – emotionally, mentally, physically and spiritually. Bookings essential.

A slow and explorative practice for beginners. Bookings essential.

A gentle introduction to the ancient traditional practice of Falun Dafa and teaching of exercises.

One half of the Splash Centre will be available exclusively for women and girls with access to the pool, lazy river, and hydrosides included with entry.

Celebrate Library Lovers' Day by dropping in to chat with the lovely library staff about the latest FREE library services. Discover streaming video, audiobooks, online courses, shared reading groups, and more.

The team at Dewhirst Law offer free 10 minute appointments to discuss any legal query you might have.

This course is designed for womxn who feel comfortable with self-expression through movement but are new to Authentic Movement which is a moving meditation involving a mover, a witness, and creative reflection. Over 4 weeks, a closed group will create a sanctuary to inwardly explore while being held in deep, caring witnessing.

An exercise-based class suitable for ages 75 plus! Try out a class for free and see if it's the right level and pace for you. Facilitated by Carla Langmead, trained and experienced Group Fitness instructor.

Get moving with the use of hand weights, some yoga, and relaxation. Bookings essential.

A fun exercise class with a mix of styles to keep that heart rate UP! Try out a class for free and see if it's the right level and pace for you. Facilitated by Carla Langmead.

An emotional quotient hands-on papermaking activity. Bring your words on an A4 sheet of paper or any equivalent paper memorabilia. Laughter guaranteed!

A fun, high energy session aimed to get the blood pumping and the endorphins flowing. Suitable for all fitness levels with progressions and regressions for each exercise.

The launch of the La Fiesta exhibitions programme, also featuring an all-female exhibition 'Needless to Say' in conjunction with the Whanganui Literary/Fringe Festival, and the 'Artists Who Write' event from 5:30pm.

## THURSDAY 17/02

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### 5:30pm | PUMP CLASS

St Andrew's Hall, Bell St | First class FREE, \$60 for ten classes  
Contact Carla 021 165 8961

### 5:45pm | LOW IMPACT ZUMBA

The Women's Network, 75 St Hill Street | Koha  
Contact Kat 021 075 9628 or [activewithkat@gmail.com](mailto:activewithkat@gmail.com)

## FRIDAY 18/02

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### 5:30-6pm | RAISING THE ENERGY

70a Guyton St | Koha  
Contact Carla: [clangmead@slingshot.co.nz](mailto:clangmead@slingshot.co.nz)

### 6-9pm | DUNGEONS + DRAGONS LADIES' NIGHT

Alexander Heritage Library, Pukenamu Drive | Free  
RSVP to: [Nicola@whanganuilibrary.com](mailto:Nicola@whanganuilibrary.com)

## SATURDAY 19/02

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### 10am-6pm | CONNECTIVITY AMIDST UNCERTAINTY

Piwakawaka Farm, Papaiti | \$120 or \$60 unwaged  
Contact Julie 021 121 6965 or [email info@learningenvironment.nz](mailto:info@learningenvironment.nz)

### 11am-12pm | FAMILY YOGA SESSION

The Women's Network | 75 St Hill Street | \$15 per family  
Contact Emma 021 103 3394 or [embarkyoga@gmail.com](mailto:embarkyoga@gmail.com)

### 12-1pm | OPEN HIP-HOP CLASS

Whanganui City College Dance Studio, St Hill Street | Free  
Contact Kerah 022 0493 905

### 1-5pm | WHANGANUI ZINEFEST

Article Cafe, 20 Drews Ave | Free entry | Contact Maia-Jean  
022 079 807 or [whanganuizinefest@gmail.com](mailto:whanganuizinefest@gmail.com)

### 3-7pm | WALKING WITH DONKEYS

1126 Longacre Road | \$20  
Contact Pauline 021 266 4410

## SUNDAY 20/02

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### 11:15am - 12:15pm | INTRODUCTORY YOGA

The Women's Network, 75 St Hill Street | \$10  
Contact Emma 021 103 3394 or [embarkyoga@gmail.com](mailto:embarkyoga@gmail.com)

### 3-7pm | WALKING WITH DONKEYS

1126 Longacre Road | \$20 | Contact Pauline 021 266 4410

## MONDAY 21/02

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### 2:30-5pm | FREE LEGAL CLINIC

