



# Connecting NOOSA

## April 2021 Program



Connecting Noosa is a Council initiative to support residents to connect with friends, and make new ones by participating in free or low cost community events. Residents can enjoy one of these activities in a COVID safe environment. We all know it's been a touch year with local bushfires and COVID 19 so come along, connect and try something new.

### Health and Wellbeing Activities

#### Community Yoga

All levels and abilities yoga class. BYO Yoga mat.

##### Sundays, 7 - 8am

Noosaville Lions Park (eastern side of Amphitheatre - near Cnr. of Gympie Tce and Cloudsey St).

Once off registration click [here](#), then book in each week via [here](#)

##### Sundays, 9 - 10am

Peregian Beach Park (Southern end - Grebe St end)

Once off registration click [here](#), then book in each week via [here](#)

*\*New Cooroy location coming in April*

#### Stretching Class

Join Georgina for a mainly mat based class working on mobility, flexibility and balance. These exercises will increase your stability, improve your posture, release tension and allow you to move freer in your day-to-day activities.

##### Wednesdays, 4 - 5pm

Tewantin Park - near Noosa Regional Gallery

Bookings not required. BYO mat.

#### Men's (Only) Beginners Yoga

Ever wanted to try yoga? Join this free yoga class specifically for men at a beginner level. Improve strength, balance and flexibility and your overall wellbeing. BYO Yoga mat.

##### Wednesdays, 7 - 8am

Yoga Therapy Noosa Studio, 31 Duke Street, Sunshine Beach

Limited numbers. Text Joh on 0422 864 805

#### ACTIVATE

Activate is a mat-based stretching class including core and balance components. Increase your stability and range of motion, improve your posture and release tension.

##### Wednesdays May, 9am

Noosa Aquatic Centre gym. Bookings not required.

#### Meditation for Men

Men's only meditation, for beginners or those already practiced you can expect to explore the benefits of this ancient practice. Ease stress and help combat anxiety and depression.

##### Thursday 22 and 29 April, 5.30 - 6.30 pm

Yoga Therapy Noosa Studio - 31 Duke St, Sunshine Beach.

Free, bookings required: [Book here for 22 April](#). [Book here for 29 April](#).

BYO mat, chair or cushion.

#### Tai Chi

Discover Tai Chi - meditation in motion. This masterful martial art will replenish your energy reservoirs; helping you experience deep peaceful calm and get in tune with the power within.

##### Thursdays, 8.45 - 9.45am

Apex Park, Cooroy (near skate park)

Ian Cameron on 0431 340 297

##### Saturdays, 6.30 - 7.30am

Noosaville Park - near the Big Pelican

Ian Cameron on 0431 340 297

#### Tour the Cooroy Community Permaculture Gardens

Come & join Permaculture Noosa for a tour of the beautiful Cooroy Community Permaculture Gardens! Meander through the food forest, marvel at the gorgeous flowers & float away with the busy bees. This will coincide with their monthly Club Day so please feel free to join before or after the tour for seed savers, harvest swap, seedling sales & community connections.

Proudly funded and supported by the Queensland Government and the State Library of Queensland.

##### Sunday 18 April, from 10am

Cooroy Community Permaculture Gardens

26 Emerald St. No bookings required.

### Creative Activities

#### African Drumming Class

Enjoy movement and rhythm with African drumming workshops with Rhythm Culture's Nathaniel Combs. Drumming is fun, great for exercise and coordination. Reap the benefits of learning something new and experience West African culture! Free with drums supplied.

##### Tuesdays until 13 April, 10.30 - 11.30am

Join in at any time.

Behind Tait Duke Cottage, Earl Street, Tewantin

Bookings not required, enquiries contact Rhythm Culture on 0434 585 992

#### Creative 3D Printing Introduction Workshop

Discover how simple it is to get started with 3D design and printing. In these workshops you will explore 3D CAD programs, learn the basics and create your own piece.

##### Friday 16 April, 2 - 4pm

Cooroy Makerspace, Cooroy Library. Bookings required.

Ages 16 + [Book here](#)

#### Beginners Sewing Workshop - Lined Tote Bag

Learn how to make a useful lined tote bag, for your library books or everyday use. BYO fabric of your choice - 1m for bag plus 1/2m for lining. Sewing machines supplied.

##### Thursday 29 April, 9.30 - 11.30am

Cooroy Library. Bookings required. [Library Events Calendar](#)

### Activities for the Over 65's

Noosa Community Support Centre,

11 Wallace Drive, Noosaville.

For enquiries and to book please call our team

on 5329 6175

#### The Handyman's Tool Shed

##### Tuesdays, 10am - 2pm

Bring along a small project, tinker way or try your hand at making something. Our in house home handyman team will be available to support you.

Morning tea and light lunch provided.

Bookings essential due to limited spaces.

#### Creative Gardening

##### Wednesday 14 and 28 April, 9.30 - 11.30am

Join Cath Manuel from Soil to Supper for a morning in the garden focusing on fun and sensory stimulation through the use of natural materials. No green thumbs necessary. Morning tea and all materials provided. Bookings required.

#### An Afternoon of Music

##### Thursday 8 and 22 April, 1pm - 3pm

Join Mood Swings - husband and wife duo for an afternoon of easy listening, toe tapping entertainment. Playing music from Gershwin, Porter to Lennon & McCartney.

Afternoon tea provided. Bookings required.

### Connecting Via Tech Activities

\*The following tech activities have been funded by Telstra and the Queensland Government through State Library of Queensland and the Department of Communities, Disability Services and Seniors.

#### Spotting a Scam

##### Wednesday 7 April, 10 - 11.30am

Learn how to be scam savvy and keep yourself and your information safe online.

Noosaville Library.

Bookings required: [Library Events Calendar](#)

#### Discover iPhone and iPad

##### Wednesday 21 April, 10 - 11.30am

This interactive workshop is designed for beginners wanting to discover how to use their device. Learn some tricks for basic troubleshooting, discover the many features of the camera and find out about the most popular apps for your device. iPhones and iPads only, BYO device.

Noosaville Library.

Bookings required: [Library Events Calendar](#)

##### Thursday 29 April, 10 - 11.30am

This interactive workshop is designed for beginners wanting to discover how to use their device. Learn some tricks for basic troubleshooting, discover the many features of the camera and find out about the most popular apps for your device. iPhones and iPads only, BYO device.

Cooroy Library.

Bookings required: [Library Events Calendar](#)

#### Scottish Family History

##### Wednesday 21 April, 10 - 11.30am

Discover online resources (that you may not know but should) including paid and free sites and explore indexes, databases, and digitised resources such as maps and publications. Presented by Shauna Hicks.

Noosaville Library.

Bookings required: [Library Events Calendar](#)

#### Introduction to Digital Scanning

##### Thursday 22 April, 1.30 - 3pm

Learn how to scan your treasured photos, slides and negatives to preserve them for future generations and be able to use them in creative digital projects.

Cooroy Library.

Bookings required: [Library Events Calendar](#)



Australian Government



Queensland Government



YOGA • MINDFULNESS

This program is a joint initiative of Noosa Shire Council and the Queensland Government.

\*Bookings are essential for every activity and have limited participant numbers.

Please note:

- If you are unwell or have any COVID 19 symptoms (cough, fever, sore throat, fatigue or shortness of breath) we kindly ask that you do not attend these activities.
- Please maintain social distancing requirements (1.5m) whilst at the activities and seek assistance if you feel unwell during any activities.
- Please acknowledge and follow COVID 19 signage and messaging from activity providers.