

## CONNECTION THROUGH RECREATION



## Newsletter January | February 2024

Greetings Sheddies,

**SHED ACTIVITIES:** We are looking forward to a fun and exciting 2024. Come and join us at the Shed, try new activities, make connections and new friends. Keep an eye on our CWS Website and Hello Club calendar for upcoming meetups, new activities and workshops; the Activities Committee have been busy planning and exploring new ideas for this year.

**CWS OPEN DAY: Sat 9 March 2024** Remember to save the date and come and visit our Shed, based at the Community Centre 26 Research St Coolum. Check out what our members are doing, there will be activities, displays and raffles. As part of our fundraising, we are collecting donations for our raffles. These can include gourmet and basic nonperishable food and personal care items. A large red plastic box is located at the Shed on the white bench, where you can leave donations, OR hand to one of our Committee members or your Activity Coordinator.



**CWS MEMBERSHIP ANNUAL FEE:** At the AGM in Sept members voted to increase the fee from \$30 to \$35 per annum. This increase will support the rise in Insurance and IT systems fees. Membership starts from the date you register and become a member and is valid for one year. Due to the nature of some activities, current membership is required to participate and to become an Activity Coordinator. Please check the activity descriptor for details

**RESISTANCE TRAINING WITH ROBYN:** Wednesdays and Fridays, 11:00 – 11:45, multi day series for 5 sessions. Robyn is keen to encourage women to increase their fitness, balance and strength, classes are designed to encourage and support in a relaxed yet fun atmosphere. Sessions run on 4/5 week blocks for \$67.50, limited numbers per block session. **All levels are welcome**

**BOOK CLUB:** Join us the 4th Monday of each month at 12 – 2.00pm, for lunch and a chat about the latest book at *Gun Cotton Coffee Roasters*, 13 Railway St Yandina. If it's your first month just come along for lunch and we will let you know what the next book is - if you decide to join the club, please purchase a *Book Club Pass* from the extras section, this covers you for the books for the year as part of the library membership. There are only 8 books available per book club, so please check with Georgia P, the Coordinator that there will be books available before purchasing a pass.

**Please book in if you are coming for CWS Members Only.**

CWS membership fee is available to purchase @ \$35 per year with the year starting the day you join. Annual Book Club Fee \$15 per year, from July to June. This covers you for the books for the year as part of the library membership.

**YOGA WITH SIMONE:** Every Thursday at 9.30am at the Shed. As from Jan 2024 the fees are - members \$15 per session, non-members \$20. Book and pay on Hello Club for one or several classes, book early as places are limited.

**NEW CLASS** Restorative Yoga and Meditation 5 week program at the Shed. "The 5 elements." Tuesdays from 6pm - 7pm, x 5 weeks. Members \$75, Non-members \$100. **Join Simone for this program as you discover and honour the 5 elements, connecting to a different element each week through a restorative yoga and meditation practice.** This 5-week program is appropriate for all levels; restorative yoga is practiced at a slow pace, using props for total physical, mental, and emotional relaxation, focusing on long holds, stillness, and deep breathing. There are 10 places available, book and pay on Hello Club.

**NEW - DANCE FOR FUN AND FITNESS:** Every 2nd and 4th Tuesday of the month starting 13 Feb. at 10.30. Come and join us for dance, music, fitness and fun as we move to the musical beats of the dance video. ***This activity is for all levels and is totally suitable for beginners.*** You will need nonslip shoes, water and a towel. Please inform the Coordinators if you have any injuries or health issues.



**MAJHONG:** Tuesdays 2nd & 4th from 1-3pm. ☞☞ Come and join us for a fun session of Mahjong ☞☞ If you own your own set please feel free to bring it along. **Beginners welcome**, as well as experienced players, be sure to book your place early as we have had an enormous response. Sharon T is the coordinator for this group, we are seeking a second coordinator to assist.

**IKEBANA:** Japanese Flower Arranging Demonstration is an ancient Japanese art of flower arranging and decoration. This session was presented by Ella Herwald who studied Ikebana in Japan and has taught the art for over 36 years. 10 members attended the relaxed and very informative session. ***With sufficient interest we are keen to run another demonstration and possible workshop.*** Keep an eye on our Hello Club calendar.