250 Wicksteed St  
To book, ph [06] 281 3461 or [katie@dewhirstlaw.co.nz](mailto:katie@dewhirstlaw.co.nz)

### 6-8pm | INTERACTIVE WORKSHOP ABOUT RELATIONSHIPS

Jigsaw Whanganui, Suite 9, 236 Victoria Ave | Free  
Contact Cheryl 027 881 8813 or Scott 027 365 0129

### 6:45-9pm | AUTHENTIC MOVEMENT FOR BEGINNERS

92 Peat St | \$80  
RSVP to Julie 021 121 6965 or [julz.crocker@gmail.com](mailto:julz.crocker@gmail.com)

### 7-9pm | CREATING A HEALTHIER YOU

The Women's Network, 75 St Hill Street | Koha  
Contact Pam 022 457 2097 or [pamelaphease@gmail.com](mailto:pamelaphease@gmail.com)

## TUESDAY 22/02

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### 1:30-2:30pm | SIT FIT

St Andrew's Hall, Bell St | First class FREE, \$60 for ten classes  
Contact Carla 021 165 8961

### 4:15-5:05pm | YOUTH MOVE, STRETCH, RELAX

The Women's Network | 75 St Hill Street | \$5  
Contact Emma 021 103 3394 or [embarkyoga@gmail.com](mailto:embarkyoga@gmail.com)

A fun class using a weighted bar for an extra workout. Try out a class for free and see if it's the right level and pace for you.

Easy to follow fun Zumba class suitable for beginners, all ages and fitness levels.

Learn about what heart coherence means and how and why it affects our vibratory system as well as our community and global consciousness.

In this 'Like A Bard Outta Hell' edition, join an All Bards one-shot adventure about trying to make it big in the fantasy music industry. New and experienced players welcome.

A collective experience of healing + activating in reciprocal relationship with each other and the Earth during these challenging times. Join us for movement, play, sensory observation, mindfulness, group connection and exploration through different landscapes.

Enjoy some fun yoga, play and relaxation together as a family.

A fun hip-hop class with lots of good vibes, suitable for beginners and above. Get into it!

Zinefest is an annual celebration of zines and DIY print culture, showcasing local talent and inspiring others to express themselves on paper.

Meet with a group of women and pack your evening picnic onto the backs of 4 miniature donkeys and walk with them over tracks on a 2000 acre hill country sheep and beef farm situated 15kms north of Whanganui. Bookings essential.

A slow and explorative practice for beginners. Bookings essential.

Meet with a group of women and pack your evening picnic onto the backs of 4 miniature donkeys and walk with them. Bookings essential.

The team at Dewhirst Law offer free 10 minute appointments to discuss any legal query you might have.

This interactive workshop will unpack the red flags to be aware of in an unhealthy relationship, and the key factors that contribute to a healthy one. All welcome.

Week 2 of 4. This course is designed for womxn who feel comfortable with self-expression through movement but are new to Authentic Movement.

Explore the four pillars of health and learn about some simple strategies to dramatically improve your health in an interactive workshop. Bookings essential.

An exercise-based class suitable for ages 75 plus! Try out a class for free + see if it's the right level and pace for you.

Get moving with the use of hand weights, some yoga, and relaxation. Bookings essential.

### **5 – 6:30pm | SHE LOVES GOLF**

Tawhero Golf Course, 24 York St | \$5

Contact Rhys 021 073 2013

### **5:30–6:30pm | CARDIO, STEP, HIT**

St Andrew's Hall, Bell St | First class FREE, \$60 for ten classes

Contact Carla 021 165 8961

### **7:30pm | DRUGS AND STIGMA: WHAT'S THE PROBLEM?**

The Davis Theatre, Watt Street | \$5 or \$4 for members

Contact: whanganuisf2@gmail.com

## **WEDNESDAY 23/02**

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### **10am–12pm | GOOD MOURNING**

