

Connecting NOSA

August 2021 Program





This interactive workshop is designed for beginners wanting to

troubleshooting, discover the many features of the camera and find

discover how to use their device. Learn some tricks for basic

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 MacDonald 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

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

Noosa Riverfront, near Big Pelican. Ian Cameron on 0431 340 297

Stretching and Mobility

Join Miranda in a low intensity stretch and mobility class for all levels of fitness.

Thursdays, 6 - 7pm, Saturday 28 August, 9 - 10am

Cooran Memorial School of Arts Hall, 14 King Street. BYO mat. Book here

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 1, 14 August, 10.30 - 11.30am

Tewantin Primary School Hall, Goodwin Street. Rhythm Culture. Book here

Flamenco Slow Flow

For over 40s: Flamenco slowed down with Flamenco Chill music and no heavy shoes is gentle, easy, fun, art and fitness.

Wednesdays in August, 4.30 - 5.30pm The Lawson Shed: next to Pomona Community House, Station St, Pomona.

Free (for August only) then \$10pp.

Text Gabriela to book on 0474 819 432.

BYO mat, warm clothes and thick socks.

The Way of the Hula Hoop

Hula Hooping: a fun, energetic way of connecting to your body and inner rhythms for wellbeing, balance and exercise.

Friday 6, 20, 27 August and 3 September, 10-11am

Pomona Memorial Hall, 6 Reserve Street.

Limited numbers. Contact Pomona Community House on 5485 2427 to book.

Gratitude and Journalling Workshop

Journalling is a great way to increase self-confidence, release emotions & create life goals - after all we have so much to be grateful for! Feel more alive, sleep better, be happier in general, and even have a stronger immune system just by incorporating gratitude into your daily life.

Friday 13 August, 10am - 12pm

Cooroy Memorial Hall, 23 Maple Street. BYO Journal. Book here

Paint 'n' Meditate

Art is a type of relaxing meditation in itself. In this workshop, learn how to add paint to paper to create flow and movement in a calm & relaxing environment, paint to meditative music and learn the art of meditation which teaches you how to calm that internal mind chatter and bring yourself into a restful state.

Thursday 19 August, 11am - 12.30pm

Peregian Beach Community House, 255 David Low Way.

Materials supplied. Book here

Breathwork and Mindfulness

Breathwork improves mental, physical and spiritual health. Learn different breathing techniques that can help you to calm and heal your body and mind. Mindfulness is coming off auto-pilot and living more in the present moment. Mindfulness helps us to stop worrying about the past or the future, and allows us to just enjoy life moment to moment.

Saturday 21 August, 10am - 12pm

Cooroy Memorial Hall, 23 Maple Street. BYO mat. Book here

Creative Activities

Introduction to the Art of Botanical Printing at Noosa Botanic Gardens

Explore the different plant material that can be used to print on paper and fabric. This workshop is hosted by Margaret Moon & Sammy Ciganka. You will be creating your own bundle of plant materials folded into paper and fabric - these magical prints will be unwrapped and revealed at the end of the workshop. No prior experience necessary.

Sunday 1 August, 9am - 12pm

Noosa Botanic Gardens (meet at the Shade Garden), Lake MacDonald Drive, Lake Macdonald. Free. Bookings required. Book here

Music in the Gardens

Come and enjoy the delightful sounds of Jack Raymond, recent winner of ANBC Noosa Busking Championship. Jack will serenade visitors to the Gardens with a blues-jazz infusion.

Sunday 1 August, 10am - 12pm

Noosa Botanic Gardens (Shade Garden), Lake MacDonald Drive, Lake Macdonald.

Free. Bookings not required.

Comb Brush Techniques using Acrylics

This workshop will help artists strengthen their brush skills using a comb brush to create animal fur with the use of acrylics. We will go through the layering stages of brush strokes and colour to create examples of long and short fur.

Sunday 14 August, 10am - noon

Butter Arts Factory Centre, Cooroy, 11a Maple Street, Cooroy. Free. All materials supplied. Bookings required. Book here

Beginners Sewing Workshop - Drink Bottle Carry Case

Keep vour re-usable water bottle handy this winter with your own hand-made and insulated bottle carry bag. BYO fabric to suit your style. Insulation fabric supplied.

Monday 2 August, 9.30 - 11.30am Noosaville Library

Thursday 5 August, 9.30 - 11.30am Cooroy Library

Free. Bookings required. Library Events Calendar

Beginners Sewing Workshop - Pillow Case Create an individual pillow case to suit your home decor and discover new skills in this fun hands on workshop. BYO 1 meter fabric of your choice.

Monday 9 August, 9.30 - 11.30am Noosaville Library

Thursday 12 August, 9.30 - 11.30am Cooroy Library Free. Bookings required. Library Events Calendar

Beginners Sewing Workshop - Pencil/Make-up Pouch

Create your own rolled up pouch to store your pencils, makeup or essential oils away neatly. Learn how to sandwich and sew the fabric layers together. A great gift idea for your creative loved ones. BYO fabric

Monday 16 August, 9.30 - 11.30am Noosaville Library

Thursday 19 August, 9.30 - 11.30am Noosaville Library Free. Bookings required. Library Events Calendar

Ten Tips to getting Creative with your Smart Phone Camera

This is a fun introduction to how to get the best from your smart phone camera, be it an Apple iPhone or iPad or an Android, smart phone or Tablet, Presented by artist and Noosa Seed Library packet designer Dale Leach, BYO Smart Phone

Tuesday 24 August, 9.30 - 11.30am Cooroy Library

Wednesday 25 August, 9.30 - 11.30am Noosaville 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 - 12pm

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 4 and 25 August, 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 12 August, 1 - 2.30pm

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.

Acrylic Art Class

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Wednesday 11 and 25 August, 10am - 12pm

Acrylic art class run by a local artist Ginny Hague, every second week For people of all levels, this is a fun social group to get the creativity flowing. Using various acrylics and forms of media, with Ginny's guidance you will flourish & find your own style. All materials supplied. First 2 classes free of charge.

Wednesday 4 August, 10.30am - 12pm Noosaville Library

out about the most popular apps for your device.

Connecting Via Tech Activities

Monday 9 August, 10.30am - 12pm Cooroy Library

iPhones and iPads only, BYO device.

Discover iPhone and iPad

Free. Bookings required. Library Events Calendar

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.

Wednesday 11 August, 10.30am - 12pm

Noosaville Library

Monday 16 August, 10.30am - 12pm

Cooroy 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.

Wednesday 25 August, 10.30am - 12pm Noosaville Library. Free. Bookings required. Library Events Calendar

Intro to Social Media Get started with Facebook, Instagram, What's App and other messaging apps in this interactive hands-on workshop. Learn the basics so you can share and connect safely on social media. This

tech lesson is for beginners. BYO device. Monday 23 August, 10.30am - 12pm

Cooroy 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.

Thursday 26 August, 10.30am - 12pm

Cooroy Library. Free. Bookings required. Library Events Calendar

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

Wednesdays, 10 - 10.30am

Noosaville Library. Free. Bookings: Library Events Calendar

Cooroy Library. Free. Bookings: Library Events Calendar







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

*Bookings are required for most activities and have limited participant numbers.

• 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.