

LA FIESTA! NZ's BEST WOMEN'S FEST FESTIVAL PROGRAMME 10 February to 10 March 2024

Brought to you by The Whanganui Women's Network + friends, in celebration of International Women's Day



SATURDAY 10 FEBRUARY

8:30am-1pm | ONE BILLION RISING – MARKET STALL | Whanganui River Market, Moutoa Quay. Email Lorraine VIN@jigsawwhanganui.co.nz or visit <https://www.onebillionrising.org/about/campaign/>

Visit our stall and be part of the global movement. The theme for 2024 is 'Rise for Freedom: Be the New World'. Our freedom depends on our coming together to imagine it, create it, and rise for it. Come chat with us to find out more!

10am-2pm | EXPLORING EMBROIDERY | Davis Library, Pukenamu Drive Free. Ph/txt Ann 027 237 2088 or email donann101@gmail.com

Come and see what can be done with needle and thread. Try your hand at stitching, materials supplied. A good chance to learn about the local Embroidery Guild.

1-2:30pm | SATUR-YAY, INTRO TO POLE CLASS | Altitude Pole, upstairs 17 Taupo Quay | \$15. Ph/txt 022 451 9770 or whanganui@altitudepole.co.nz

The perfect class if you've thought about giving pole a go. No experience required, bookings essential. Get a buddy to join in as we'll be booking two people to a pole.

SUNDAY 11 FEBRUARY

2:30-3:30pm | SENSORY WALK | Women's Network, 75 St Hill Street | \$10 Contact Mandy timshel8007@gmail.com

Gather first to explore the different senses we will use on a mindful walk of the city centre. After this awareness-based practice we'll reflect with some stretches together.

4:30pm | NEW MOON LOVE POTIONS | Women's Network, 75 St Hill Street | \$30, ingredients + receptacles provided Register to airinibeautrais@gmail.com

Make a personalised herbal tea blend, a spice mix for wine, and a syrup for cocktails or other drinks. These 'love potions' draw on folklore and mythology surrounding plants and can be used for amorous situations, self-love or creativity.

7-8:30pm | SING-A-LING-ALONG POP UP CHOIR | 89a Guyton Street, upstairs | \$10. Ph/txt Lizzie 022 644 9020 or Elizabeth.deVegt@gmail.com

Can't sing? Too scared? No experience? Don't panic! Join others in this magical pop up choir for a fun sing-along featuring a variety of NZ classics + well-known numbers.

MONDAY 12 FEBRUARY

By appointment | NURTURING BACK + SHOULDER MASSAGE | Embark Yoga, 75 St Hill Street | \$50. Ph/txt Emma 021 103 3394 to book

Enjoy a 45 minute massage. **Available every Monday, Thursday and Friday during the festival.**

By appointment | NURTURING FOOT + LOWER LEG MASSAGE | Embark Yoga, 75 St Hill Street | \$40. Ph/txt Emma 021 103 3394 to book

Enjoy a 30 minute massage. **Available every Monday, Thursday and Friday during the festival.**

10:30am | WILL WORKSHOP | Women's Network, 75 St Hill Street | Koha welcome. Ph [06] 349 0090 or joamariv@horsleychristie.co.nz

Understand the importance of having a Will and Enduring Powers of Attorneys. Presented by Joamari van der Walt, Solicitor and Stephanie Bishop, Registered Legal Executive from Horsley Christie Lawyers.

6:30-9pm | WHO'S WHO IN THE WOO | 75 St Hill Street | Koha welcome. Ph/txt Tracy 021 761 511 or Yee Ley 022 366 2348

Panel interview with the Woo Wellness Day practitioners. Inspiring stories of transformation and why they woo what they do.

TUESDAY 13 FEBRUARY

10am | WOMEN IN PARLIAMENT | Brechin Lounge, St Paul's Community Centre, Guyton St | Free. Ph/txt Jenny 021 066 7766

An introduction to the National Council of Women and the past 130 years, as well as women in parliament today. Steph Lewis will share her reflections on being an MP.

1:30-3pm | BODY WORK FOR PREGNANCY | Women's Network, 75 St Hill Street | Free. Contact emilydixonmidwife@gmail.com BYO yoga mat + pillow

An interactive space to learn about holistic pain reduction in pregnancy and during childbirth. For pregnant people, those considering pregnancy, and birthing partners.

