

WHAT'S ON in Clunes

EVENTS | CLUBS | GROUPS

SPRING/
SUMMER
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.

DJA DJA WURRUNG COUNTRY

Living
and
ageing
well
in Hepburn

Clunes Neighbourhood House

6 Templeton St Clunes | 5345 4078

© co-ordinator@clunesnh.org

f HeartofClunes



SCAN ME

Attitude - 25 Fraser St Clunes

f Attitude. Ageing Well in Clunes

@ attitude.clunes@outlook.com

This guide also includes complimentary listings for other local clubs under Elsewhere About Town that are separate from the Clunes Neighbourhood House program.

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!



Production of this program is part of the Living and Ageing Well in Hepburn project, supported by Western Victoria Primary Health Network under the Australian Government's Primary Health Networks Program.

phn
WESTERN VICTORIA
An Australian Government Initiative

Central Highlands
Rural Health

Clunes
Neighbourhood House

Attitude
AGEING WELL IN CLUNES

Living
ageing
well
in Hepburn

SPECIAL EVENTS

FREE at Attitude
unless otherwise stated. See back page for bookings.

MAYHEM IN MARYBOROUGH

2nd Thursdays (Sept – Dec)

'The Social' will travel to Maryborough via train for lunch at the Station Café. Train ticket and lunch at your own cost.

NATIONAL CARERS WEEK 2024

Friday 18 October, 12 noon – 2pm

Experience first-hand what is offered in Clunes. Free BBQ, mini-massages and self-care journal giveaway.

BREAST SCREEN BOOBIE BUS

Monday 28 October

Free bus to Ballarat BreastScreen to 'get your puppies checked'. Followed by lunch at own expense. Leaving at 9am.

MELBOURNE CUP DAY

Tuesday 5 November, 2pm – 5pm

Watch the race with canapes & a drink. Cup Sweep. Drinks at bar prices. \$10 per.

2024 COUNTRY CHRISTMAS

Sunday, 12 December, 12 noon – 2pm

Country Christmas with entertainment and a BBQ lunch. Look out for the guy in a red suit. Open to all. At Collins Place.

'THE SOCIAL' CHRISTMAS FUNCTION

Sunday 1 December, starts 4.30pm.

HOOHOO. Free BBQ dinner, first drink free of charge. All welcome.

HELPFUL RESOURCES

Clunes Neighborhood House (CNH)

Activities and groups, including fitness and well-being; Anglicare Victoria emergency food relief.

www.clunesnh.org | 5345 4078

6 Templeton St, Clunes

email: co-ordinator@clunesnh.org

Hepburn Shire

www.hepburn.vic.gov.au | 5348 2306

email: shire@hepburn.vic.gov.au

Clunes Pharmacy

Vaccinations; weight management; hearing checks; health checks; medical administration.

59 Fraser St, Clunes | 5345 3355

email: info@clunespharmacy.com.au

Clunes Health

(Central Highlands Rural Health)

Sub-acute & nursing home services including social workers, counselling and allied health services.

69 Service St, Clunes | 5345 8090

www.chrh.org.au/clunes-health/

Free Farmer Health Assessments at home

Email: louise.mayall@mecwacare.com.au or call 5366 7934.

Elders Rights Advocacy

Supporting older people, their families and representatives in Victoria.

Mon – Sat 8am to 8pm, Ross House, 247/251 Flinders Ln, Melbourne 9602 3066 | elderrights.org.au

Carers Gateway

Monday to Friday, 8am to 5pm

Carer support; carer wellbeing; emergency respite,

1800 514 845 | www.carergateway.gov.au

Travellers Aid

Free wheelchair connection assistance service; travel guidance

Ballarat Station:

7:30am – 3:30pm, Monday to Friday.

0491 767 177 | ballarat@travellersaid.org.au

Southern Cross Station:

6:30am – 9.30pm, 7 days a week

9670 2072 | scs@travellersaid.org.au

Got an Idea for an event or activity?
Looking to use an age-friendly space?
Contact Clunes Neighbourhood House
on 03 5345 4078 or email
co-ordinator@clunesnh.org

FILM NIGHTS

**FIRST WEDNESDAY
OF THE MONTH 7:30PM**

Drinks at bar prices. BYO supper. Icecreams for sale.

4 September 2024

**A WOMAN UNDER THE
INFLUENCE (1974)**

Written and directed by John Cassavettes, starring Peter Falk and Gena Rowlands who won Best Actress in the Golden Globe Awards.

2 October 2024

POLLOCK (2000)

Directed and starring Ed Harris. An award-winning bio-pic based on the life of the artist Jackson Pollock.

6 November 2024

THE PLEDGE (2001)

A psychological mystery drama starring Jack Nicholson and an amazing cast including Vanessa Redgrave and Helen Mirren.

4 December:

TAMPOPO (1985)

A Japanese comedy: 'The funniest movie about the connection between food and sex ever made'. The Washington Post. (SUBTITLES)

WORKSHOPS

DIGITAL WORKSHOP

Tuesday 12 November

11am – midday

Get to know your phone or tablet, learn to video call family, take and send photos, download apps.

