



# Connecting NOOSA

## September 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 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 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.

#### 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**

#### 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 10 September, 10-11am**

Pomona Memorial Hall, 6 Reserve Street.

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

#### 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 11 & 18 September and 9 & 16 October, 10.30 - 12pm**

Tewantin Primary School Hall, 10 Werin Street. Rhythm Culture. **Book here**

#### 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.

**Thursday 16 September, 10am - 12pm**

Kin Kin School of Arts Hall. 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 9 September, 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 18 September, 10am - 12pm**

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

### Creative Activities

#### Guided Bird Walk with Karl Granzien

Enjoy a guided bird walk through the Botanic Gardens in a small intimate group. Noted avian photographer, Karl Granzien will introduce you to the many and varied avian species inhabiting the Gardens.

**Sunday 5 September, 8 - 9am**

Noosa Botanic Gardens, Lake MacDonald Drive, Lake Macdonald.

Free. Bookings required. **Book here.**

#### 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 5 September, 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 the talented musicians from the Noosa Orchestra Wind Quintet. Bring your chairs and head down to the Poinciana trees in the Noosa Botanic Gardens to listen to the Quintet consisting of a flute, oboe, clarinet, bassoon and a French horn.

**Sunday 5 September, 10am - 12pm**

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

Free. Bookings not required.

#### Beginners Sewing Workshop - Lined Zip Purse

Learn how to insert a zipper into your own stylish fully lined purse.

A great gift idea for your creative loved ones. BYO fabric to suit your style.

**Monday 6 September, 9.30 - 11.30am** Noosaville Library

**Thursday 9 September, 9.30 - 11.30am** Cooroy Library

Free. Bookings required. **Library Events Calendar**

#### Beginners Sewing Workshop - Tote Bag

Learn how to cut out a pattern to create your own handy fully lined tote bag with pocket in this hands on workshop. BYO 1 meter of fabric to suit your style.

**Monday 13 September, 9.30 - 12pm** Noosaville Library

**Thursday 16 September, 9.30 - 12pm** 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 1, 15 and 29 September, 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 9 September, 1 - 2.30pm**

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 essential.

### Connecting Via Tech Activities

#### 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 13 September, 10.30am - 12pm** - Cooroy Library

**Wednesday 15 September, 10.30am - 12pm** - Noosaville Library

Free. Bookings required. **Library Events Calendar**

#### Discover Android

Learn tricks for basic troubleshooting, the many features of the camera and find out about the most popular apps for your device. Designed for beginners. For Androids only, BYO device.

**Monday 20 September, 10.30am - 12pm** - Cooroy Library

**Wednesday 22 September, 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 27 September, 10.30am - 12pm** - Cooroy Library

**Wednesday 29 September, 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.

**Thursday 30 September, 10.30am - 12pm**

Noosaville 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**

Noosaville Library. Free. Bookings: **Library Events Calendar**

**Wednesdays, 10 - 10.30am**

Cooroy Library. Free. Bookings: **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.

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