

WHAT'S ON SPRING ATTITUDE PROGRAM 2021

ALL ACTIVITIES MAY BE BOOKED AT WWW.CLUNESNH.ORG/ATTITUDE OR AT BOOM Clunes (28 Fraser Street) OR BY CONTACTING THE PERSON LISTED IN THE DESCRIPTION



Boom Clunes

FREE EVENTS

IDEAS

PRACTICAL PHILOSOPHY

2.30pm on the 2nd Tuesday of the month In association with the Melbourne School of Philosophy

OUR LOCAL EXPERTS

This popular series showcase Clunes and District locals who are willing to share their knowledge 7pm, 4th Wednesday of the Month

September 22: Graeme Grigson - Beekeeping In Clunes

October 27: Christine Lethlean - Clunes based artist and tutor. A conversation with Christine about her approach to textile art and creative stitching, and the connection to positivity and well-being.

November 25: Dr Victoria Reeve *Words with Attitude*. This presentation will launch the podcast series *Words with Attitude* detailing the formation of Attitude: Ageing well in Clunes in 2020, and its success in helping older members of the community overcome social isolation during the pandemic.

REGIONAL HISTORY - TREES & WATER

September, 16, 10.30am - 4pm

The Aboriginal stone wells and the ruins of two eucalyptus distilleries. Begin at Attitude and carpool to the location. Will involve up to 2km of bush walking.

October, 13 10:30am - 4pm

The maternity tree, the ring tree and Mt Greenock. Begin at Attitude and carpool to the location. Free: Bookings Essential. Limited places. Will involve up to 2km of bush walking.

BOOK CLUB

Third Friday of the month, 1pm - 2pm at Boom Clunes. Hosted by Victoria Reeve. There is no set reading. Together we'll discuss books we love and explore questions like: do books have the power to change who we are? Free: Bookings Essential. Limited places. Bookings at BOOM Clunes. Sponsored by Creative Clunes.

FILM NIGHTS

First Wednesday of the month, 7pm, no need to pre-book.

Make a night of it! Cabaret style seating. BYO supper.

SEPTEMBER 8

Two great music documentaries: *Mavis !* (2015) dir: Jessica Edwards. This details the life, and musical career of Mavis Staples. *Amazing Grace* (1972 and 2018) dir: Sydney Pollack In 1972 Aretha Franklin recorded the gospel album and over two nights it was filmed without clapper boards. Only recently has the sound been able to be synchronised with the vision.

OCTOBER 6

Two French love stories

Picnic on the grass (1959) dir Jean Renoir & *L'Atalante* (1934) dir Jean Vigo

NOVEMBER 3

Two Australian Comedies

Malcolm (1986) dir Nadia Tass & *Death in Brunswick* (1990) dir John Ruane

**Attitude Film Festival
Director: John Weickhardt**

WEEKEND FILMS

Cabaret style seating. BYO supper

September 18 - 7pm

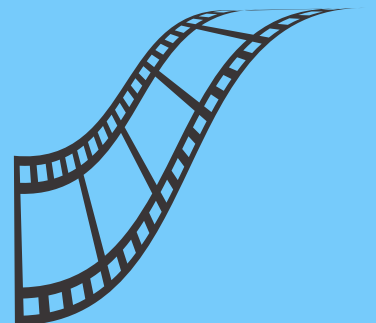
Two Hitchcock comedies

The trouble with Harry (1955) & *To Catch a Thief* (1955)

November 13 - 7pm

Two versions of Emma

Clueless (1995) dir Amy Heckerling & *Emma* (1996) dir Diamuid Lawrence



U3A

U3A ACTIVITIES REQUIRE A \$50 U3A MEMBERSHIP FEE TO BE PAID ANNUALLY. MOST OF THESE ACTIVITIES WELCOME VISITORS TO CLUNES - JUST ENQUIRE WITH THE TUTOR OR U3A COORDINATOR, Sandra Nichols, Call 0438 415 715.