2pm | GOD OF THE PIANO, rated M, director Itay Tal |

Josephite Retreat Centre, 14 Hillside Tce | Koha

Ph Pam [06] 345 5047 ext 3 or pam.hopper@sosj.org.au

For Anat, music is everything. Having never been able to reach her father's musical standards, she rests her hopes on the child she's about to have. A compelling and enigmatic story which presents some challenging ideas about family relationships.

6-8pm | SOUL JOURNEYS – 4 PART SERIES | venue TBC | \$20 per session

each Tuesday in the festival

Ph/txt Azian 021 172 0027 or inspired.hypnosisnz@gmail.com

A deep dive into a topic followed by a guided meditation. Weekly topics: the subconscious mind, confidence and boundaries, physical and emotional health, freedom and balance. **Bookings essential.**

5:45pm | BOXFIT | Her Fitness, 59 Ingestre Street | \$5

Ph [06] 348 9121 or results@herfitness.co.nz to register

Enjoy a fun and energetic Boxing Circuit, great music and plenty of laughs. All fitness levels welcome. **Bookings essential.**

6-8pm | DRESSING UP YOUR DINNER | Venue confirmed on booking | \$35

Register via www.communityeducation.nz

Gina Gigou will demonstrate how to make a selection of dressings, dips and dukkah. Transform the dull into delicious! Vegetarian + vegan options included.

WEDNESDAY 14 FEBRUARY

10:30am | ARCHERY | Kaierau Rugby Club, 100 Devon Road | \$6

Contact Maureen at secretary@marangaiarcheryclub.co.nz

Have a go at archery with all equipment provided. **Sessions available every Wednesday during the festival.**

11am-12pm | LIBRARY ONLINE | Alexander Library, 1 Pukenamu Drive

Free. Ph/txt Rachel 027 211 426 or rachel@whanganuilibrary.com to register

Discover how to get FREE access to movies, books, audiobooks, magazines, newspapers, music, motor manuals, and courses, all available through the library apps.

5:30-6:30pm | HEALING VOICES | St Andrew's Hall, 1e Bell Street | \$10

Contact Yee Ley 022 366 2348

The not choir, choir experience. Co-create colourful soundscapes with your voice, journey beyond song + structure. **Every Wednesday during the festival.**

5:30-7pm | EXHIBITION OPENING | Space Studio & Gallery, 18 St Hill Street

| Free entry. Visit <https://spacestudiogallery.co.nz/exhibitions/>

A suite of exhibitions celebrating the creative success of local and national female artists. **Viewing through to 24 February.**

6pm | 'MY QUEENS' EXHIBITION OPENING | Fleeting Fancy Gallery,

62b Taupo Quay | Free entry. Ph/txt Mel 021 258 9547

Melanie Fleet presents her latest multimedia artworks featuring the Queens who have inspired + influenced her. **Viewing through to 24 February.**

7:30-9:30pm | JOURNALLING – 3 WORKSHOP SERIES | Women's Network,

75 St Hill Street | \$50. Register with airinibeautrais@gmail.com

Do you love to write? Always wanted to keep a journal but struggle to start a regular practice? Join writer Airini Beautrais to explore writing techniques for self-reflection, discover possibilities for fun and creativity to deep introspection and healing.

THURSDAY 15 FEBRUARY

10-11:30am | CREATIVE WRITING | Hakeke Community Centre + Library,

65 Hakeke St | Free. Contact Margaret madge@slingshot.co.nz

An open invitation to Whanganui women to attend our regular writing group sessions. This includes sharing work based on a previous prompt followed by a fun activity.

11am | KEEPING YOURSELF SAFE IN BUSINESS |

Thrive Whanganui, 60 Ridgway Street | Free, with refreshments included

Contact kiaora@thrivenow.org.nz

A workshop for women sole traders + entrepreneurs. From dealing with difficult creditors and suppliers to entering clients' homes or working alone, having a personal health and safety plan will empower you to respond to challenging situations.

6:30pm | NURTURING CRAFT EVENING FOR WOMEN | 75 St Hill Street

Free. Contact wheb@sustainablewhanganui.org.nz or ph/txt 022 192 2321

Experience a relaxing and inspiring craft evening with Maddie making vision boards with re-used magazines to help you get in touch with your innermost dreams.

