

WINTER WONDERFEST: 30 July-13 August

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

DATE	ACTIVITY	VENUE	COST + CONTACT INFO
Saturday 30/07	10am-2pm	PLASTIC REPAIR CAFE: Have your broken and cracked plastic items repaired to extend their usable life. A collaboration between Plastic Free July and the Women's Network.	Women's Network, 75 St Hill Street Gold coin. Ph Peter, evenings only 345 0634
	11:30am-1:30pm	OPEN DAY: Enjoy 20 Minutes of Readings or Treatments with our team at Wisdom Is Yours. Treatments include: massage, Reiki, crystal healing, and reflexology.	Wisdom Is Yours 200b Victoria Ave Cost \$20 per Reading/Treatment. Contact Natasha 06 345 5002
	12-1:30pm	LADIES WHO LIFT: An interactive empowering workshop to help build resilience and confidence with strength and free weights training. Let us help you embrace the inner goddess within. You will leave feeling inspired and determined to tackle your next challenge.	Nefarious Fitness & Performance, 16 Wilson St \$10. Email Jazz: info@nefariousfitness.co.nz
	4pm	EXHIBITION OPENING: Artist Ruth Tidemann presents her exhibition, 'Stop the Silence'. The exhibition runs right through the festival, 10am-3pm daily.	Edith Gallery 24 Taupo Quay Free admission. For more info: ruthktidemann@gmail.com
	6:30-8:30pm	GYMNASTICS FOR YOUNG WOMEN: An opportunity for young women aged 12 – 24 to enjoy the facility of the gymnastics club whilst being led and supported by two amazing young gymnasts. Learn some new skills and have some fun!	Whanganui Boys and Girls Gym Club Free. For registration details email: dinelle@sportwhanganui.co.nz or 022 076 3592
Sunday 31/07	1-3pm	GLASS STAR SUNCATCHER WORKSHOP WITH REDLOW GYPSY: Make your own beautiful glass star suncatcher. Beginners level copper foil technique workshop. Many colours to choose from. All materials supplied.	75 St Hill Street \$40. To book contact Jo Conroy. Ph/txt: 021 328 994 Email: redlowgypsy@gmail.com
	3-4:30pm	SISTER CEREMONY - CACAO AND NIDRA: Retreat from the outside world to share in a cup of sacred, heart-warming cacao in ceremony, gentle yoga stretches, guided relaxation, and sound. This experience is designed to calm the nervous system and cultivate more ease, wellbeing, and connection.	Yoga Spirit, 198 Somme Parade [Aramoho Boating Club] \$35. To register, visit: www.yogaspirit.co.nz/cacao_nidra
Monday 01/08	10:30am	A RIGHT ROYAL TOUR: 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.	69 St Hill Street Donation. Bookings essential, ph Shirna 06 349 0511
	6-7pm	YOGA IN THE DARK: Gentle yoga practice to enjoy with friends and ease your back!	75 St Hill Street \$10. Bookings essential. Ph/txt Emma 021 103 3394
	6:30pm	REFORMER PILATES: Suitable for all fitness levels. It's a high intensity, low impact workout which uses springs as resistance. It focuses on core strength and proper muscle engagement which improves athletic performance, back pain, injury	The Reformer Room, 51 Victoria Avenue [above The Big Orange] \$10. Must book with Lisa thereformerroom@gmail.com