DECOUPAGE

A relaxing course placing paper cut-outs on wood, metal or glass objects, then finishing with varnish. **2nd and 4th Wednesdays of the month starting 13/10, 27/10, 10/11, 24/11. 10 am - 11:30 am. Tutor: Sandra Nichols 0438 415 715.**

ABSOLUTE BEGINNERS UKULELE

Join our happy group of players **every Friday 3pm - 4.30pm. Starts 1st September until 26th November. Tutor: Victoria Reeve Call 0420 432 931.**

SOMETHING TO TALK ABOUT

Current issues, local issues, arts, politics, agriculture. If its relevant, its relevant to Clunes, 6.45 pm 3rd Wednesday of the month

SEPTEMBER 15

Judith Bailey Ballarat Municipal Observatory. Under one sky: Two strands, one ecological and the other moral, run through the thousand year old stories of the night sky. **Chair:** Carmel Betts

OCTOBER 20

Michael Poulton Committee for Ballarat CEO. Is the way we define leadership a problem? **Chair:** Siobahn Altham, President, Clunes Neighbourhood House

NOVEMBER 17

Hon Catherine King MP: Being a woman in the Canberra Bubble, how can we change the culture? Or the role of regional development. **Chair:** Shelley Hinton, Curator Post Office Gallery School of Arts Federation University. **Chair:** Neal Jedwab.

FITNESS

GOLDFIELDS BUNINYONG TO BENDIGO WALKING TRAIL

Join Attitude and Clunes Trekkers as we walk 200km in the steps of the miners (in easy stages) from Buninyong to Bendigo. Last Thursday of the Month, Meet at 9.am outside Attitude Centre and car pool to our first drop off point **September 30 :**

October 28:

November 25:

Walk is a maximum of 10km over 2 – 3 hours usually moderate level. And a coffee at the finish, (that's the gold, although the scenery and the history are sensational). **Contact Lois Nichols 0467 331 136.**

YOGA

Keep physically and mentally fit. Every Tuesday at 7pm. Call Lily Mason on 0459138797. Cost applies.

CHAIR YOGA

Every Friday 11:30am, with Lily Mason. Only \$2 thanks to sponsorship by Hepburn Shire Council. Chair yoga is great for those who are new to yoga or have limited movement due to age, injury or disability. Call Lily Mason on 0459138797.

PETANQUE

Every Saturday in Collins Place, 2.pm. **Contact Gary Sharpe 0414 488 8955.**

ENTERTAINMENT - BOOKINGS ESSENTIAL

SATURDAY NIGHT ASTRONOMY

Four-part astronomy course with Dr Robert Holmes, 8 - 10pm. This course includes all course material and a Talbot Observatory viewing. An excellent time to view Venus, Jupiter and Saturn. For full course details visit www.clunesnh.org/attitude **TOTAL COST: \$105.00**

October 2: Our Solar System at Attitude

October 9: Planetary Observing at Talbot Observatory or if cloudy Stars & the Milky Way at Attitude.

October 16: Planetary Observing at Talbot Observatory or if already done Stars & the Milky Way at Attitude.

October 30: The Big Picture at Attitude Book and Pay online or at BOOM.

MELBOURNE CUP LUNCHEON

Tuesday, 2 November 11am - 4pm COST COVERS: \$35.00 for lunch and first drink on arrival.

Light gourmet traditional cup luncheon, additional wine/drinks available for purchase and all the fun of the track. Watch the race on the big screen.

LUNCHEON - BLUE PYRENEES WINERY

Thursday, 30th September 9.30am. \$10 for bus. Other costs at own expense.

Meet at Attitude.

LIVE MUSIC

Attitude Impresario, Warren Wiggins in conjunction with Mulberry Manse presents

Melbourne Tango Orchestra **ORGESTA TIPICA**

Saturday October 23. 7-10 pm at Clunes Town Hall

\$45 complementary Argentinean street food provided. Wine for sale.

Bookings Essential. Book at BOOM Clunes or online <https://www.trybooking.com/BTMPA>. Places Limited

Please Note: PAYMENT IS REQUIRED WHEN BOOKING INTO ALL THESE EVENTS.

WELL-BEING

DEATH CAFE

A film screening and facilitated discussion group designed to understand what support local people need to help deal with end of life, and how we can access that support. Interested in being a part of this group? Email: co-ordinator@clunesnh.org. Wednesday, 11am - 12.30pm, 22nd September 2021.

360 DEGREES: CARERS SUPPORT (CARERS WEEK 10TH - 16TH OCTOBER 2021)

A humorous look at ageing and the implications it has for everyone involved: those who are requiring care, and those who are care giving. Friday, 7pm - 8.30pm, 15th October 2021 at Attitude. Table bookings/wine/nibbles.

LOCAL GROUPS

Clunes Artists' Group: Every Thursday 1-4pm. Bring your own project from home and enjoy the company of other practising artists in Clunes. Drop in or call Marlene Tozer on 0409 355 857. No costs. You may be asked to become a member of the group.