FRIDAY 16 FEBRUARY

10am-3pm | WEEKEND ART WORKSHOP | Space Studio & Gallery, 18 St Hill This 2-day workshop will explore the potential of Cold Wax to transform your painting

Street | \$240 for 2 days. Book via <https://spacestudiogallery.co.nz/events/>

12-1pm | VOCAL TONING MEDITATION | Women's Network,
75 St Hill Street | Koha. Contact Yee Ley 022 366 2348

5:30pm | FUN INTRO TO GOLF | Rivercity/Tawhero Golf Complex,
24 York Street | \$20pp per session. Contact Ivan at riversittee@gmail.com

6-9pm | DUNGEONS + DRAGONS LADIES' NIGHT | Alexander Library,
1 Pukenamu Drive | Free. Contact Nicola@whanganuilibrary.com

SATURDAY 17 FEBRUARY

9:30am-3pm | UNLEASH YOUR POTENTIAL | Te Rangi, Allison Street | \$135
Registrations to Lizzie 027 904 6493 or lizziesinsights@gmail.com

10am-3pm | WOO WELLNESS DAY | Women's Network, 75 St Hill Street
\$10 for 20min sessions. Ph/txt Tracy 021 761 511 or Yee Ley 022 366 2348

10am & 2pm | STAINED GLASS SUNCATCHER WORKSHOP | Level 3,
76 Guyton St | \$45. Ph/txt Jo 021 328 994 or redlowgypsy@gmail.com

12-1pm | CHEF LUO'S TASTEFUL LIFE | Davis Library, Pukenamu Drive |
Free. Ph/txt Diana 022 123 6336 or whanganuilotus@gmail.com

5:30-8:30pm | MAKE + MARVEL NIGHT MARKET | Space Studio & Gallery,
18 St Hill Street | Free entry. Visit: <https://spacestudiogallery.co.nz/events/>

SUNDAY 18 FEBRUARY

3pm | SELF DEFENCE | Women's Network, 75 St Hill Street | \$20
Contact shanoncasson@nzjjacademy.com

3-5pm | B*TCHESS + BEVVIES | Whanganui Squash Club, Bassett Street | \$2
Contact Paula wanganuisquash@inspire.net.nz

MONDAY 19 FEBRUARY

10:30am | INCORPORATED SOCIETIES ACT WORKSHOP |
Women's Network, 75 St Hill Street | Koha welcome
Contact joamariv@horsleychristie.co.nz

3:30-5pm | KANGA DEMO CLASS | Gonville Library, 44 Abbot Street | Free
Ph Kimberley [06] 344 5872 or kimberley@kangatraining.co.nz

TUESDAY 20 FEBRUARY

10am-12pm | KANGA Q+A | Gonville Library, 44 Abbot Street | Free
Ph Kimberley [06] 344 5872 or kimberley@kangatraining.co.nz

2pm | THE QUIET GIRL, rated M, director Colm Bairéad |

or printmaking practice with Kapiti based Cold Wax Artist, Anna Layzell.

Experience this meditative vocal toning technique and immediately sense the calming effects of sound on your whole wellbeing. **Every Friday during the festival.**

Enjoy a fun, games-based introduction to golf, bringing women together for learning, laughter and camaraderie. Drinks and nibbles available for purchase after the session.

Join us for another adventure in our Ladies' Night series. New and experienced players welcome. Other dates may be available depending on demand. **Bookings essential.**

This workshop promises to be an exciting adventure into self-discovery and personal growth. Seize the chance to embark on a more confident, courageous and clarified life.

Come for a day of nurturing and healing insights. Featuring massage, Reiki, spinal flow, ancestral healing, readings and more. Book your sessions on arrival.

Learn the art of copper-foiling to make your own stained glass suncatcher. All materials supplied. Suitable for ages 15 plus.

A documentary screening of the legendary life of renowned Cantonese chef, Luo Zizhao, who became head chef of a five-star restaurant in Beijing when he was 28.

A curated indoor market made up of 20+ up and coming designers, artists and artisans. Enjoy learning opportunities, live music, food, studios + festival exhibitions.

A practical class for ages 13+ to help boost confidence and feelings of personal strength and safety. Suitable for all levels. Wear comfy clothing. **Bookings essential.**

Come and try squash – lots of fun! Have a go and socialise with others. Enjoy a drink and nibbles afterwards, or as you go!