The Women's Network' 75 St Hill Street | Koha

Contact Keren [06] 344 3345

### **5pm | LOCAL LEADERS PANEL: CAMPAIGNING FOR ELECTIONS**

Ammo Room, The Barracks, 170 St Hill Street | Koha

Contact: steph.lewismp@parliament.govt.nz

## **THURSDAY 24/02**

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### **5:30pm | PUMP CLASS**

St Andrew's Hall, Bell St | First class FREE, \$60 for ten classes

Contact Carla 021 165 8961

### **5:45pm | LOW IMPACT ZUMBA**

The Women's Network, 75 St Hill Street | Koha

Contact Kat 021 075 9628 or activewithkat@gmail.com

## **FRIDAY 25/02**

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### **5:30–6pm | RAISING THE ENERGY**

70a Guyton St | Koha

Contact Carla: clangmead@slingshot.co.nz

### **6–9pm | DUNGEONS + DRAGONS LADIES' NIGHT**

Alexander Heritage Library, Pukenamu Drive | Free

RSVP to: Nicola@whanganuilibrary.com

## **SATURDAY 26/02**

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### **9:30am–12pm | TAKE CHARGE OF YOUR LIFE**

The Women's Network, 75 St Hill Street | Koha

Contact Ruth: ruthktidemann@gmail.com

### **11:30am | SPIRITUAL TOPIC SHARING**

Wisdom Is Yours, 200b Victoria Ave | Koha

Contact [06] 345 5002 or dimensionsoflight7@gmail.com

### **3–7pm | WALKING WITH DONKEYS**

1126 Longacre Road | \$20 | Contact Pauline 021 266 4410

## **SUNDAY 27/02**

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### **9:30am | BIKE TO UPOKONGARO BRIDGE**

Meet by the i-Site riverside, Taupo Quay | Free | Contact

Dinelle 022 076 3592 or dinelle@sportwhanganui.co.nz

### **3–7pm | WALKING WITH DONKEYS**

1126 Longacre Road | \$20 | Contact Pauline 021 266 4410

### **5pm | O JULIET – A POP-UP HOUSE CONCERT**

Venue confirmed upon booking | \$10 tickets

Txt Carla 027 477 6454 or womnet.whanganui@gmail.com

For music info, visit: <https://www.ojulietmusic.co.nz/>

Come on down to Tawhero Golf Course and learn to play golf with coaching assistance, range balls and equipment provided.

A fun exercise class with a mix of styles to keep that heart rate UP! Try out a class for free and see if it's the right level and pace for you.

The Whanganui Science Forum host this informative talk by Associate Professor Fiona Hutton of Te Herenga Waka, Victoria University of Wellington. Since joining the Institute of Criminology in 2003, Fiona's research has developed around issues relating to alcohol and other drugs, gender, harm reduction and drug policy.

An invitation to parents, grandparents and siblings who have experienced the death of a child at any age, from any cause, at any time, to attend a craft memory making morning. Includes grief information, local library books dealing with loss, and a friendly cuppa.

Steph Lewis, MP for Whanganui, and guest speakers will offer campaign tips and advice for local women who are thinking about standing in the upcoming 2022 local government election.

A fun class using a weighted bar for an extra workout. Try out a class for free and see if it's the right level and pace for you.

Easy to follow fun Zumba class suitable for beginners, all ages and fitness levels.

Learn about what heart coherence means and how and why it affects our vibratory system as well as our community and global consciousness.

In this 'Like A Bard Outta Hell' edition, join an All Bards one-shot adventure about trying to make it big in the fantasy music industry. New and experienced players welcome.

Explore your choices by examining old habits and fears and live your life as you want it

A spiritual Circle where you can ask questions and share spiritual experiences. Collectively, we can enlighten the soul and share in the company of like-minded people.

Meet with a group of women and pack your evening picnic onto the backs of 4 miniature donkeys and walk with them. Bookings essential.

Join in a leisurely bike ride up to the Upokongaro Bridge and back. BYO bike and helmet, or you can use one of ours if you register in advance. Suitable for all fitness levels.

Meet with a group of women and pack your evening picnic onto the backs of 4 miniature donkeys and walk with them. Bookings essential.

Taranaki-based singer/songwriter/musician Juliet McLean invites you to an intimate house concert of magical realism. A gifted storyteller by nature, her lyrics and compelling sense of melody invite her listeners into her songs as she muses over relationships, emotions and the complications of being human.