Clunes Writers' Group: Second Monday of the Month, 1-3pm. Whether you are a beginner or a professional, the monthly group might be just for you. Share your work, participate in group projects or ask for a gentle critique. Call Patsy Skinner, 0407 377 610. No cost. Gold coin donation for coffee/tea.

Crochet & Tatting Group: Always wanted to learn how to crochet? Here's your chance. Tatting also taught depending on interest. 1st and 3rd Wednesdays of each month including 1/9, 15/9, 6/10, 20/10, 3/11, 17/11, 1/12 and 15/12. 10 am - 11:30 am. Contact: Judi Palmer Call 0435 258 430

Clunes Garden Group: Meet on the first Monday of the month at 10.15am at Attitude. Outing days will meet at 9.15am. For information please contact Secretary Susan McVeigh 0400 557 434 or President Deirdre Krausgrill 0425 707 972

Clunes Landcare and Waterways Group: We maintain a section of the Creswick Creek in Clunes. Our regular working bees weed, mulch and plant various areas between the Government Bridge and the ford crossing. Notification of working bees and other events are available through facebook, instagram, Clunes Newsletter and by email. Contact us at cluneslandcare@gmail.com for information.

Imprint local Publishing/Small print run publishing: First Tuesday of the month at Attitude at 11 am.

Community Garden. Tuesday, 10.30am - 12.30pm and Friday, 10.30am - 12.30pm at Clunes Neighbourhood House, 70 Bailey Street, Clunes. Meet at the Lunch Room adjacent to the park. Enquiries: Carmel on 0421 635 369.

OPEN BBQ (and a bit of a celebration!). What have we learnt so far? Review of the Attitude approach to operating. Tuesday, 12th October at 12noon - 1.30pm. All welcome! No need to sign up, just turn up on the day. **PLUS the Ideas and Planning Working Bee for the Summer Program, Tuesday 16th November 2021 at 11am - 1pm at Attitude.** If you have an idea and you want to make it happen, come along. All welcome! No need to sign up, just turn up on the day.

COMING UP IN SUMMER

Future Proofing Projects. 1. Native Garden project for Attitude front garden. Interested? Email: co-ordinator@clunesnh.org.

Tickets available via <https://www.trybooking.com/BTMFA>

Tickets - \$45 complementary Argentinean street food provided. Wine for sale

Saturday 23rd October at 2pm

Clunes Town Hall

Enjoy the taste of Argentinean Food and Wine to set the atmosphere and there will be space to dance Tango.
Come and experience this captivating and spectacular Orquesta Tipica, the only traditional Tango Orquesta in Australia, with a repertoire of traditional Argentinean Tango, an integral part of Argentinean culture and identity. Feast your eyes on 3 Bandonions and hear the beguiling voice of Argentinean born Juan Veron.



Melbourne Tango Orchestra

Back by popular demand
Mulberry Manse
In association with
Attitude-Ageing well in Clunes
Presents

Attitude
AGEING WELL IN CLUNES



Attitude - Ageing Well in Clunes, is an exciting and vibrant initiative located on the corner of Templeton and Fraser Streets in Clunes. In keeping with the inclusive philosophy underpinning Attitude: Ageing Well in Clunes agenda, activities are open to all ages.

Call Lois Nichols - Attitude Co-ordinator on 0467 331 136



BALLARAT
UNIVERSITY OF THE THIRD AGE

www.clunesnh.org/attitude

www.facebook.com/heartofclunes/attitude

OR simply scan the QR code to be taken to online bookings



FUNDRAISER TO SUPPORT ATTITUDE ACTIVITIES



\$35 FOR LIGHT GOURMET, TRADITIONAL CUP LUNCHEON AND YOUR FIRST DRINK ON ARRIVAL. ADDITIONAL BEVERAGES CAN BE PURCHASED AT THE BAR.
Watch the race on the big screen and enjoy all the fun of the track right in Clunes!
Tuesday, 2nd November 2021
11am till 4pm, Attitude

MELBOURNE CUP LUNCHEON



Attitude
AGEING WELL IN CLUNES

Attitude
AGEING WELL IN CLUNES

Join us to enjoy a wide range of services and activities including fitness, local interest groups, film nights, information sessions and excursions, aimed at the interests of older people.



We respectfully acknowledge the Dja Dja Wurrung People of the Kulin Nation, who are the Traditional Owners of the land on which Attitude, BOOM and Clunes Neighbourhood House are located, and pay our respect to their Elders past, present and emerging.