

WOMENS WINTER CHILL

- ELECTIVES -

Just as I am.



STRETCH AND STRENGTHEN

WITH KIM FAULKNER

If you enjoy Body Balance classes you will love this opportunity to move your body as you stretch and strengthen to worship music, with scripture and prayer prompts. BYO yoga mat or towel and active wear is recommended. A medical certificate is required if you have any injuries or are pregnant. Limited to 20 people.



WOMEN IN LEADERSHIP

WITH KAREN DIXON

Rather than a formal presentation, this will be in an informal chat over a cuppa in the sun where you can glean insights from our own KD. Karen has worked in leadership positions in a number of sectors over the years, and would love to share her experience with what it means to be a godly woman in a senior role.



WOODEN SIGN MAKING WORKSHOP

WITH JESS REURICH

Come and enjoy painting your own hand painted wooden sign. Choose from 2 pre-chosen sayings or create your own custom piece. Limited to 10 people.



BOOKCLUB

WITH MICHELLE TIERNEY

For all your book-ish nerds here is an opportunity to join a one-off book club! The chosen book to read before you come is *Little Fires Everywhere* by Celeste Ng.

"*Little Fires Everywhere* explores the weight of long-held secrets and the ferocious pull of motherhood-and the danger of believing that planning and following the rules can avert disaster, or heartbreak."

Come ready armed to share your insights and thrash through the themes and issues together! Michelle is an experienced teacher who describes herself as a "book eater"!



BUSHWALKING

WITH HAYLEY MACFARLANE

Get your daily steps in with this 5km walk along a beautiful nearby fire trail. This is primarily cleared bush, and is 80% flat. Wear comfortable walking shoes and be prepared to walk at a moderate pace, as you enjoy the great outdoors in God's creation.



CHINESE DUMPLING COOKING CLASS

WITH ANNY CEN

Anny and her sister in law will teach us how to make authentic dumplings from scratch, the Chinese way. Yum! Limited to 12 people



WATERCOLOUR ART

WITH MEL VELLA

Our creative soul Mel will teach the tricks to using water colour paints, guiding each person to create their own masterpiece. Mel has a Bachelor in Visual Arts and loves helping others express themselves in any artistic medium. Limited to 12 people.



BIBLE MEDITATION

WITH JULIE-ANNE JONES

Take the opportunity to stop, be still and listen. Quieten your mind and body as Julie-Anne leads a guided relaxation and meditation on a passage of scripture. Weather permitting, this session will be held outdoors, under the beautiful gum trees amongst the sounds of birds singing.

FREE TIME

Of course, if you want your own space to do as you wish, you can simply elect to just enjoy Free Time