

# April 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	<p>10am <b>Hit room class</b></p>  <p>11:30am <b>Bowling at Strike.</b> Get your support person to confirm on Tommy.</p> 	<p>10am <b>Nature Walk:</b> Buderim Forest Waterfall Walk. Ask your support person to check on Tommy for more details.</p> 	<p>10:15am <b>Hit Room Class</b></p>  <p>11:30am <b>Maroochy waters mini golf.</b> Get your support person to confirm on Tommy.</p> 	<p><b>Lawn Bowls</b> 10.30am \$5.00 Mooloolaba Get your support person to confirm on Tommy for you.</p> 	<p>7am <b>Golden Beach Parkrun</b> Meeting spot: Woorm Park. FREE. Ask your support worker to help you register following the link!</p> 	<p><b>Fisherman Markets.</b> 6am – 12pm Browse through dozens of stalls of fresh fruit, preloved clothes and food.</p> 
7	8	9	10	11	12	13
<p>Why not try the <b>Ginger Factory.</b> Open 9am to 5pm 7 days. Free entry. Attractions extra. Recommend booking.</p> 	<p>10am <b>Hit room class</b></p>  <p>11:30am <b>Bowling at Strike.</b> Get your support person to confirm on Tommy.</p> 	<p>10am <b>Nature Walk:</b> La Balsa. Ask your support person to check on Tommy for more details.</p> 	<p>10:15am <b>Hit Room Class</b></p>  <p>11:30am <b>Maroochy waters mini golf.</b> Get your support person to confirm on Tommy.</p> 	<p><b>Lawn Bowls</b> 10.30am \$5.00 Mooloolaba Get your support person to confirm on Tommy for you.</p> 	<p>7am <b>Birtinya Island</b> Meeting spot: Southbank Parkway. FREE. Ask your support worker to help you register following the link</p> 	<p><b>Maleny Sunday Markets.</b> Located at Maleny RSL Hall. Brose through local produce, arts and craft and food!</p> 
14	15	16	17	18	19	20
<p><b>Great Botanic Clue Hunt.</b> FREE Any day of the week. Come into the office and we can print out the hunt map</p> 	<p>10am <b>Hit room class</b></p>  <p>11:30am <b>Bowling at Strike.</b> Get your support person to confirm on Tommy.</p> 	<p>10am <b>Nature Walk:</b> Currimundi Lake Ask your support person to check on Tommy for more details.</p> 	<p>10:15am <b>Hit room class</b></p>  <p>11:30am <b>Maroochy waters mini golf.</b> Get your support person to confirm on Tommy.</p> 	<p><b>Lawn Bowls</b> 10.30am \$5.00 Mooloolaba Get your support person to confirm on Tommy for you.</p> 	<p>7am <b>Baringa Parkrun</b> Meeting spot: Baringa Park. FREE. Ask your support worker to help you register following the link!</p> 	<p><b>Noosa Farmer Markets.</b> 6am – 12pm. Discover an array of organic fruits and vegetables, gourmet condiments, and hand-crafted products.</p> 
21	22	23	24	25	26	27
<p>All <b>Public transport</b> is now. 50c. Would you like to learn how to catch the bus or train?</p> 	<p>10am <b>Hit room class</b></p>  <p>11:30am <b>Bowling at Strike.</b> Get your support person to confirm on Tommy.</p> 	<p>10am <b>Nature Walk:</b> Nambour Parklands. Ask your support person to check on Tommy for more details.</p> 	<p>10:15am <b>Hit room class</b></p>  <p>11:30am <b>Maroochy waters mini golf.</b> Get your support person to confirm on Tommy.</p> 	<p><b>Lawn Bowls</b> 10.30am \$5.00 Mooloolaba Get your support person to confirm on Tommy for you</p>  <p>11am <b>BBQ &amp; Lawn Games</b> @ Cotton Tree Park. Ask your support person to check on Tommy.</p>	<p>7am <b>Nambour Park Run.</b> Meeting spot: Nambour Parklands. FREE. Ask your support worker to help you register following the link!</p> 	<p><b>Sunshine Coast Colour Frenzy.</b> Sunshine Coast Stadium (Parklands)</p>  <p>\$Fee to enter. Ask your support person to book your spot.</p>
28	29	30				
<p><b>Great Botanic Clue Hunt.</b> FREE Any day of the week. Come into the office and we can print out the hunt map</p> 	<p>10am <b>Hit room class</b></p>  <p>11:30am <b>Bowling at Strike.</b> Get your support person to confirm on Tommy.</p> 	<p>10am <b>Nature Walk:</b> Kawana Lake, ask your support person to check on Tommy for more details.</p> 	<p><b>Aqua Aerobics</b> Every Tuesday and Thursday at the Nambour Aquatic Centre 8am \$5 Get your support person to register for you</p> 	<p><b>Sunshine Coast Falcons at Sunshine Coast Stadium.</b> Falcons game 12<sup>th</sup> April 2025. Get your support to book your ticket.</p> 	<p><b>Amaze World</b> Bellingham Hedge Maze, 274 Tanawha Tourist Dr, Tanawh. Get your support to book</p> 	<p><b>Cotton Tree Markets</b> 7am-12pm. Located at King St, Maroochydore. Market with Arts, Crafts, Plants, Fashion, Jewellery, Health, Food &amp; Produce</p> 

All **Public transport** is now. 50c. Would you like to learn how to catch the bus or train?



Noosa National Park: <https://parks.desi.qld.gov.au/parks/noosa/journeys/coastal-walk>

Mooloolaba Bowls: <https://clubmooloolaba.com.au/>

Ginger Factory: <https://www.gingerfactory.com.au/>

Aqua Aerobics [https://sunshine-coast-council.trumba.com/healthy-sunshine-coast/Aqua-Aerobics/E175305794?utm\\_source=sunshine%2Bcoast%2Bcouncil&utm\\_medium=website](https://sunshine-coast-council.trumba.com/healthy-sunshine-coast/Aqua-Aerobics/E175305794?utm_source=sunshine%2Bcoast%2Bcouncil&utm_medium=website)

Great Botanic Race: Printed copies available in office: <https://botanic-garden.sunshinecoast.qld.gov.au/see-and-do/whats-on/great-botanic-race>

Nature Walks: <https://www.visitsunshinecoast.com/guide/a-guide-to-the-sunshine-coasts-walking-trails>

Learn to travel through your supports: <https://www.queenslandsavers.qld.gov.au/tips-to-save/50-cent-public-transport-fares#:~:text=The%2050%20cent%20flat%20rate,Find%20out%20more%20at%20Translink.>

Markets - <https://www.visitsunshinecoast.com/guide/sunshine-coast-markets>

Sunshine Coast Falcons: <https://www.sunshinecoaststadium.com.au/events/sc-falcons-v-norths-devils>

Colour Frenzy Sunshine Coast Stadium: <https://www.sunshinecoaststadium.com.au/events/colour-frenzy>

Amaze World <https://amazeworld.com.au/>

#### **Important Information:**

**~Bring a companion card if you have one to all paid events, please if you have one.**

**~Remember water bottle, hat and sunscreen for all outdoor Adventures.**

**~Call the office to confirm your attendance for any activity or follow the links above to book ticket events in advance to not miss out.**