Learn about the key changes under the new Incorporated Societies Act 2022 and what this means for your club or organisation. Presented by Solicitors Joamari van der Walt, Matt Bouzaid and Mike Neil from Horsley Christie Lawyers.

Kangatraining is a fun, supportive community where Mums can exercise with their baby. Snuggle baby close while completing a low impact, full body workout. **Sessions available each Monday during the festival.**

Kangatraining is a fun, supportive community where Mums can exercise with their baby. Bring any questions and learn more about this fun programme.

A young girl spends the summer with relatives and blossoms in their care. A

Josephite Retreat Centre, 14 Hillside Tce | Koha
Ph Pam [06] 345 5047 ext 3 or pam.hopper@sosj.org.au

thoughtful and calm but poignant film which stirs up questions about where any of us truly belong. The first film in the Irish language to be shortlisted for an Oscar.

5:30-6:30pm | ZUMBA® GOLD DEMO CLASS | Gonville Library, 44 Abbot Street | Free. Ph [06] 344 5872

Low intensity dance-fitness class for active older adults who are looking for a modified Zumba class that recreates the original moves that you love.

5:30-7pm | WOMEN WHO LEAD | Barracks Sports Bar, 170 St Hill Street | Free. Contact dinelle@sportwhanganui.co.nz

We bring back home former WNBA star, Tall Fern, Olympian, and now Commercial Manager for the All Blacks, Megan Compain, for a couch conversation no like other.

WEDNESDAY 21 FEBRUARY

9:30am | BOXFIT | Her Fitness, 59 Ingestre Street | \$5
Ph [06] 348 9121 or results@herfitness.co.nz to register

Enjoy a fun and energetic Boxing Circuit, great music and plenty of laughs. All fitness levels welcome. **Bookings essential.**

10:30am | STORY TIME | Gonville Library, 44 Abbot St | Free

Enjoy two stories read aloud that celebrate girls and women, just for La Fiesta!

[See previous dates for repeats of Archery, Healing Voices + Journalling activities scheduled for today]

THURSDAY 22 FEBRUARY

10am-12pm | TEA + TOPICS. WOMEN'S REFUGE WHANGANUI | Gonville Library, 44 Abbot St | Free. Ph [06] 344 5872

Learn more about the role of the Women's Refuge and how they go about providing support in our community. Enjoy a cuppa and a biscuit too!

6:30-8pm | QUIT SUGAR WORKSHOP | Hakeke Community Centre + Library, 65 Hakeke St | Free. Ph [06] 344 5872

Learn more about sugar and walk away with some common-sense based solutions and new strategies to reduce your daily sugar intake.

FRIDAY 23 FEBRUARY

10am-12pm | POETRY WORKSHOP | Gonville Library, 44 Abbot St | Free
Ph [06] 344 5872

In this workshop, complete a series of activities exploring the various ways of writing poetry. Novice and experienced writers welcome. **Bookings essential.**

5:30pm | FUN INTRO TO GOLF | Rivercity/Tawhero Golf Complex, 24 York Street | \$20pp per session. Contact Ivan at riversittee@gmail.com

Enjoy a fun, games-based introduction to golf, bringing women together for learning, laughter and camaraderie. Drinks and nibbles available for purchase after the session.

6-8pm | DRESSING UP YOUR DINNER | Venue confirmed on booking | \$35
Register via www.communityeducation.nz

Gina Gigou will demonstrate how to make a selection of dressings, dips + dukkah. Transform the dull into delicious! Vegetarian + vegan options included.

7pm | MY GREAT AMBITION IS TO BE AN AUTHORESS | Alexander Library, 1 Pukenamu Drive | Free
Contact anna@whanganuilibrary.com

Dr Anna Gilderdale will share her recently published research on women's mentorship in the 19th century Australasian press and the important role young peoples' correspondence pages played in making space for literary girlhoods in print.

SATURDAY 24 FEBRUARY

9am-4pm | PRIDE ART EXHIBITION | Pride Hub, 64 St Hill Street | Free entry. Contact info@pridewhanganui.co.nz

Featuring a range of works from 30+ local and national artists. Pride merch, resources and support available. **Viewing through to 2 March.**

10am | RARANGA - WEAVING | 138 Gonville Avenue | Koha
Ph/txt Margot 027 605 5992 or margot@sportwhanganui.co.nz

Learn how to harvest harakeke safely and sustainably according to tikanga. Make a kono or konae [small basket] to gift to someone. Bring some kai to share for lunch.