## 5-7pm | WILD ABOUT WEEDS

Venue confirmed upon booking | \$25  
Contact Margi 027 4481 581 or [06] 344 1250

## MONDAY 28/02

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### 2:30-5pm | FREE LEGAL CLINIC

250 Wicksteed St  
To book, ph [06] 281 3461 or katie@dewhirstlaw.co.nz

### 6:30pm | SHELTER AS WE GO – A COMMUNITY RITUAL

The Women's Network, 75 St Hill Street | \$10  
Contact Lorraine: lorraine.sheenagh@gmail.com

### 6:45-9pm | AUTHENTIC MOVEMENT FOR BEGINNERS

92 Peat St | \$80 | RSVP to Julie 021 121 6965 or julz.crocker@gmail.com

## TUESDAY 01/03

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### 1-3pm | LINKEDIN LEARNING – FREE ONLINE COURSES

Alexander Heritage Library, Pukenuamu Drive | Free | RSVP to Rachel 027 211 4261 or rachel@whanganuilibrary.com

### 1:30-2:30pm | SIT FIT

St Andrew's Hall, Bell St | First class FREE, \$60 for ten classes  
Contact Carla 021 165 8961

### 5:30-6:30pm | CARDIO, STEP, HIT

St Andrew's Hall, Bell St | First class FREE, \$60 for ten classes  
Contact Carla 021 165 8961

## WEDNESDAY 02/03

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### 10am-12pm | THRIVE BUSINESS PLANNING 101

The Women's Network, 75 St Hill Street | \$10  
Contact Elise 027 302 0979 or elise@thrivenow.org.nz

### 5-7pm | EXHIBITION OPENING

Space Studio + Gallery, 18 St Hill Street | Free  
Contact 027 371 8595 or sarah@spacestudiogallery.co.nz

### 5:30pm | WINE TASTING FOR BEGINNERS

The Burrow, Taupo Quay | \$20  
Contact Joamari 021 0563 198 or joamari@vanderwalt.nz

## THURSDAY 03/03

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### 9:30am-4:30pm | WORLD BOOK DAY

Davis Library, Pukenuamu Drive | RSVP to Esther 027 228 9679 or esther@whanganuilibrary.com

### 5:30pm | PUMP CLASS

St Andrew's Hall, Bell St | First class FREE, \$60 for ten classes  
Contact Carla 021 165 8961

### 5:45pm | LOW IMPACT ZUMBA

The Women's Network, 75 St Hill Street | Koha  
Contact Kat 021 075 9628 or activewithkat@gmail.com

### 6-8pm | INTRODUCTION TO SURFING IN WHANGANUI

Meet in carpark, Morgan St, Castlecliff | Free. Participants encouraged to join Whanganui Board Riders, annual sub \$10  
Contact Matt 027 4455 154

### 7pm | JOYROBICS

The Women's Network, 75 St Hill Street | \$15  
Bookings: <https://www.trybooking.co.nz/JGK>

Forage in a Springvale garden with munching compulsory. Drink fresh herbal teas – lemon verbena, peppermint, rosemary, balm of Gilead, thyme and sage – make and eat a weed salad. Bookings essential.

The team at Dewhirst Law offer free 10 minute appointments to discuss any legal query you might have.

Holding space together, supporting each others nervous systems through community ritual, moving into co-regulation to find our calm, connected, grounded selves, and sheltering each other as we move into our unknown. This is the beginning point, an anchoring for learning to listen to what we truly want, letting go of shame, together.

Week 3 of 4. This course is designed for womxn who feel comfortable with self-expression through movement but are new to Authentic Movement.

Discover how to upskill yourself through LinkedIn Learning's FREE online technology, business and creative courses. BYO library card to do some hands-on learning, or sign up to the library for free before this session. Bookings essential.

An exercise-based class suitable for ages 75 plus! Try out a class for free and see if it's the right level and pace for you.

A fun exercise class with a mix of styles to keep that heart rate UP! Try out a class for free and see if it's the right level and pace for you.

Have a great business idea but not sure how to work through a plan to see if it will actually work? Join Thrive Whanganui for an intro to the basics of business planning.

The opening day of the second La Fiesta exhibitions programme featuring solo and group exhibitions.