		recovery, weight loss, balance and posture - plus it's fun! If unable to make these classes we are also offering \$49 for 4x reformer classes to be used in the two weeks of the festival.		
Tuesday 02/08	10-11am	UNDER 5's STORY TIME: Enjoy some wintry tales at our special Winter Wonderfest storytime.	Davis Library	Free. For more info, contact jane@whanganuilibrary.com
	1:30-2:30pm	UPSKILL WITH LINKEDIN LEARNING: Discover how to upskill yourself and your staff through LinkedIn Learning's FREE online business, technology and creative courses.	Alexander Library	Free. RSVP to Rachel 027 211 4261 or rachel@whanganuilibrary.com
	5:30pm	YIN YOGA WITH JADE: Come and enjoy a Yin practice, preparation for sleep. Relax, unwind, and destress with this beginners level Yoga Class.	Wisdom Is Yours 200b Victoria Ave	\$13. Ph/txt Jade 021 298 9898
Wednesday 03/08	10am	WAKA AMA: This is for secondary school aged wāhine, keen to have a go at Waka Ama. Schools/kura/alternative education providers can enter a maximum of two teams per organisation.	Splash Centre, London Street	Free. For more info, please contact dinelle@sportwhanganui.co.nz or 022 076 3592
	10:30am	UNDER 5's STORY TIME: Enjoy some wintry tales at our special Winter Wonderfest storytime.	Gonville Library	Free. For more info, contact jane@whanganuilibrary.com
	5:30pm	WONDER - A Group Exhibition: Art brings a sense of wonder to our lives, whether we are the ones creating or the ones observing. In extraordinary times like this, there's need for a bit of wonder to escape to. Supported with Solo exhibitions by Rachael Garland & Aimee Planner. Exhibition runs to 13 August.	Space Studio & Gallery 18 St Hill Street	Free. For more info about the exhibition programme, visit: www.spacestudiogallery.co.nz
	6:30pm	REFORMER PILATES: Suitable for all fitness levels. It's a high intensity, low impact workout which uses springs as resistance. It focuses on core strength and proper muscle engagement - plus it's fun!	The Reformer Room, 51 Victoria Avenue	\$10. Must book with Lisa thereformerroom@gmail.com
Thursday 04/08	3:30-5:30pm	TURBO TOUCH – GIRLS JUST WANNA HAVE FUN: A fun, social and action packed game, perfect for all fitness levels and abilities. Think Touch rugby with a twist!	Venue TBC	Koha. Ph/txt Desiree Mclean 027 767 5211
	7pm	FALUN DAFA WORKSHOP: Falun Dafa introduction followed by Q + A, and exercise teaching.	Whanganui Lotus Meditation Club	Free. Contact Diana 06 927 5723 or 022 123 6336
Friday 05/08	3:30pm	REVELATION FROM THE CHINESE CHARACTERS: Cartoon, brush pen, calligraphy..... Who invented Chinese characters and why? Why only traditional Chinese in Taiwan and Hongkong? Dive into the divinely inspired culture, and discover the secrets behind Chinese characters.	Venue TBC	Free. Contact Diana 06 927 5723 or 022 123 6336 WhanganuiLotus@gmail.com
	6-9pm	DUNGEONS AND DRAGONS LADIES' NIGHT: Join a band of adventurers in exploring the Dark Duchess, an abandoned pirate ship frozen in the sea of moving ice in an effort to secure your rum supplies for the long dark winter. Newbies welcome. Dark Duchess is an adventure for 4th level characters. Bring your own or use one of the pre-made characters provided.	Alexander Library	Free. Bookings essential, RSVP to nicola@whanganuilibrary.com
	6:30pm	INTERTWINED: Two generations of musicians, entangled as only family can be. Owen Hugh—a popular local musician—and his daughters Ruby and Leah will	Space Studio & Gallery	\$15 Adults. \$10 Senior/Student.