11am | FROCKS ON BIKES | Meet at the Women's Network, 75 St Hill Street
Contact womnet.whanganui@gmail.com

Put on a fancy frock, pant suit, super hero outfit or other favourite costume and join in a leisurely and colourful ride round the bridges. All welcome.

11am-3pm | YOUTH FEST + PRIDE MARKET | Majestic Square | Free

A safe space for celebrating our rangatahi and to hang out. Check out the Pride merch

Contact info@pridewhanganui.co.nz

and activities available.

2-4pm | TRADITIONAL CHINESE COOKING | Diana's Kitchen | \$22
Ph/txt Diana 022 123 6336 or whanganuilotus@gmail.com

Make Lantern Festival dessert, Black Sesame Snow Balls, with Diana. Add something new and healthy to your table. Vegetarian, dairy and gluten free. **Bookings essential.**

SUNDAY 25 FEBRUARY

2pm | APPLES & EVES | 126a Springvale Road | \$5

Please register for catering by 18 February

Register with info@heritagefoodcrops.co.nz

Celebrate the women in your life with a tour of the Heritage Food Crops Research organic gardens, followed by a picnic under the trees of baked apples, fresh apple juice and herbal teas.

4-7pm | AUTHENTIC YOU | Women's Network, 75 St Hill Street | Free

Contact info@pridewhanganui.co.nz

Not sure how to express yourself? Want some advice, tips + tricks in a safe and welcoming environment? Try on some clothes, experiment with accessories. Join us!

7-8:30pm | SING-A-LING-ALONG POP UP CHOIR | 89a Guyton Street, upstairs | \$10. Ph/txt Lizzie 022 644 9020 or Elizabeth.deVegt@gmail.com

Can't sing? Too scared? No experience? Don't panic! Join others in this magical pop up choir for a fun sing-along featuring a variety of NZ classics + well-known numbers.

MONDAY 26 FEBRUARY

5:45pm | 80s AEROBICS | Girls' College Hall, Jones Street |

Gold coin donation. Ph/txt Deb 027 589 4440

The '80s is back – again! Great music, great moves, great outfits! A fab hour of 80s fun and fitness. Get dressed up! Suitable for everyone.

7-9pm | THIS IS ME | Women's Network, 75 St Hill Street | \$5

Contact info@pridewhanganui.co.nz

Our special guest speakers will share what role gender and sexuality has played in their lives.

TUESDAY 27 FEBRUARY

12:15-1pm | HEART COHERENCE | Women's Network, 75 St Hill Street |

Gold coin donation

Contact clangmead@slingshot.co.nz

Every individual's emotions and energy affects the collective field environment. A first step in diffusing societal stress is to increase our personal coherence and raise our vibratory rate. Come and learn more + enjoy a group meditation.

2pm | SOPHIE SCHOLL: THE FINAL DAYS, rated PG, director Marc

Rothemund | Josephite Retreat Centre, 14 Hillside Tce | Koha

Ph Pam [06] 345 5047 ext 3 or pam.hopper@sosj.org.au

A dramatisation of the final days of Sophie Scholl, one of the most famous members of the German World War II anti-Nazi resistance movement, The White Rose. A confronting true story which asks us to reflect upon courage and strength of character.

WEDNESDAY 28 FEBRUARY

5:30-6:30pm | THAT TIME OF THE MONTH YOGA SESSION |

Embark Yoga, 75 St Hill Street | \$15

Ph/txt Emma 021 103 3394 to book

Explore a supportive and restorative yoga practice specifically for 'that time of the month'. During menstruation, it is a time to turn inward. All welcome, any time of cycle or journey.

5:45pm | BOXFIT | Her Fitness, 59 Ingestre Street | \$5. Ph [06] 348 9121 or

results@herfitness.co.nz to register

Enjoy a fun and energetic Boxing Circuit, great music and plenty of laughs. All fitness levels welcome. **Bookings essential.**

6pm | CHENIN BLANC WINE TASTING | The Burrow Cellars, Taupo Quay |

\$40. Register with Joamari info@joaswines.co.nz

Join us and explore chic and vibrant Chenin Blanc wines with sniffing plates and grazing platters. All levels of wine knowledge welcome.

