



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**

## 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**

## Creative Activities

### Music in the Gardens

Enjoy some wonderful music in the Poinciana grove. Back by popular demand, singer/song writing maestro Jay Bishoff and Andrew Higgins with his keyboard antics will lay down a musically eclectic show for you.

**Sunday 1 May, 10am – 12pm**

Noosa Botanic Gardens, Lake MacDonald Drive, Lake Macdonald.

Free. Bookings not required.

### Beginner sewing workshop – sew your own pillow cases

Discover new skills in this hands on fun workshop and make your own individually styled pair of pillowcases to suit your home décor. (Bring your own cotton fabric. approx. 2 metre) Ages 16+

**Monday 9 May, 9.30 – 12.30pm** Noosaville Library

**Thursday 26 May, 9.30 – 12.30pm** Cooroy Library

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

### Beginner crochet

Try your hand at crocheting and you might get hooked! Join like minded people and learn a new skill. Bring your own crochet hook, size 3.5 recommended, so you can continue to practise at home. Crochet yarn will be supplied on the day. Tea and coffee provided.

**Tuesday 17 May, 9.30 – 11.30am** Cooroy Library

**Thursday 19 May, 9.30 – 11.30am** Noosaville 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 4 May, 11am – 1 pm**

Federal Memorial Hall.

Free. Bookings required. Email [kaytiewood@gmail.com](mailto:kaytiewood@gmail.com), or phone **0412615765**

### Recycled Art & Craft

Come along to beautiful Cooran for a morning of togetherness and creativeness. Use your imagination and enjoy the process of Art which is healing for the soul. All materials supplied.

**Thursday 26 May, 10.30am - 12.30pm**

Cooran Hall. Free. **Book here**

## 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**



NOOSA COUNCIL



Australian Government



Queensland  
Government

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

## 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? This small group session allows you to have a go in a safe space with a friendly tech trainer. Come with a question and enjoy learning what others in the group are exploring. BYO device. Please make sure you attend the right session for your device. This tech lesson is not suitable for beginners.

**Wednesday 18 May, 10.30am – 12noon** - Noosaville 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? This small group session allows you to have a go in a safe space with a friendly tech trainer. Come with a question and enjoy learning what others in the group are exploring. BYO device. Please make sure you attend the right session for your device.

This tech lesson is not suitable for beginners.

**Monday 23 May, 10.30am – 12noon** - Coroooy 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.

**Wednesday 11 May, 10.30am – 12noon** - Noosaville Library

**Monday 16 May, 10.30am – 12noon** - Cooroy Library

**Tuesday 10 May, 10.30am – 12noon** - Peregian Beach Community House

**Friday 6 May, 10.30am – 12noon** - Pomona Community House

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

### Discover iPhone and iPad

Discover tricks for basic troubleshooting, the many features of the camera and find out about the most popular apps for your device. iPhones and iPads only, BYO device.

**Wednesday 4 May, 10.30am – 12noon** - Noosaville Library

**Monday 9 May, 10.30am – 12noon** - Cooroy Library

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

### Intro to Social Media

Get started with Facebook, Instagram, WhatsApp and other messaging apps in this interactive hands-on workshop. Learn the basics so you can share and connect safely on social media. BYO your mobile device.

**Monday 30 May, 10.30am – 12pm** - Cooroy Library

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

### Staying Safe Online

Learn how to be scam savvy and keep yourself and your information safe online. This tech lesson is for beginners. BYO device.

**Wednesday 25 May, 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.
- 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