

WHAT'S ON in Clunes

EVENTS | CLUBS | GROUPS

FEBRUARY
TO JUNE
2025

Enjoy a wide range of activities including fitness, local interest groups, film nights, workshops and excursions led by and with retirees and older residents. Not that age? Never mind, all welcome.

DJA DJA WURRUNG COUNTRY

Living
and
ageing
well
in Hepburn

Clunes Neighbourhood House

6 Templeton St Clunes | 5345 4078

co-ordinator@clunesnh.org

ClunesNeighbourhoodHouse



SCAN ME

Living and Ageing Well Hub

Attitude - 25 Fraser St Clunes

co-ordinator@clunesnh.org

Attitude. Ageing Well in Clunes

Supporting people at all stages of ageing to lead and participate in activities for the benefit of the community, improves people's physical and mental health and creates a sense of belonging.

Doing this in a way that is sustainable and welcoming for all requires collaboration and opportunity for shared reflection across community and organisations. How people operate activities in this living and ageing well hub, and the impact that then has on people's health and wellbeing is an ongoing journey. Follow our story at www.ageingwithattitude.org



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



HELPFUL RESOURCES AND INFORMATION

HOW ATTITUDE WORKS

Once the Senior Citizens Centre, the Attitude building is leased from Hepburn Shire Council by Clunes Neighbourhood House. It is a visible, accessible, and shared space for older people (at all stages of ageing) to be actively involved in living and ageing well.

In 2023/24 older community members explored how the Attitude space could best work. Older people using the building said they wanted to lead activities from an age-friendly space focused on their demographic, but did not want the responsibility of managing its operations. They needed to be able to safely run activities at low or no cost, promote their activities and be insured. Neighbourhood House does that under our community-led programming framework (www.clunesnh.org/groups), now enhanced by age-friendly and shared resource policies.

Users of the shared space meet quarterly to celebrate what works well and identify opportunities for continued improvement.

Clunes Neighborhood House (CNH)

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

Foodbank available Thursdays 11:30am til 12:30pm bring a shopping bag

For more info: www.clunesnh.org
6 Templeton St, Clunes | 5345 4078
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

Contact: 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 | www.elderrights.org.au

Carers Gateway

Carer support; carer wellbeing; emergency respite
Monday to Friday, 8am to 5pm
1800 514 845 | www.carergateway.gov.au

Travellers Aid

Free wheelchair connection assistance service; Travel guidance.

Ballarat Station Opening hours:

7:30am – 3:30pm, Monday to Friday.
0491 767 177

ballarat@travellersaid.org.au

Southern Cross Station Opening hours:

6:30am – 9.30pm, 7 days a week

9670 2072

scs@travellersaid.org.au

FILM NIGHTS

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

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

February 5

CINEMA PARADISO

(1988), Italian,

Directed by Guiseppe Tornatore

March 5

THE PIANO

(1994), English,

Directed by Jane Campion

April 2

DEPARTURES

(2008) Japanese,

Directed by Yojiro Takita

May 7

THE EAGLE HUNTRESS

(2016) Mongolian,

Directed by Otto Bell

June 4

ON THE WATERFRONT

(1954) English,

Directed by Elia Kazan

July 2

TEN CANOES

(2006) Australian,

Directed by Rolf De Heer

LOCAL GROUPS

GAMING SOCIETY

Think board games.Strategy.

Wargames and more.

Fortnightly 6pm – 11pm.

6 Templeton Street.

Intergenerational.

All ages welcome.

GARDEN CLUB

1st Tuesday 10am,

during winter months.

Deirdre 0425 707 972

IMPRINT ATTITUDE

PUBLISHING

1st Monday at 2pm

in the meeting room

Tess 0414 483 348

LOCAL PRODUCE SWAP

4th Saturday starting

in March, 10am – noon.

Transition Clunes.

MAD CHATTERS

Wednesdays 2pm at Twankys

Cafe. 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

Mondays, Wednesdays &

Fridays 10am – noon

18 Alliance Street

John 0459 654 413

PLAYGROUP

Perfect for grandparents

looking after grandchildren.

