

CONVERSATION

WHAT'S THE BUZZ?

Sunday 18 February 2.30PM

Bring your curiosity as STEM disciplines specialist Julian Kennard talks (and shows) all things drones and their applications in daily life. No need to book, just join in then stay on for a drink at Sundays@Attitude

DAY TRIP

INDIGENOUS HERITAGE SITES

Friday 23 February 10AM

Visit the Maternity Tree, the Stone Wells, the Lookout and the Ring Tree. Flat, bush terrain of about 1km at two sites. You'll need good walking shoes and your own lunch.

- Bus leaves Attitude 10am sharp.
- Places limited; bookings essential - see back page
- Don't forget your picnic lunch and drinking water

ELSEWHERE ABOUT TOWN

Iconic local events return for the summer.

ORGANS OF THE GOLDFIELDS

Monday 15 January 11AM & 2PM

St Paul's Anglican Church Clunes
This acclaimed event returns to Clunes with *Flowering Serenades* performed by Arcadia Winds, Massimo Scattolin guitar, Josephine Vains cello and Erica Kennedy violin. Cost: \$45/\$35 concession. Book: www.ballaratorgans.com.au

AUSTRALIA DAY EVENTS

Friday 26 January

Sunrise walk 5.45AM

Mt Beckworth Reserve - meet at the Dam
Traditional sunrise walk and flag raising ceremony plus pancake breakfast.

Community BBQ 5.30PM

Collins Place, Fraser Street
Flag lowering ceremony with free community BBQ and live entertainment. Bring your own chair or picnic rug. Proudly brought to you by the Clunes Tourist & Development Association.

CLUNES QUICK SHEAR

Saturday 24 February 2PM

Clunes Showgrounds
Join in the fun at the Clunes and District Young Farmers 8th Annual Quick Shear. An annual fundraiser, this year the event supports the important work of the Royal Flying Doctor Service. Entry: Gold coin donation.

GOT AN IDEA TO SHARE?

Attitude holds regular planning meeting to gather ideas for new monthly activities and special events. Got an idea? Come share it at our next planning meeting 11AM Tuesday 16 January at Attitude.

Bookings

- www.ageingwithattitude.org
- Clunes Neighbourhood House
6 Templeton Street
- or scan the code

For more information or to find out how to join in

f Attitude. Ageing Well in Clunes
@ attitude.clunes@outlook.com
Attitude: 25 Fraser Street

Production of this program and Attitude's Special Events and Workshops are part of the Living & Ageing Well in Hepburn Project, supported by Western Victoria Primary Health Network under the Australian Government's Primary Health Networks Program.



A PROGRAM OF CLUNES NEIGHBOURHOOD HOUSE

This guide also includes complimentary listings for other local clubs under Elsewhere About Town.
Have a community event in Clunes to promote? Let us know and we'll help spread the word.
Working with clubs in Clunes and cross promoting our events keeps our town strong.



GET YOUR
ATTITUDE
HERE!



WHAT'S ON in **Clunes**

EVENTS | CLUBS | GROUPS

**JANUARY -
FEBRUARY
2024**

Enjoy a wide range of activities including fitness, local interest groups, film nights, workshops and excursions aimed at the interests of retirees and older residents.

FILM NIGHTS

**RETURNING TO THE FIRST
WEDNESDAY OF THE MONTH
FROM FEBRUARY**

Drinks and ice creams at bar prices

7 FEBRUARY

THE LADY VANISHES (1938)

Directed by Alfred Hitchcock. Mystery thriller ranked one of the best British films of the twentieth century.

Follow us on instagram:

 [filmswithattitude](https://www.instagram.com/filmswithattitude)

**7.30PM
BYO
supper**

WORKSHOP

JAPANESE BOOKBINDING

Saturday 10 February 10AM-4PM

Introductory workshop led by master print maker Dianne Longley of Agave Studio. Explore the Japanese four-hole binding technique, a simple and adaptable bookbinding process you can adapt to various projects including artist books and journals. Art materials from Japan will be used and discussed. Extremely limited places, bookings essential. \$20 for materials to be paid on booking.