FIRST AID

Monday 21 October

11am – 12:30pm

Part of Shocktober with Ambulance Victoria as presenters, learn how to perform CPR, increase your knowledge of what to do in an emergency. Topics: snake bites, heat stress and more.

PASTA MAKING

WORKSHOP

Tuesday 15 October

11am – 2.30pm | \$25

A fun pasta making workshop. Lunch and take-home pasta. Local expert Paul Miller will be discussing olive oil and its health benefits.

CREATE WITH CANVA

Wednesday 27 November

12:30pm | BYO Laptop

Level up your marketing and social media posts in this fun workshop. Learn to design and create in Canva.

FITNESS & FUN

**Simply turn up or call
the contacts below.**

CARDIO & STRENGTH

Mon, Wed & Fri at Attitude, 5:30 – 6:30pm \$5 a week. victoriareeve@yahoo.com

**MOBILITY, STRENGTH &
BALANCE | \$5 a week**

Mon, Wed & Fri, 10 – 10:45am victoriareeve@yahoo.com

CLUNES TREKKERS

Tuesdays 9am at Collins Place. Caters for slow and fast walkers. Lois: 0467 331 136

PETANQUE

Saturdays 2pm at Collins Place. Gary: 0414 888 955

PICKLEBALL | \$10 to play

Wednesdays 11:30am at Clunes Basketball Stadium. Beginners welcome. Wendy: 0458 372 906

VINYASA YOGA WITH ASH

at Neighbourhood House, Thursdays 7 – 8pm except for 2nd Thursday of the month 6pm – 7pm, Saturdays 8:30 – 9:30am, cost applies. Ashleigh: 0417 152 506

YOGA WITH LILY

Tuesdays 7pm at Attitude. Restore your balance inside and out. Cost applies. Lily: 0459 138 797

LOCAL GROUPS

ADHD ADULT SUPPORT

GROUP Christine Kenny
chris_kenny71@hotmail.com

ARTIST GROUP

Thursdays 1 – 4pm and
1st Saturday 12pm – 4pm
Marlene: 0409 355 857

BOOK CLUB

3rd Monday of the month
7:30-9:30pm.
Lois: 0467 331 136

CARERS CLUB

See our website for events
clunesnh.org/book-online

CLUNES ANGLING CLUB

1st Monday at School of Mines
Competitions Sept – May
Ken: 0428 118 446

CLUNES GOLF CLUB

Wednesdays & Sundays
10am tee off.
Contact: Rob 0456 211 341

CROCHET GROUP

Fortnightly Wed 10 – 11:30am
Judi: 0435 258 430

GARDEN CLUB

1st Tues 10am. Call Deirdre
0425 707 972 for location.

IMPRINT ATTITUDE

PUBLISHING

1st Monday at 2pm
in the meeting room.
Tess: 0414 483 348

MAD CHATTERS

Wednesdays 2pm at
Cafe 52 Newcomers welcome.
Carmel: 0421 635 369

MAHJONG

Mondays 5.30 – 7.30pm
Sue: 0417 562 258

MEDITATION

Mondays 5 – 6pm.
Sandra: 0438 415 715

MENS SHED

Mon, Wed & Fri 10am – noon
18 Alliance Street
John: 0459 654 413

PLAYGROUP

Thursdays 10am – 12pm
during school term. Perfect
for grandparents looking after
grandchildren.

SONGS OF SIGNIFICANCE

2nd Thursday, 7 – 9pm | CNH
Share, play, discuss and enjoy
your favourite piece of music
(CD, vinyl, digital etc)

UKULELE

Fridays 3 – 5pm. Beginners
welcome. BYO ukulele or to
borrow one email Victoria.
victoriareeve@yahoo.com

WATERCOLOUR

TECHNIQUES & TIPS
Fortnightly Wed 1:30 – 3:30pm
Judi: 0435 258 430

WRITERS GROUP

2nd Monday 1 – 3pm
Sandra: 0438 415 715

SUNDAYS@ATTITUDE

4:30 – 8pm. Our lounge bar
is a great place to meet new
and old friends. Drinks at bar
prices. Snacks served.

ELSEWHERE ABOUT TOWN

BOOKTOWNON SUNDAY

Clunes Station
Sept 8 – Mark Mupotsa-Russell
with *A Hitwoman's Guide to
Reducing Household Debt*.

Oct 13 – Anna Johnson
with *The Borrowed Life of
Frederick Fife*

Nov 10 – Ross McMullin with
Life So Full of Promise.
www.creativeclunes.tidyhq.com/public/schedule/events

**161ST CLUNES
AGRICULTURAL SHOW**

16 November 2024
www.clunesshow.com.au

**BINGO FUNDRAISER FOR
CLUNES PRIMARY**

Friday 18 October, 7pm
Clunes Primary in their
Multi-Purpose Hall. \$25pp.
Deb: 0419 341 127

**CLUNES PRIMARY
SCHOOL 150TH JULY 2025**

Do you have any memorabilia
to share? Keen to get
involved in the planning?
Sonia: 5345 3182

DANCIN' CLUNES | \$10

1st Friday of the month at
Clunes Town Hall, 7:30pm.
0417 233 373