

## CONNECTION THROUGH RECREATION



## Newsletter March | April 2024

Greetings Sheddies,

**CWS OPEN DAY Sat 9 March 2024:**

**Celebrating International Women's Day and showcasing the Women's Shed.**

Well, what a successful Open Day it was, with over 100 visitors exploring activity options, checking out displays and chatting to our members to find out what we provide for our local community of women.

A very big thank you to our Sheddie members for their hard work setting up and packing down, there was endless chatting to our visitors. Our members did a great job of the activity displays, and sharing their stories, the fitness class provided inspiration to have fun whilst getting fit, same for the new Dance for Fitness activity. What a great way to celebrate International Women's Day-Inspire Inclusion.

Visits from local politicians Federal Member Ted O'Brien & Sunshine Coast Councilor Maria Suarez, our Open Day was also promoted on radio stations 104.9 Sunshine FM and ABC Maroochydhore.

A fun, busy and exciting day for all, especially the eight lucky winners of the amazing raffle prizes and hampers.





### PAINT & SIP 🎨🍷

This **new workshop** is available to CWS members | Paint and Sip is a delightful way to combine creativity, relaxation, and socializing. Join Georgia as she takes us through, step by step, to create a beautiful daisy painting.

#### **BYO drinks and nibbles | All painting equipment supplied**

Remember, the essence of paint and sip is to enjoy the process, have fun, and create something beautiful.

**Sunday 14 April 2024, 3-6pm at the Shed**

**Book on Hello Club \$45 | Cheers to your artistic adventure 🍷**



### SHED UPDATES:

**MOSIAC TOTEM POLE INSTALLED:** The first of 3 totem poles, installed in time for the Open Day, thanks to Karin, Lynne and the Men's Shed. Annie and her fellow mosaic colleagues worked hard to complete the pole which is now installed by the front veranda steps.

**AIR CONDITIIONER IN SEWING ROOM:** We now have an air conditioner in our sewing/admin room which will make sewing/creative activities much more comfortable. Thank you to the Men's Shed for their support.

**INDUSTRIAL AREA DEVELOPMENT WORKS:** Due to the development works taking place in the old motor cross field, at the end of Research St (next to the Shed), a reminder to please be aware and mindful of the large increase in heavy truck traffic using the roads during weekdays, along with the noise and dust.

### What's happening now:

**COOLUM MEN'S SHED and COOLUM WOMEN'S SHED:**

Another collaborative project – (now in its 3rd week) CWS members were invited to join the 4-week Beginners Photography Sessions at the Men's Shed. What a great opportunity to improve our photography skills using either cameras or mobile phones.

Thanks Tony (professional photographer) and Peter (Photography Club coordinator) we can also join the Men's Shed Camera Club to further increase our skills.

### **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 | **no tuition provided.**

This is a collaborative activity between the Coolum Men's Shed and The Coolum Women's Shed members.

### **YOGA WITH SIMONE:**

Every Thursday at 9.30am at the Shed. 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.

### **DANCE FOR FUN AND FITNESS:**

Every 2nd and 4th Tuesday of the month 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.



### **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 and ear protection.

The Coolum Womens Shed Inc. IA58358

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