[See previous dates for repeats of Archery, Healing Voices + Journalling]

THURSDAY 29 FEBRUARY

10am-12pm | TEA + TOPICS. FALUN DAFA MEDITATION |

Learn more about Falun Dafa, a spiritual meditation discipline that includes five

Gonville Library, 44 Abbot Street | Free
Ph [06] 344 5872

exercises that look like *qi gong*, with teachings that revolve around the three core principles of truthfulness, compassion and forbearance.

10am-2pm | EXPLORING EMBROIDERY | Trafalgar Square Shopping Centre
Free. Ph/txt Ann 027 237 2088 or email donann101@gmail.com

Come and see what can be done with needle and thread. Try your hand at stitching, materials supplied. A good chance to learn about the local Embroidery Guild.

6:30-9:30pm | LA FIESTA SUMMER QUIZ | Gonville Library, 44 Abbot Street
Free. Ph [06] 344 5872

Form a team of up to 6 girlfriends and use your combined girl power to nail this summer-themed quiz. Feel free to BYO food + refreshments [non-alcoholic].

FRIDAY 1 MARCH

5-7pm | INTRO TO SURFING | Morgan St entrance to Castlecliff Beach | \$5
Registrations essential to whanganui.surf@gmail.com

Enjoy a chance to surf with assistance from the Whanganui Boardriders crew who will supply boards. Begin with observations before entering the water, surf etiquette and all things surf related. Sushi will be available for \$10 or BYO kai to have on the beach.

Weather dependent, keep an eye on social media for updates

SATURDAY 2 MARCH

9-11am | INTRO TO SURFING | Morgan St entrance to Castlecliff Beach | \$5
Registrations essential to whanganui.surf@gmail.com

Enjoy a chance to surf with assistance from the Whanganui Boardriders crew who will supply boards. Begin with observations before entering the water, surf etiquette and all things surf related. Sushi will be available for \$10 or BYO kai to have on the beach.

Weather dependent, keep an eye on social media for updates

9am-3pm | GET YOUR GRAINS | Venue confirmed on booking | \$95
Register via www.communityeducation.nz

Spend the day with local chef Gina Gigou making your own selection of muesli, granola and crackers. Take home everything you make and have the skills to do it all again when your bounty runs out. All ingredients included.

11am | PRIDE WALK | Whanganui River Markets | Koha
Contact info@pridewhanganui.co.nz

Dress loud and rainbow proud! Bring the family, allies and friends, and join in this annual hiko around the bridges.

4-7pm | WONDER BAR | Space Studio & Gallery, 18 St Hill Street | \$20,
includes a complimentary drink on arrival
Tickets available at <https://spacestudiogallery.co.nz/events/>

Enjoy a relaxed atmosphere with Geo performing chill lounge covers. Vendors include: Fox Glove, Joa's Wines, Pique Bars, Papaiti Gin, Good Bones Distilling, LADS Brewing Company + Craft Beer Bar. Easy Tiger smash burgers to satisfy your hunger.

7pm-1am | PRIDE PARTY | Whanganui War Memorial Centre | \$20
Contact info@pridewhanganui.co.nz about tickets

From a wedding to burlesque, pole to interpretive dance, and of course, show-stopping drag artists. The party to end all parties!

SUNDAY 3 MARCH

10am & 2pm | STAINED GLASS SUNCATCHER WORKSHOP | Level 3, 76
Guyton St | \$45. Ph/txt Jo 021 328 994 or redlowgypsy@gmail.com

Learn the art of copper-foiling to make your own stained glass suncatcher. All materials supplied. Suitable for ages 15 plus.

3pm | WOMEN AND ADHD | Women's Network, 75 St Hill Street | Free
Ph/txt Maddie 022 192 2321 or maddiestanley@gmail.com

A group of local women will share their unique and varied experiences of living with ADHD, offering information + insights for those who might be questioning themselves.

3-5pm | B*TTCHES + BEVVIES | Whanganui Squash Club, Bassett Street | \$2
Contact Paula wanganuisquash@inspire.net.nz

Come and try squash – lots of fun! Have a go and socialise with others. Enjoy a drink and nibbles afterwards, or as you go!

MONDAY 4 MARCH

10-11am | COACH CHATS | Village Snob coffee cart, Taupo Quay or The
Burrow if it's wet | Free, the coffee is on us! Contact kiaora@thriveinow.org.nz

Informal social meet up for anyone in or planning their business journey. Ask the Thrive Impact Coaches any questions, have a cuppa and connect with others.