FITNESS & FUN

Simply turn up or call the contacts below.

**CARDIO & STRENGTH
TRAINING**

Wednesdays at the Footy Club, Mondays & Fridays at Attitude 5.30-6.30PM, from 8 Jan. \$5 a week. Victoria: projects@clunesnh.org

CLUNES TREKKERS

Tuesdays at 8.30AM at Collins Place. Caters for slow and fast walkers. Lois: 0467 331 136

**MOBILITY STRENGTH
& BALANCE**

Mondays, Wednesdays & Fridays 10-10.45AM from 8 Jan. Victoria: projects@clunesnh.org

MEDITATION

Mondays 5-6PM
Sandra: 0438 415 715

PÉTANQUE

Saturdays 2PM Collins Place. Gary: 0414 888 955

YOGA

Tuesdays 7-8PM from 16 Jan. Cost applies. Lily: 0459 138 797

**NEW TO THE FITNESS
& FUN PROGRAM!**

SUPERVISED GYM

Central Highlands Rural Health (CHRH) has launched weekly Tuesday classes at their Clunes campus offering community members a tailored exercise program under supervision from an exercise professional. Current sessions are at capacity but a second time slot on Fridays beginning in 2024 is now taking expressions of interest. Contact CHRH Accredited Exercise Physiologist Brad Power at brad.power@chrh.org.au or call 5321 6539.

**All ages
& abilities
welcome**

LOCAL GROUPS

ARTIST GROUP

Thursdays 1-4PM & 1st Saturday of the month Noon-4PM.
Marlene: 0409 355 857

BOOK CLUB

3rd Monday of the month 7.30-9.30PM in conjunction with Ballarat Library.
Lois: 0467 331 136

CROCHET GROUP

2nd & 4th Wednesdays of the month 10-11.30AM.
Judi: 0435 258 430

GARDEN CLUB

1st Tuesday of the month 10AM, from 6 Feb.
Deirdre: 0425 707 972

**IMPRINT ATTITUDE
PUBLISHING**

Meeting regularly to finalise *A Thirst for Gold...*
Tess: 0414 483 348

MAD CHATTERS

Wednesdays 2PM at Widow Twankey's Cafe. Newcomers welcome.
Carmel: 0421 635 369

MAHJONG

Mondays 5.30-7.30PM.
Sue: 0417 562 258

MENS SHED

Mondays, Wednesdays & Fridays 10AM-Noon at 18 Alliance St.
Simon: 0438 737 193

SECRET LIVES OF BOOKS

Can you keep a Secret – or help us get one out? If you enjoy writing creatively become part of the Secret Lives of Books. Pop into to BOOM to learn more.

UKULELE

Fridays 3-5PM, from 8 Jan. Beginners welcome. BYO ukulele or to borrow one email Victoria at projects@clunesnh.org

**WATERCOLOUR
TECHNIQUES & TIPS**

2nd & 4th Wednesdays of the month 1.30-3.30PM
Judi: 0435 258 430

WRITERS GROUP

2nd Monday of the month 1-3PM.
Sandra: 0438 415 715

GET INVOLVED

WORLD PET DAY

Pets enrich our lives every day, but on 11 April each year the world stops to recognise this. Clunes has always been a pet-loving town so why not join the team at Clunes Neighbourhood House planning to celebrate this in a big way! Email projects@clunesnh.org for full details.

BECOME A PEER SUPPORT VOLUNTEER

Are you a tech guru or keen to become one? You'll fit right in at Clunes Neighbourhood House's team of Digital Support volunteers. Email projects@clunesnh.org for more.

MEALS ON WHEELS VOLUNTEERS NEEDED

Central Highlands Rural Health is in urgent need of volunteers in the Clunes area to deliver nutritious meals to seniors and people in need. This is more than a meal delivery service - we're a friendly face, a check-in, and a reminder that their community cares. To find out more contact wendy.vanderpol@chrh.org.au or call 5345 9189.

SUNDAYS@ATTITUDE

RETURNS SUNDAY 4 FEBRUARY

A social and friendly space to meet old friends and new.

4.30 - 8PM

Drinks at bar prices | Snacks served