Learn how to sniff, swirl, taste and rate a wine. Join us and explore the elegant Sauvignon Blancs from New Zealand. Bookings essential.

Book a time to meet with a librarian for personalised book selection and recommendations. Discover our booklists, literature maps, catalogue and more. Bookings essential.

A fun class using a weighted bar for an extra workout. Try out a class for free and see if it's the right level and pace for you.

Easy to follow fun Zumba class suitable for beginners, all ages and fitness levels.

An introduction to surfing: what to observe before entering the water, surf etiquette and all things surf-related, including a chance to surf with assistance from local crew. BYO togs or wetsuit. Whanganui Board Riders will have a range of boards available.

Join comedian and aerobics instructor JOY [Banana Jolie] for a hilarious aerobics-dance class. Feel the burn of belly laughs as you learn to move & groove in all kinds of ways. Styles include 80s aerobics, hip-hop, disco, Latin & rock n roll. Women aged 13+ are invited to sweat it out and have a laugh in this approachable, fun, movement workshop.

## FRIDAY 04/03

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### 7:30am | INTERNATIONAL WOMEN'S DAY BREAKFAST

Ammo Room, The Barracks, 170 St Hill Street | \$25

Tickets: [wanganui@zonta.org.nz](mailto:wanganui@zonta.org.nz)

For information: <https://www.internationalwomensday.com/>

### 10am-4pm | PAINTING WITH COLD WAX MEDIUM

Space Studio + Gallery, 18 St Hill Street | \$335 materials

included for 3-day workshop | Contact Sarah 027 371 8595

or [sarah@spacestudiogallery.co.nz](mailto:sarah@spacestudiogallery.co.nz)

### 5:30-6pm | RAISING THE ENERGY

70a Guyton St | Koha

Contact Carla: [clangmead@slingshot.co.nz](mailto:clangmead@slingshot.co.nz)

### 6-9pm | DUNGEONS + DRAGONS LADIES' NIGHT

Alexander Heritage Library, Pukenamua Drive | Free

RSVP to: [Nicola@whanganuilibrary.com](mailto:Nicola@whanganuilibrary.com)

### 7:30pm | CONFESSIONS OF AN AEROBICS INSTRUCTOR

Amdram Theatre, Guyton St | Tickets \$22-27

Ticket link: <https://www.trybooking.co.nz/JGJ>

## SATURDAY 05/03

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### 9:30-11am | HEALTH + FITNESS SESSION FOR MUMS

The Women's Network, 75 St Hill Street | Free

Contact Carla 022 095 7466

### 2-4pm | BUTTONS BONANZA!

Venue confirmed upon booking | Koha

Contact Margi 027 4481 581 or [06] 344 1250

### 3-7pm | WALKING WITH DONKEYS

1126 Longacre Road | \$20 | Contact Pauline 021 266 4410

### 7:30pm | CONFESSIONS OF AN AEROBICS INSTRUCTOR

Amdram Theatre, Guyton St | Tickets \$22-27

Ticket link: <https://www.trybooking.co.nz/JGJ>

### 7:30pm | FLOW – ALBUM RELEASE CONCERT

St Peter's Anglican Church, 71 Koromiko Rd | Tickets \$25 Adult

or \$15 Student, from the Royal Whanganui Opera House

<https://rwoh.sales.ticketsearch.com/sales/>

To preview the music: <http://elizabethdevegt.com/flow/>

## SUNDAY 06/03

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### 11am | FROCKS ON BIKES

The Women's Network, 75 St Hill Street | Koha

Registrations from 10:30am

Contact [womnet.whanganui@gmail.com](mailto:womnet.whanganui@gmail.com)

### 2pm | PLANNING A PERSONAL AND MEANINGFUL FAREWELL

Cleveland Funeral Home, 179 Ingestre St | Free

Contact: [laura@clevelandfunerals.co.nz](mailto:laura@clevelandfunerals.co.nz)

### 3-7pm | WALKING WITH DONKEYS

1126 Longacre Road | \$20 | Contact Pauline 021 266 4410

## MONDAY 07/03

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### 2-4pm | INTERACTIVE WORKSHOP ABOUT RELATIONSHIPS

Jigsaw Whanganui, Suite 9, 236 Victoria Ave | Free

Contact Cheryl 027 881 8813 or Scott 027 365 0129

The combined women's groups of Whanganui invite you to this annual celebration breakfast. The IWD theme for 2022 is #BreaktheBias, imagining a gender equal world. Our special guests will champion a world where difference is valued and celebrated.