11am-2pm | PASIFIKA ARTS | 48 Alma Road | Koha welcome
Registrations essential in advance for catering purposes to
mediaposts.wms@gmail.com

Turou, oro mai. Join the Multicultural Council for a creative session making Ei Katu [floral headbands] and Sei Pua [frangipani]. All welcome, materials + refreshments provided.

TUESDAY 5 MARCH

10am | STORY TIME | Davis Library, 1 Pukenamu Drive | Free
Contact ellen@whanganuilibrary.com or [06] 349 1000

Join us for this special La Fiesta edition of Story Time especially for 0-6 year olds and kids of all ages.

10am-12pm | SRI LANKAN LANTERN MAKING | Hakeke Community Centre + Library, 65 Hakeke St | Koha welcome. **Registrations essential for catering purposes to** mediaposts.wms@gmail.com

Join the Multicultural Council in learning the art of making Sri Lankan lanterns while enjoying some delicious Sri Lankan nibbles. All welcome, materials + refreshments provided.

12:15-1pm | HEART COHERENCE | Women's Network, 75 St Hill Street | Gold coin donation
Contact clangmead@slingshot.co.nz

Every individual's emotions and energy affects the collective field environment. A first step in diffusing societal stress is to increase our personal coherence and raise our vibratory rate. Come and learn more + enjoy a group meditation.

2pm | BABETTE'S FEAST, rated G, director Gabriel Axel | Josephite Retreat Centre, 14 Hillside Tce | Koha
Ph Pam [06] 345 5047 ext 3 or pam.hopper@sosj.org.au

A French housekeeper brings a quiet revolution to starkly pious villages in the form of one exquisite banquet in late 19th century Denmark. It proclaims that we can read the soul through the palette – the ultimate film about food!

6pm | WOMEN'S KICKBOXFIT CLASS | Awa Kings, 159 Wicksteed Street | \$5
Contact dinelle@sportwhanganui.co.nz

A fun class for all fitness levels to get moving and burn off some energy. No experience necessary, suitable for ages 12+. Wear comfy clothes, BYO drink bottle.

WEDNESDAY 6 MARCH

7-8am | MORNING RAVE | Whanganui Musicians Club, Drews Avenue | \$10
Ph/txt Julie 021 121 6965 or julie.radiancedmt@gmail.com

Come get your groove, sweat, shake or bounce on! Start the day with a boogie and a bang. Join the welcoming monthly Morning Rave community, the early start's worth it!

10am-12pm | A TASTE OF ASIA | Whanganui Learning Centre, 232 Wicksteed Street | Koha welcome. **Registrations essential for catering purposes to** mediaposts.wms@gmail.com

Enjoy a Chinese Tea Ceremony with the Multicultural Council and explore the Dao of Chinese floral arrangement, ancient Chinese zither, origami, calligraphy, and traditional Chinese painting.

10:30am-12pm | ARTS + CRAFTS FOR GROWN UPS | Davis Library, 1 Pukenamu Drive | Free. Contact iva@whanganuilibrary.com

Join in a morning of creativity while enjoying the company of fellow craft enthusiasts.

1:30pm | WOW MEET UP | Barracks Sports Bar, 170 St Hill Street | Koha welcome, order from the menu | Contact womnet.whanganui@gmail.com

A lunchtime social monthly meet up for women who live alone to connect with other women over a cuppa and a chat.

5:30pm | WOW MEET UP | Women's Network, 75 St Hill Street | Koha welcome, refreshments provided | Contact womnet.whanganui@gmail.com

An evening social monthly meet up for women who live alone to connect with other women over a cuppa and a chat.

6pm | PRE-LOVED PROJECT, HOSPICE CHIC | Venue TBC | \$30
Ph/txt Kelly 027 304 2126 or kellys@hospicewhanganui.org.nz

A fab evening of pre-loved fashion and accessories with food, drink and fun. Op shop tips and styling advice special discount on the night. Tickets at Hospice Op Shops.

THURSDAY 7 MARCH

10am-12pm | EXPLORE INDIAN ARTS | Gonville Library, 44 Abbot Street | Koha welcome. **Registrations essential for catering purposes to** mediaposts.wms@gmail.com

Explore Indian culture, costume and tradition with the Multicultural Council. Make flower garlands, try the art of Henna, and learn how to wear a sari. Indian nibbles

provided.