**BRAINIACS:** Thursday & Saturday Cards & Games, our members continue to test and expand their skills, with games such as Canasta, 500 and Philadelphia. ***Lots of fun and laughter at Brainiacs (no we are not playing for sheep stations)***

Thursdays@1pm, Saturdays from 1pm to 4pm. BYO lunch or a plate to share. Kathryn C and Karin R are the Brainiacs coordinators, so let them know if you wish to play a different type of card game.

**OTT (ON THE TOOLS):** Are you a keen and experienced wood worker in the use of a variety of tools? **We are looking for members or women tradies who can instruct on a regular basis, and share their skills with our group of eager learners.** For those who have not been to our Tool Shed, you can learn how to use a variety of tools, so bring your own project to make/mend or join in with our projects. Karin R and Rhonda P, are the coordinators for the Tool Shed. We adhere to safe work practices- Induction, closed shoes, eye & ear protection.

**DRAWING GROUP Sketchy Gals:** Beginners welcome, come and join us twice per month on Saturdays 10.30-12.30pm, using different drawing, art techniques and more importantly share tips and ideas. ***This group is essentially self-taught to practice drawing skills through shared experience.*** Each meeting has a suggested exercise or project topic which we watch on the computer, or you are welcome to bring your own project, please bring your own materials. The theme for our last meetup ***Scribble Drawing***, well done to all 😊 Georgia P and Kaia P are the coordinators.

**CREATIVE CONNECTIONS: Beginners Sewing,** bring your own machine or use our machine or overlocker, every 4th Thursday of the month 11am-1pm. Improve your sewing skills, mend items & start new projects. Elizabeth B (and Susan T) share their knowledge & skills and gently guide you through the sewing process.

**CREATIVE CONNECTIONS: Craft & Chat,** come and join us on the 2nd Thursday of each month from 11am -1pm and bring along your creative endeavours - art, craft, knitting, crochet, macrame projects or a special project you would like to develop. Share and learn new skills with other like-minded Sheddies over a coffee/tea & chat.

**SHED JAZZ:** Coolum Men's Shed have a Jazz music group that get together each Monday 1-3pm at the Men's Shed Community Centre 26 Research St Coolum Industrial Estate, (also Women's Shed venue). If you are an experienced jazz musician or singer who would like to join them, please contact Ian on 0428 598465, there no tuition provided. This is a collaborative activity between the Coolum Men's Shed and The Coolum Women's Shed.

**WALK GROUPS:** The Feb away walk took us from Castaways Beach to Sunrise Beach and return. The tide was out sufficiently to walk on the beautiful beach. Lynne G, Karin R & Deilia M are the coordinators. Walks are on Tues and Wed mornings, (summertime 7.30am) details on Hello Club



**FUNDRAISING FOR CWS:** Would you like to help us raise funds with minimal effort? Coolum Women's Shed is registered for Containers for Change. All cans, glass and plastic bottles marked with a 10c stamp can be recycled. Wine bottles are now being accepted as well. It is located in Lysaght St opposite the German Bakehouse in the Coolum Industrial Estate. Our CWS code is # C10120544, \$\$\$ are then allocated to our account. We have a Containers for Change bag at the Shed where you can leave your cans/bottles and we can deposit them for you.

**VOLUNTEERING AT CWS:** If you are a member and keen to share your skills and expertise, you can become a Shed volunteer please contact us at [coolumwomensshed@gmail.com](mailto:coolumwomensshed@gmail.com) (A reminder we don't have a contact phone number and no full time admin support). All activities & events are conducted by our team of CWS volunteers & without their support, we cannot conduct our low-cost activities. Several tasks are required to set up, supervise, check attendance and support the activity. If you have skills you would like to share with like, kayaking, tools, mosaics, outdoor activities, or new ideas for activities & workshops and are interested in becoming an Activity Volunteer Coordinator, please contact Deilia M.



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