Tutor Janet Mazenier will guide you through the process of painting in layers with a fast-drying beeswax medium. Suitable for all levels. Workshop runs Friday to Sunday, 10am-4pm. Pre-registration essential by Weds 2 March.

Learn about what heart coherence means and how and why it affects our vibratory system as well as our community and global consciousness.

In this 'Like A Bard Outta Hell' edition, join an All Bards one-shot adventure about trying to make it big in the fantasy music industry. New and experienced players welcome.

Joana Simmons (aka Banana Jolie) returns to her hometown to take the lies out of Lycra with this hit cardio-comedy cabaret show. Airing her workout & work stories as an aerobics instructor and exercising all sorts of demons from body image to active wear; gym, Jim and GIN.

Explore how to build strength from the inside out, pelvic floor and core, diastasis recti, nutrition, hormones and training around your cycle. Wear comfy clothes.

In the 'olden days', buttons were removed from clothes before those garments were repurposed. Margi Keys inherited hundreds of buttons. Come choose what you need for your project and chat over a cup of tea.

Meet with a group of women and pack your evening picnic onto the backs of 4 miniature donkeys and walk with them.

Joana Simmons (aka Banana Jolie) returns to her hometown with this hit cardio-comedy cabaret show. Airing her workout and work stories as an aerobics instructor and exercising all sorts of demons from body image to active wear; gym, Jim and GIN.

Elizabeth de Vegt and friends perform selections from 'Flow: Whanganui River Poems' by award-winning local author Airini Beautrais. This special concert celebrates the launch of the newly recorded album, available for purchase, with refreshments.

Our annual celebration of frock and roll is back! Come dressed as your favourite children's book character, super hero, or your fancy frocked up self and enjoy a treasure hunt around our beautiful town. All ages welcome. Suitable for bikes, trikes, scooters, roller-skates, skateboards, electric wheelchairs and e-transport.

Women have always been at the forefront of caregiving, both before and following a death. Let's talk about how we can help ourselves and others plan a personal and meaningful farewell.

Meet with a group of women and pack your evening picnic onto the backs of 4 miniature donkeys and walk with them.

This interactive workshop will unpack the red flags to be aware of in an unhealthy relationship, and the key factors that contribute to a healthy one. All welcome.

### **2:30-5pm | FREE LEGAL CLINIC**

250 Wicksteed St

To book, ph [06] 281 3461 or [katie@dewhirstlaw.co.nz](mailto:katie@dewhirstlaw.co.nz)

### **6:45-9pm | AUTHENTIC MOVEMENT FOR BEGINNERS**

92 Peat St | \$80

RSVP to Julie 021 121 6965 or [julz.crocker@gmail.com](mailto:julz.crocker@gmail.com)

## **TUESDAY 08/03 INTERNATIONAL WOMEN'S DAY**

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### **1:30-2:30pm | LIBRARY ONLINE**

Davis Library, Pukenamu Drive | Free | RSVP to Rachel 027

211 4261 or [rachel@whanganuilibrary.com](mailto:rachel@whanganuilibrary.com)

### **1:30-2:30pm | SIT FIT**

St Andrew's Hall, Bell St | First class FREE, \$60 for ten

classes | Contact Carla 021 165 8961

### **5:30-6:30pm | CARDIO, STEP, HIT**

St Andrew's Hall, Bell St | First class FREE, \$60 for ten

classes | Contact Carla 021 165 8961

### **8pm | BADASS BEAUTY QUEEN: THE STORY OF ANASTASIA LIN**

The Women's Network, 75 St Hill Street | \$15 includes

refreshments | RSVP to Diana 022 123 6336 or

[whanganuilotus@gmail.com](mailto:whanganuilotus@gmail.com)

For more info: <https://badassbeautyqueen.film/>

## **WEDNESDAY 09/03**

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### **10am-12pm | MARKETING YOUR BUSINESS WITH THRIVE**