Thursdays 9:30am – 11:30am

during school term at CNH.

SONGS OF SIGNIFICANCE

2nd Thursday, 7 – 9pm

at 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, Wednesdays.

1:30 – 3:30pm

Judi 0435 258 430

WRITERS GROUP

2nd Monday 1 – 3:30pm

Sandra 0438 415 715

SUNDAYS@ATTITUDE

Sundays 4:30 – 8pm

Our lounge bar is a great

place to socialise and to

meet new and old friends.

Drinks at bar prices.

POP UP COOL ROOM.

Any 35+ degree day.

2pm – 6pm. Relax out of the

heat. Just pop by.

FITNESS & FUN

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

BADMINTON | \$10 per week

Fridays 6pm – 7pm.

Social Badminton beginners

welcome. Equipment

supplied. To play contact

Wendy 0458 372 906

CARDIO & STRENGTH +

MOBILITY, STRENGTH

& BALANCE

\$5 a week at Attitude

Cardio: Mondays & Fridays

5:30 – 6:30pm; Mobility:

Mon, Wed & Fri 10 – 10:45am

victoriareeve@yahoo.com

Fees collected from these

classes goes towards

electricity costs at Attitude.

PETANQUE

Saturdays 2pm at Collins

Place. Gary: 0414 888 955

CLUNES TREKKERS

Tuesdays 9am at Collins

Place. (8.30am start until

March). Caters for all

walkers.

Lois: 0467 331 136

PICKLEBALL | \$10 to play

Wednesdays 11:30am at

Clunes Basketball Stadium.

Beginners welcome.

Wendy: 0458 372 906

VINYASA YOGA

WITH ASH

Thursdays 7 – 8pm,

except for 2nd Thursday

of the month 6pm – 7pm,

Saturdays 8:30 – 9:30am

at CNH.

Cost applies.

Ash-Leigh: 0417 152 506

LOCAL GROUPS

**ADHD ADULT SUPPORT
GROUP**

Meeting 2nd Sunday at CNH.

chris_kenny71@hotmail.com

ARTIST GROUP

Thursdays 1pm – 4pm

& 1st Saturday 12pm – 4pm

Marlene 0409 355 857

BOOK CLUB

3rd Saturday at

Agatha's Wine Bar, Fraser St.

Lois 0467 331 136

CARERS CLUB

See our website for dates

and events.

clunesnh.org/book-online

CLUNES ANGLING CLUB

1st Monday at Clunes

Neighbourhood House.

Fishing Events and

Club Competitions held

September to May.

Ken 0428 118 446

CLUNES GOLF CLUB

Wednesdays & Sundays

10am tee off.

Rob 0456 211 341

CROCHET GROUP

Meeting fortnightly on

Wednesdays

10am – 11:30am

Judi 0435 258 430

ELSEWHERE ABOUT TOWN

**CLUNES PRIMARY
SCHOOL 150TH**

Celebrating its 150th in

July 2025. Do you have any

memorabilia to share? Keen

to get involved in planning?

Sonia: 5345 3182

**CLUNES HISTORICAL
VEHICLE SHOW**

9 March 9am – 4pm

Clunes Showgrounds

FREE TO BE ME 🏳️🌈

7 March 10:30am – 12pm

Changing the narrative

around ageing LGBTIQ+

people and services access.

It's Time To Talk!

The Pavilion - Mineral

Reserve Hepburn Springs

DANCIN' CLUNES | \$10

1st Friday of the month at

Clunes Town Hall, 7:30pm.

0417 233 373

BOOKTOWN FESTIVAL

22 – 23 March 2025

clunesbooktown.org.au

BRING YOU BILL DAY

Are you on the best energy

prices? Do you have

overwhelming bill stress? Pop

into Clunes Neighbourhood

House between 11am & 2pm,

Thursday 13 March.

For appointments 5345 4078

NAIDOC Week 🇦🇺

6 – 13 July Marking 50 years of

week long celebrations of First

Nations Culture and People.