



Connecting NOOSA July 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 tough 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](#)

Saturdays, 9.30 - 10.30am

Noosa Botanic Gardens (grassy area near Amphitheater)

Lake MacDonal Drive, Lake Macdonald

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

Tuesdays, 9 - 10am

Cooroy Badminton Club, 26 Emerald Street, Cooroy

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

NEW CLASSES

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 St, Sunshine Beach

Limited numbers. Text Joh on 0422 864 805

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

Stretching Class

Join Kirsten for a mainly mat based class working on mobility, flexibility and balance. The 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.

African Dancing

Find your rhythm, get fit and have fun with these African inspired dance classes. Improve memory, coordination and movement to upbeat recorded music. Learn West African moves and discover rhythm. These classes are for everyone. Discover the joy of dance with the community.

Saturday 24, 31 July and Saturday 1, 14 August, 10.30 - 11.30am

Tewantin Primary School Hall, Goodwin Street.

Rhythm Culture, [book here](#).

Stretch and Mobility

Join Miranda in this class for those wanting to improve flexibility and mobility and improve efficiency and freedom of movement. Improve posture and performance, decrease pain and muscle soreness. BYO mat.

Every Thursday 6-7pm, and Saturday 3 and 31 July, 9-10am

Cooran Memorial School of Arts Hall, 14 King Street.

[Book here](#).

NEW CLASSES - NEW CLASSES

Creative Activities

Noosa Botanic Gardens Ephemeral Gatherings with Beatrice Prost

Join Beatrice to create ephemeral arrangements from materials sourced in the Gardens. Participants gather fallen pieces and debris to create organic installations resulting in a final art piece. Finish the creative gathering with a photographic session and learn the importance of documenting work with good photography.

Sunday 4 July, 10am - 12pm

Noosa Botanic Gardens (Shade Garden),

Lake MacDonal Drive, Lake Macdonald.

Free. Bookings required. [Book here](#).

Music in the Gardens

Come and enjoy the delightful sounds the talented musicians from the Noosa Orchestra.

Sunday 4 July, 10am - 12pm

Noosa Botanic Gardens (Shade Garden),

Lake MacDonal Drive, Lake Macdonald.

Free. Bookings not required.

Modern Watercolour Taster

Come and experience the magic of watercolour with local artist Libby Derham. Be guided to explore luscious washes of colours as they mix, inspired by the every changing colours of leaves in the landscape. Culminating in the creation of your own individual painting to take home in this 2 hour workshop.

Sunday 18 July, 11am - 1pm

Butter Arts Factory Centre, Cooroy.

Free. [Bookings required](#).

NEW CLASS

Beginners Sewing Workshop - Cushion Cover

Create a simple envelope cushion cover to suit your home decor while gaining confidence in using a sewing machine. BYO 1 meter of fabric to suit your style.

Monday 12 July, 9.30 - 11.30am Noosaville Library

Thursday 15 July, 9.30 - 11.30am Cooroy Library

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

Beginners Sewing Workshop - Infinity Scarf

Create a beautiful infinity scarf to keep you warm this winter. Learn basic sewing skills while creating a unique item for your wardrobe. BYO fabric of your choice, light weight or stretch (approx. 1.5m x 50cm)

Monday 19 July, 9.30 - 11.30am Cooroy Library

Thursday 22 July, 9.30 - 11.30am Noosaville Library

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

Beginners Sewing Workshop - Phone Pouch

Learn how to draft a pattern and cut materials to create your personalised padded phone pouch with Velcro fastening to keep your phone protected. BYO two pieces of fabric (approx. 50cm x 25cm)

Monday 26 July, 9.30 - 11.30am Noosaville Library

Thursday 29 July, 9.30 - 11.30am Cooroy Library

Free. 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 - 1.30pm

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 7 and 21 July, 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 July, 1 - 3pm

Come and join us for an afternoon of music whether its singing along to Moods Swings duo or gentle exercising to music with Three Quarter time, it's always a good time with loads of fun & laughter. Bookings essential.

Activities for the little ones at the Libraries

Babes in Arms

Enjoy the special connection with your baby by sharing rhymes and songs in these friendly and relaxed group sessions. Meet other parents and caregivers and learn tips and ideas you can have fun with at home. Bookings required. For added enjoyment, please bring your own scarf or fabric piece for peekaboo songs.

Tuesdays, 9 - 9.30am

Noosaville Library. Free.

Bookings: [Library Events Calendar](#)

Wednesdays, 9 - 9.30am

Cooroy Library. Free. Bookings: [Library Events Calendar](#)

Storytime

Stories and songs for children under 5 and their parents or carers. Each session is designed to encourage children's language development and listening skills in a friendly and relaxed environment. Bookings required.

Tuesdays, 10 - 10.30am

Noosaville Library. Free.

Bookings: [Library Events Calendar](#)

Wednesdays, 10 - 10.30am

Cooroy Library. Free. Bookings: [Library Events Calendar](#)

Connecting Via Tech Activities

Discover Android

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 Only suitable for those with a device using the Android operating system, BYO device.

Monday 19 July, 10.30am - 12pm

Cooroy Library

Wednesday 21 July, 10.30am - 12pm

Noosaville Library

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

Discover iPhone and iPad

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.

Monday 12 July, 10.30am - 12pm

Cooroy Library

Wednesday 14 July, 10.30am - 12pm

Noosaville Library

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

Intro to Digital Scanning

Discover 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. Intermediate computer skills required.

Wednesday 22 July, 10.30am - 12pm

Noosaville Library

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

Spotting a Scam

Learn how to be scam savvy and keep yourself and your information safe online. Discover tips and tricks on spotting and avoiding possible scams. BYO device.

Monday 26 July, 10.30am - 12pm

Cooroy Library

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

Intro to Windows 10

Explore tips and tricks for basic troubleshooting, explore popular features, and discover how to customise your settings, plus more. Only suitable for those with a laptop running Windows 10. BYO laptop.

Wednesday 28 July, 10.30am - 12pm

Noosaville Library

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

*Bookings are required for most activities 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.

NOOSA COUNCIL



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