The Women's Network, 75 St Hill Street | \$10

Contact Elise 027 302 0979 or [elise@thrivenow.org.nz](mailto:elise@thrivenow.org.nz)

### **7-9pm | GOOD GRIEF - PLEASE SAY THEIR NAME**

The Women's Network | 75 St Hill Street | Koha

Contact Keren [06] 344 3345

## **THURSDAY 10/03**

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### **4:30-6:30pm | DANCE DANCE REVOLUTION!**

Harrison St Community Church | \$20

Contact Julie 021 121 6965 or [julz.crocker@gmail.com](mailto:julz.crocker@gmail.com)

### **5:30pm | PUMP CLASS**

St Andrew's Hall, Bell St | First class FREE, \$60 for ten

classes | Contact Carla 021 165 8961

### **5:45pm | LOW IMPACT ZUMBA**

The Women's Network, 75 St Hill Street | Koha

Contact Kat 021 075 9628 or [activewithkat@gmail.com](mailto:activewithkat@gmail.com)

## **FRIDAY 11/03**

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### **5:30-6pm | RAISING THE ENERGY**

70a Guyton St | Koha

Contact Carla: [clangmead@slingshot.co.nz](mailto:clangmead@slingshot.co.nz)

### **6-9pm | DUNGEONS + DRAGONS LADIES' NIGHT**

Alexander Heritage Library, Pukenamu Drive | Free

RSVP to: [Nicola@whanganuilibrary.com](mailto:Nicola@whanganuilibrary.com)

### **7-8:30pm | CHA DAO - MING STYLE TEA CEREMONY**

Venue confirmed upon booking | \$15 Adults + \$10 for kids

12 and under | RSVP to Diana 022 123 6336 or

[whanganuilotus@gmail.com](mailto:whanganuilotus@gmail.com)

## **SATURDAY 12/03**

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### **9:30-11am | WOMEN'S HEALTH + FITNESS**

The Women's Network, 75 St Hill Street | Free

Contact Carla 022 095 7466

### **11am-1pm | INTAGLIO PRINTMAKING WORKSHOP**

Space Studio + Gallery, 18 St Hill Street | \$90 materials

included | Contact Sarah 027 371 8595 or

[sarah@spacestudiogallery.co.nz](mailto:sarah@spacestudiogallery.co.nz)

The team at Dewhirst Law offer free 10 minute appointments to discuss any legal query you might have.

Final session of 4, for womxn who feel comfortable with self-expression through movement but are new to Authentic Movement.

Discover how to get FREE access to movies, books, audiobooks, magazines, and newspapers through our library apps at the Whanganui District Library.

An exercise-based class suitable for ages 75 plus! Try out a class for free and see if it's the right level and pace for you.

A fun exercise class with a mix of styles to keep that heart rate UP! Try out a class for free and see if it's the right level and pace for you.

In celebration of International Women's Day, a special documentary screening about Anastasia Lin who became Miss World Canada 2015 and used her fame to expose human rights atrocities in China. Film screening followed by Q + A session.

Starting your own business and not sure how to reach new customers? Join Thrive Whanganui for an introduction to marketing your business in 2022.

As bereaved families, we need to hear our children's names said out loud. This special gathering will help us to remember our children who have died and name them during a moving candle-lighting service with refreshments.

Come along to groove with other wonder women, to music in tune with the elements of Water, Earth, Fire, Air and Ether. Total freedom to move in your own authentic way and celebrate the joy of dance in our community.

A fun class using a weighted bar for an extra workout. Try out a class for free and see if it's the right level and pace for you.

Easy to follow fun Zumba class suitable for beginners, all ages and fitness levels.

Learn about what heart coherence means and how and why it affects our vibratory system as well as our community and global consciousness.

In this 'Like A Bard Outta Hell' edition, join an All Bards one-shot adventure about trying to make it big in the fantasy music industry. New and experienced players welcome.

Journey back 500 years to the lifestyle of Cha Dao of the Ming Dynasty and reconnect with the elegance of life and the harmony of the cosmos in this unique tea ceremony.

A session exploring how to adapt your health and fitness routine when you reach peri-menopause and post-menopause to build resilience and strength, including lifestyle, nutrition and hormones. Wear comfy clothes.