	Doors 6pm	warm up your hearts with both originals and well-known covers this winter.	18 St Hill Street	www.spacestudiogallery.co.nz/events/
Saturday 06/08	10:30am	GUIDED MEDITATION FOR SELF-HEALING: Experience a group meditation, guided by experienced Medium Natasha Spicer working with Rebalancing the Chakras.	Wisdom Is Yours 200b Victoria Ave	Koha. Contact Natasha 06 345 5002
	10am-4pm	WINTER WONDERFEST TREATS: Your choice of Treats or experience both. Come and be pampered, show your feet some TLC with Julie. You can also indulge in Drum + Energy Healing with Carla. Sacred energy healing combined with drumming is an excellent way to clear energies and create sacred connection to 'Self' & Mother Earth.	70a Guyton Street	\$25 feet treats, book with Julie 027 461 9962. Donation for drum + energy healing, RSVP to Carla 021 165 8961
	11am-12pm	GENDER AND IDENTITY DISCUSSION: As one of the initial group of male early childhood educators in this country, Peter will present some reflections on 40 years working with young children, with time for Q+A afterwards.	75 St Hill Street	Donation. For more info phone Peter, evenings only 345 0634
	3pm	RIDE TO FREEDOM DOCUMENTARY SCREENING: 3000 miles, 30 young heroes, 1 mission...Raise awareness about and rescue orphans in China targeted for persecution of Falun Gong. Young Chinese refugees Luna, Zero, and Charlie, will address the screening and share their own stories of a different childhood. Refreshments included.	75 St Hill Street	Donation. RSVP to Diana 06 927 5723 or 022 123 6336 WhanganuiLotus@gmail.com
	7-9pm	CLAY & WINE WITH FIONA MCLEOD: Enjoy an evening with friends making a vase with clay and sharing a glass of wine and nibbles. Or come alone and make a friend or two.	Space Studio & Gallery 18 St Hill Street	\$55 [ages 18+]. Booking via: www.spacestudiogallery.co.nz/events/
Sunday 07/08	11am-12pm	BIKE OR BUST. BIKING FOR CONFIDENCE + FITNESS: This hour-long, off-road session in Whanganui Central is for women who want to gain more confidence on a bike. We will be doing simple interval training. BYO bike, helmet, padded shorts, windbreaker, water bottle, and shoes with tread.	Venue TBC at booking	\$10. Register with Margi 027 448 1581 or margikeys93@gmail.com by 30 July
	1-2:30pm	RIVER CITY PICKLEBALL: A fun, social and friendly game that combines elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn but can develop into a fast paced, competitive game for experienced players. Come along and have a go!	Badminton Stadium, Springvale Park	Koha/donation. Ph/txt Deborah Munroe 021 160 1561 rivercity.pickleball2022@gmail.com
	2:30-5:30pm	VOICE ALCHEMY WORKSHOP: The not choir, choir experience. Come and explore what your voice can create with others as we journey beyond song and structure. No singing experience required.	Venue TBC	\$25. Contact Yee Ley 022 366 2348 or hello@yeeleylau.com http://www.yeeleylau.com/events.html
Monday 08/08	2pm	A RIGHT ROYAL TOUR: 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.	69 St Hill Street	Donation. Bookings essential, ph Shirna 06 349 0511
	5:30-7:30pm	CONNECTION THROUGH TOUCH: Guided sitting massage [fully clothed] for back, shoulders and neck. A nurturing and relaxing way to care and give to a loved one. Enjoy with a hot almond or soy chai in between swap over. Bring a friend, partner or family member.	75 St Hill Street	\$15 per pair. Bookings essential. Ph/txt Emma 021 103 3394

