



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 few years with bushfires, Covid and floods, so come along, connect and try something new.

## Health and Wellbeing Activities

### Community Yoga

**All levels and abilities yoga class.** BYO Yoga mat. Bookings **here**. Free.

**Sundays, 7 - 8am**

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

**Sundays, 8.30 - 9.30am**

Peregian Beach Park (Southern end - Grebe St end)

**Saturdays, 8 - 9am**

Noosa Botanic Gardens, under the Poinciana trees, near the Shade Garden (**see map**)  
Lake MacDonald Drive, Lake Macdonald

**Tuesdays, 9 - 10am**

Cooroy Badminton Club, 26 Emerald Street, Cooroy

### 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.

### Yoga, Stretch and Mobility

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

**Tuesdays 6 - 7pm**

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

### Sunset Zumba

Join Nella for a fun outdoor Zumba class in the Noosa Woods as the sun sets over the Noosa River.

**Every Tuesday in April, 5pm**

Noosa Woods Park, Claude Batten Dr, Noosa Heads

Free. Book with Nella, **0423 498 408**

### Pilates on the Lawn

Bring along a mat and try mat pilates on the lawn next to the entrance to Move Noosa.

**Saturday 2 and 9 April, 8:30am - 9:15am**

Move Noosa, 3 Alba Close, Noosa Heads.

Free. Email: **info@movenooosa.com** to book

### Discover eBikes

Learn about the health and wellbeing outcomes of regular e-bike use.

Take an e-bike for a test ride.

**Tuesday 12 April, 11am - 12 noon**

Cooroy Library

Free. Bookings required. To book visit the **Library Events Calendar**

### Wildflowering at Sunrise

Join Wild/flower Woman Dr Sue Davis as we wildflower and walk in the wallum heathlands behind Sunrise.

**Friday 8 April, 9 - 11am**

Free. **Book here**

### Wildflowering behind Marcus

Join Wild/flower Woman Dr Sue Davis as we wildflower and walk in the wallum heathlands behind Marcus Beach.

**Wednesday 13 April, 9 - 11am**

Free. **Book here**

## Creative Activities

### Bird Photography

Learn essential techniques for better focus and exposure with Andrew, a nature photographer with 40 year's experience.

**Sunday 3 April, 9:30am - 11:30am**

Noosa Botanical Gardens

Free. Bring along any camera but not suitable for phone cameras.

**Bookings required**

### Beginner sewing workshop - sew your own facemask

Sew your own unique reusable face masks in this interactive fun workshop. BYO cotton fabric to suit (2 pieces 30cm x 30cm approx.). Ages 16+

**Wednesday 27 April, 9.30 - 11.30am** Noosaville Library

**Thursday 28 April, 9.30 - 11.30am** Cooroy Library

Free. Bookings required. To book visit the **Library Events Calendar**

### Beginner crochet

Try your hand at crocheting and you might get hooked! Bring your own crochet hook, size 3.5 recommended.

**Monday 19 April, 9.30 - 11.30am** Noosaville Library

**Thursday 21 April, 9.30 - 11.30am** Cooroy Library

Free. Bookings required. To book visit the **Library Events Calendar**

### Adult Art class

4 weeks of expressive art for adults inc collage, paint, clay. Materials supplied.

**Wednesday 6 April, 13 April, 27 April & 4 May, 11am - 1 pm**

Federal Memorial Hall.

Free. Bookings required. Email **kaytiewood@gmail.com**, or phone **0412615765**

### Holistic Art Therapy

Soothe the body, mind and spirit with hands on activities including drawing, meditation, mindfulness and writing.

**Thursday 21 April, 11.30am - 1.30pm**

Cooroy Memorial Hall

Free. **Book here**

## 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

\*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.

### The next steps for your device - iPhone and iPad

Are you beyond the beginner stage with your mobile device and want to try a few things out? BYO iPad or iPhone.

**Thursday 28 April, 10.30am - 12pm** - Cooroy Library

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

### The next steps for your device - Androids

Are you beyond the beginner stage with your mobile device and want to try a few things out? BYO Android.

**Wednesday 27 April, 10.30am - 12pm** - Noosaville Library

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

### Discover Android

Learn tricks for basic troubleshooting, features of the camera and most popular apps for beginners. BYO android.

**Wednesday 20 April, 10.30am - 12pm** - Noosaville Library

**Monday 4 April, 10.30am - 12pm** - Cooroy Library

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

### Discover iPhone and iPad

Learn tricks for basic troubleshooting, features of the camera and most popular apps for beginners. BYO iPhone or iPad.

**Wednesday 13 April, 10.30am - 12pm** - Noosaville Library

**Monday 11 April, 10.30am - 12pm** - Cooroy Library

**Tuesday 12 April, 10.30am - 12pm** - Peregian Beach Community House

**Friday 1 April, 10.30am - 12pm** - Pomona Community House

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

## Activities for the Over 65's

### Ageing Well Noosa over 65's program

Check out our newly expanded Ageing Well Noosa Program for a range of low cost and free classes for over 65's. Choose from strength and stability classes, stretching, aqua and music and dance classes.

For the full program **click here**



Australian Government



Queensland Government

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.
- Please note that you are attending and participating in activities at your own risk. Please consider your own risk when attending and participating in planned activities and events in regard to COVID 19.
- Council will endeavour to provide a COVID 19 safe environment for planned activities, however, Council cannot guarantee a COVID free environment
- For the latest information regarding restrictions and management of COVID 19 please visit the QLD Government website.
- The schedule is subject to change without notice