Tutor MB Stoneman will guide you through the process with the opportunity to explore some possibilities of intaglio printmaking. Pre-registration essential by Weds 9 March.

## 12-1:30pm | WOMEN'S SELF DEFENCE

69f Taupo Quay | \$10 | Contact Shanon 0210 274 6291

## 12-4pm | DUMPLINGS WITH DIANA

Venue confirmed upon booking | \$25 Adult + \$15 for kids 12 and under | RSVP to Diana 022 123 6336 or whanganuilotus@gmail.com

## SUNDAY 13/03 FESTIVAL FINALE

### 2-6pm | WRAP PARTY

Maria Lane Eatery + Bar, Majestic Square | Free entry  
Visit: <https://www.marialane.co.nz/>

\*La Fiesta 2022 is a Vaccine Pass event. For more details about the New Zealand COVID-19 Protection Framework, visit <https://covid19.govt.nz/traffic-lights/covid-19-protection-framework/>

A practical class to help boost your confidence and feelings of personal strength and safety.

Make Chinese-style dumplings from scratch, including two recipes – vegan and chicken. Easy as!

Celebrate the end of La Fiesta 2022 in style with DJ Bex from Wellington laying down some sweet tunes for you to groove to and enjoy with the hospitality of the award-winning team at Maria Lane. What a way to wrap!

\* Information was correct at time of publication. Some changes may occur: visit La Fiesta NZ on Facebook or <https://lafiestanz.com/> for updates

*Special shout out to our amazing sponsors + all our festival partners*



**WHANGANUI  
DISTRICT COUNCIL**  
Te Kaunihera a Rohe o Whanganui

**Dewhirst  
Law**



**space**  
studio and gallery



**Maria Lane**  
EATERY & BAR

*The team at the Women's Network proudly brings you La Fiesta*

La Fiesta 2022 is dedicated to the living memories of Ailsa Stewart and Gail Imhoff. Ailsa and Gail lived fiercely, with huge hearts for our community with their service, dedication, and enthusiasm. They were treasured friends and supporters of the Women's Network, always cheerleading for us, and participating in hundreds of La Fiesta events over the last 13 years. To their whānau, families, and friends, we extend you our aroha and appreciation, always.



**Women's  
Network**  
Whanganui

**Making positive change for women**



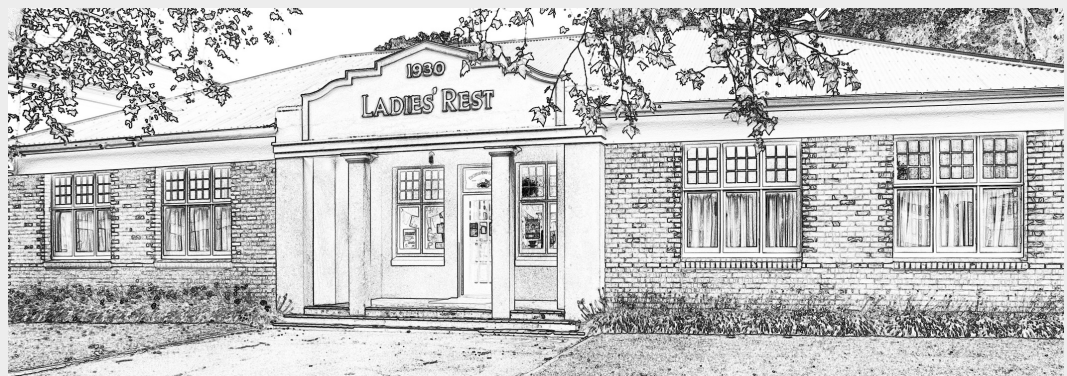
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Find out more at [Covid19.govt.nz](https://Covid19.govt.nz)

To Whanganui a Hāwhera  
New Zealand Government

Unite  
against  
COVID-19



The Women's Network has been located in the iconic Ladies' Rest Building for 35 years at 75 St Hill Street, Whanganui. This is the HQ for La Fiesta NZ. For regular festival updates or info, phone us at [06] 345 6833 or email us at: [womnet.whanganui@gmail.com](mailto:womnet.whanganui@gmail.com) Find us on Facebook + Instagram