Tuesday 09/08	6:30pm	REFORMER PILATES: Suitable for all fitness levels. It's a high intensity, low impact workout which uses springs as resistance. It focuses on core strength and it's fun!	The Reformer Room, 51 Victoria Avenue	\$10. Must book with Lisa thereformerroom@gmail.com
	10-11am	UNDER 5's STORY TIME: Enjoy some wintry tales at our special Winter Wonderfest storytime.	Davis Library	Free. For more info, contact jane@whanganuilibrary.com
	10am-4:30pm	COMMUNITY CANVAS WITH STEPH LEWIS, MP FOR WHANGANUI: Add your mark to a piece of art for our Whanganui electorate office and provide your feedback on issues that are important to you and our community.	Trafalgar Square	Free. For more info, ph 06 348 1010
Wednesday 10/08	1:30-2:30pm	LIBRARY ONLINE: Find out how to get free access to books, movies, audiobooks, magazines, and newspapers through our library apps at Whanganui District Library.	Davis Library	Free. RSVP to Rachel 027 211 4261 or rachel@whanganuilibrary.com
	10am-12pm	CONFIDENCE BUILDING WORKSHOP: Explore how confidence affects every aspect of our lives, how easy it can be to have confidence in yourself and shine in social settings, as well as having energy and vitality by prioritising YOU.	The Awa Room, Whanganui Arts Centre	\$15. Contact Linda 027 403 2523 authenticlivingwithlinda@gmail.com
	10am-2pm	COMMUNITY CANVAS WITH STEPH LEWIS, MP FOR WHANGANUI: Add your mark to a piece of art for our Whanganui electorate office and provide your feedback on issues that are important to you and our community.	Hakeke St Community Centre, 65 Hakeke St	Free. For more info, ph 06 348 1010
	5-6pm	RIVER CITY PICKLEBALL: A fun, social and friendly game that combines elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn. Come along and have a go!	Badminton Stadium, Springvale Park	Koha/donation. Ph/txt Deborah 021 160 1561
	5:30-7pm	COLOUR, MOVEMENT & LINE: Enjoy a light-hearted drawing session with the vibrant Sandy de Kock; leave inspired to start or re-ignite your love of drawing.	Space Studio & Gallery 18 St Hill Street	Adults \$15 / Students \$10 [BYO drawing materials]. Booking via: www.spacestudiogallery.co.nz/events/
	5:30-7pm	WINE TASTING FOR BEGINNERS: Learn how to sniff, swirl, taste and rate a wine. Join us and explore wintry red wines from New Zealand. Open to all aged 18+	The Burrow, 45 Taupo Quay	\$30. RSVP essential. Joamari 021 056 3198, joamari@vanderwalt.nz
	6:30pm	REFORMER PILATES: Suitable for all fitness levels. It's a high intensity, low impact workout which uses springs as resistance. It focuses on core strength and proper muscle engagement - plus it's fun!	The Reformer Room, 51 Victoria Avenue	\$10. Must book with Lisa thereformerroom@gmail.com
	7pm	TEA CEREMONY: Live presentation of oriental tea culture and tea ceremony. Find your own peaceful reserve with a cup of nature.	Whanganui Lotus Meditation Club	\$15. RSVP to Diana 06 927 5723 or 022 123 6336 WhanganuiLotus@gmail.com
Thursday 11/08	10am-2pm	COMMUNITY CANVAS WITH STEPH LEWIS, MP FOR WHANGANUI: Add your mark to a piece of art for our Whanganui electorate office and provide your feedback on issues that are important to you and our community.	Gonville Library	Free. For more info, ph 06 348 1010
	3:30-5:30pm	TURBO TOUCH – GIRLS JUST WANNA HAVE FUN: A fun, social and action packed game, perfect for all fitness levels and abilities. Think Touch Rugby with a twist!	Venue TBC	Koha. Ph/txt Desiree Mclean 027 767 5211
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Friday 12/08	6-8pm	SOUND HEALING EXPERIENCE: Presentation and taster session of a sound healing journey using instruments and voice. Find out how this latest trend in the wellness industry can contribute to your wellbeing.	Yoga Bee, 72 St Hill Street	\$10. Contact Yee Ley 022 366 2348 or hello@yeeleylau.com http://www.yeeleylau.com/events.html
	6-9pm	ESCAPE ROOM LADIES' NIGHT: Imagine being locked up in the Gonville library with only 100 minutes to escape ... why not try it yourself to see if you can get out...? Escape rooms test the problem-solving, lateral thinking and teamwork skills of participants.	Gonville Library	Free. Bookings essential. Contact kat@whanganuilibrary.com
Saturday 13/08	10-11am	CERAMICS WORKSHOP FOR CHILDREN WITH FIONA MCLEOD: Create a pinch pot animal/insect [hedgehog, tortoise, ladybug, or toadstool] or a monster in this ceramics workshop for children.	Space Studio & Gallery 18 St Hill Street	\$30. Booking via: www.spacestudiogallery.co.nz/events/
	10am-5pm	COMMUNITY CANVAS WITH STEPH LEWIS, MP FOR WHANGANUI: Add your mark to a piece of art for our Whanganui electorate office and provide your feedback on issues that are important to you and our community.	Jubilee Stadium, Springvale Park [Home + Lifestyle Show]	Gold coin entry to the show.
	12-1pm	CERAMICS WORKSHOP FOR CHILDREN WITH FIONA MCLEOD: Create a bowl for ice cream or a cup for hot chocolate. Learn to coil build with clay and get to take home a functional item once fired.	Space Studio & Gallery 18 St Hill Street	\$35. Booking via www.spacestudiogallery.co.nz/events/
	2pm	DUMPLINGS WITH DIANA: Yum, love, and fun. Make your own proud dumplings, easy as!	Diana's Wonder Kitchen	\$25. Bookings essential. Phone Diana 06 9275723 or 022 123 6336
	2-4pm	BUTTONS BONANZA! 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 cuppa.	Venue confirmed upon booking	Donation. Contact Margi 027 448 1581 or [06] 344 1250
	7:30pm	SONGS BY THE SEA: A collection of songs loosely based around the themes of winter, the ocean and the night that includes original music performed by Elise Goodge and Elizabeth de Vegt as well as covers by selected artists. Refreshments included.	Duncan Pavilion, Castlecliff Beach	\$15 plus booking fee, or \$20 cash door sales. Tickets available via: https://www.undertheradar.co.nz/

Details were correct at the time of compilation on 8 July 2022. 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

The Winter Wonderfest will continue to follow the guidelines of the NZ Covid-19 Protection Framework with the settings currently at Orange. We continue to support the regular public health messages regarding staying home if you feel unwell, along with mask wearing and hand washing, for your comfort as well as the comfort of others. For more information about life at Orange, visit: <https://covid19.govt.nz/traffic-lights/life-at-orange/>

Special thanks to our event partners, sponsors and supporters for bringing our seventh annual Winter Wonderfest to life. Visit and follow our Women's Network and Winter Wonderfest Whanganui pages on Facebook for regular updates, you can also download a festival guide at: <https://spacestudiogallery.co.nz/>