



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.

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 3 October, 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, ANBC Noosa Busking Champion. Jack will serenade visitors to the Gardens with a blues-jazz infusion.

Sunday 3 October, 10am - 12pm

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

Free. Bookings not required.

Beginners Sewing Workshop - Face Mask

Sew your own unique reusable face masks in this interactive fun workshop. Learn how to draft a pattern, cut layers of fabric to create your personalised masks.

Monday 6 October, 9.30 - 11.30am Noosaville Library

Thursday 9 October, 9.30 - 11.30am Cooroy Library

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

Beginners Sewing Workshop - Pot holder

Learn how to cut your own pattern to create your insulated pot/oven holders to suit your kitchen décor. BYO fabric to suit your style. Insulation fabric provided.

Monday 11 October, 9.30 - 11.30am Noosaville Library

Thursday 14 October, 9.30 - 11.30am Cooroy Library

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

Beginners Sewing Workshop - Padded tablet pouch

Learn how to draft a pattern and cut materials to create your personalised padded tablet pouch with Velcro fastening to keep your tablet protected. BYO 2 pieces of fabric to create an individual pouch to suit your style (approx. 60 x 60cm) depending on the size of your tablet.

Monday 25 October, 9.30 - 11.30am Noosaville Library

Thursday 28 October, 9.30 - 11.30am Cooroy Library

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

Exploring the Fold - beginners guide to book making

Join the Book and Paper Artists to explore the fold. In this workshop we will be making a series of three books that explore different folds - the basic concertina, the concertina with pages and variations on the map fold.

Saturday 30 October, 10am - 12pm

Noosa Arts and Crafts, Wallace House, Noosaville

Free. Bookings required.

Email create@noosaartsandcrafts.org.au or call Jean on 5474 1211

Activities for the Over 65's

OCTOBER IS QUEENSLAND SENIORS MONTH

Seniors Connect 2021

Thursday 14 October, 10am - 12pm

Come along to a free morning tea for our older residents and learn what our region has on offer for seniors. Free come and try activities for seniors included. Noosaville Library area. Bookings essential via Noosa Community Support on 5329 6175

Jazz and Morning Tea for Seniors Month

Thursday 21 October, 10 - 11am

Enjoy the swinging sounds of local Jazz band 'Fossils' at this morning tea, presented especially for Seniors Month.

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

Cooroy Library

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 - 10am

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

Cooroy Apex Park (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 30 October, 9 - 10am

Cooran Memorial School of Arts Hall, 14 King Street. BYO mat. [Book here](#)

Soul in Motion Adults Jazz Dance Class

Soul in Motion offers a high energy adult jazz dance class within a welcoming environment where we laugh often while learning modern dance skills. This class aims to give you a space to creatively express, as well as move your body all while improving your fitness and well-being. Over the program we will explore the ages of Jazz from the old school styles through to the latest commercial trends. No experience is necessary and everyone is welcome. Join us on the dance floor and do something fun just for you!

Thursday 7th, 14th, 21st and 28th of October, 5:45pm - 6:30pm

Anytime Fitness, Kauri St Cooroy

Bookings limited. Email Shea at info@soulinmotion.com.au

Boxing For Fitness - Beginners

Get fitter and stronger while learning the basics of Boxing. Aimed at beginners, wheelchair accessible, seniors welcome.

Wednesdays, 1pm

Noosa Box Office, 25 Project Ave, Noosaville

No booking necessary, bring your own gloves if available

Queries, please text Georgina on 0422 485 482

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 9 & 16 October, 10.30 - 12pm

Tewantin Primary School Hall, 10 Werin Street. Rhythm Culture. [Book here](#)

ACTIVITIES IN MENTAL HEALTH WEEK

Mindfulness and meditation in Mental Health Week

Mindfulness is an amazing way to live more in the present moment. So often we live in our head instead of our body. Learn how to be more mindful, practice the art of deep breathing and learn how meditations can be internally calming in stressful situations. Bring a drink bottle.

Friday 15 October, 10.30am - 12pm

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

Breathwork and Mindfulness in Mental Health Week

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 16 October, 10am - 12pm

Kin Kin School of Arts Hall, 50 Main Street. BYO mat. [Book here](#)

Gratitude and Journaling Workshop

Journaling 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.

Wednesday 20 October, 10am - 12pm

Cooran Memorial School of Arts Hall. King Street. BYO Journal. [Book here](#)

Connecting Via Tech

*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.

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 11 October, 10.30am - 12pm - Cooroy Library

Wednesday 6 October, 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 18 October, 10.30am - 12pm - Cooroy Library

Wednesday 13 October, 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 25 October, 10.30am - 12pm - Cooroy Library

Wednesday 20 October, 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 14 October, 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

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

Wednesdays, 10 - 10.30am

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.

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.