10am-12pm | TEA + TOPICS. WINTER WELLNESS | Gonville Library, 44 Abbot Street | Free. Ph [06] 344 5872

Irene Davis is back by popular demand. This Tea and Topics will be about getting ready for winter and how to boost your immune system the natural way.

5-7pm | FALUN DAFA | Gonville Library, 44 Abbot Street | Free Ph/txt Diana 022 123 6336 or whanganuilotus@gmail.com

An opportunity to learn about and have a go at Falun Gong meditation exercises.

6:30-8:30pm | NURTURING CRAFT EVENING FOR MĀMĀ | 75 St Hill Street | Free. Ph/txt Maddie 022 192 2321 or whew@sustainablewhanganui.org.nz

Need some time out from the whānau and want to connect with other māmā in a relaxing environment? Create a vision board for your life with re-used magazines.

FRIDAY 8 MARCH: INTERNATIONAL WOMEN'S DAY

10am-12pm | LIBRARY ONLINE | Gonville Library, 44 Abbot Street | Free Ph [06] 344 5872

Discover how to get FREE access to movies, books, audiobooks, magazines, newspapers, music, motor manuals + courses available through our library apps.

10am-12pm | RARANGA WORKSHOP | Gonville Library, 44 Abbot Street | Koha welcome. **Registrations essential to** mediaposts.wms@gmail.com

Learn to make a beautiful handcrafted open-top pōtae with Mere Keating and the Multicultural Council. All materials and refreshments provided.

3:30-4:30pm | BUTTERFLY MOSAIC ART | Davis Library, Pukenamu Drive | Free. Contact kat@whanganuilibrary.com

Celebrate International Women's Day with this fun activity for all ages. Make a mosaic butterfly card and gift it to a special lady in your life.

6:15-7:15pm | WOMEN'S SMASH CRICKET | Victoria Park, Parsons Street | Free. Contact verity@cricketwhanganui.co.nz or 027 230 5151

A fun, social cricket game with no fuss and no kit required. Come and give it a go! All skills, fitness levels and ages are welcome.

6:30pm | PLEASE ADJUST YOUR G-STRING | Women's Network, 75 St Hill Street | Tickets \$20 General, \$15 Senior/Student.

A hilarious romp through an OE with a difference. Margaret Austin left New Zealand in 1975 with no idea what lay ahead on the other side of the world. Blessed, or cursed, with a sense of adventure, she turned her nose up at London and went for Amsterdam, Athens and Paris, diving into experiences not for the faint-hearted.

Contact womnet.whanganui@gmail.com to book

Limited to 30 seats per performance on Friday and Saturday 9 March

SATURDAY 9 MARCH

Time TBC | FLORAL ART IN THE GARDEN | 352, SH3 Westmere Contact Liz oeta566@gmail.com

Garden open to the public with floral art structures, demonstrations, plants and refreshments to purchase. Organised by the Wanganui Floral Art Group.

6:30pm | PLEASE ADJUST YOUR G STRING | 75 St Hill Street

The second and final performance of Margaret Austin's hilarious romp **[see 8 March]**

SUNDAY 10 MARCH

Time TBC | FLORAL ART IN THE GARDEN | 352, SH3 Westmere

Details as per listing for 9 March

1:30-4:30pm | AUTHENTIC MOVEMENT | 673 Papaiti Road | \$20 Ph/txt Julie 021 121 6965 or julie.radiancedmt@gmail.com

A meditative and beautiful movement practice involving witnessing, expressive art, reflection and connection set in a peaceful place, gently facilitated, with snacks.

2-5pm | SONGBIRD | Tarapuruhi, Bushy Park Sanctuary, 791 Rangitatau East Road | Tickets \$25 Adults, \$20 Senior/Student, \$50 Family Pass [2 adults + 2 kids] book via <https://www.undertheradar.co.nz/>

Join musicians Elise Goodge, Elizabeth de Vegt and Hamish Jellyman for a magical bird themed afternoon at Bushy Park. Starting with a 2pm Soundwalk and Meditation in the garden; 3pm Afternoon Tea; followed by a concert in the homestead from 3:30pm featuring original and cover songs about birds. The perfect way to end the festival.

Soundwalk, afternoon tea and concert all included in ticket price

Details were correct at the time of compilation in December 2023. Some details may change. For more info get in touch with the contact person listed for each festival event.