























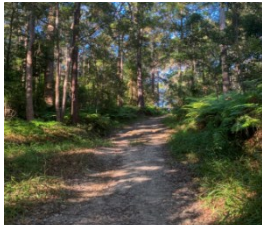








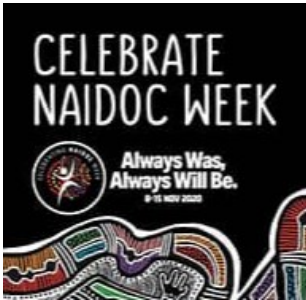


July 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	<div>10am Hit room class</div> <div></div> <div>11:30am Bowling at Strike. Get your support person to confirm on Tommy.</div> <div></div>	 <div>7:30am-2pm Eumundi Markets (Every Wed & Sat) 80 Memorial Drive, Eumundi FREE ENTRY</div>	<div>10:15am Hit Room Class</div> <div></div> <div>11:30am Maroochy waters mini golf. Get your support person to confirm on Tommy.</div> <div></div>	<div>Lawn Bowls 10.30am \$5.00 Mooloolaba Get your support person to confirm on Tommy for you.</div> <div></div>	<div>7am Kawana Park Run. Meeting spot: Kawana Surf Club. FREE. Ask your support person to help you register following the link!</div> <div></div>	<div>The Bloody Long Walk. Coolum Beach to Mooloolaba 35kms. Fundraiser for Mitochondrial disease (mito).</div> <div></div> <div>NAIDOC Week 6-13th</div>
7	8	9	10	11	12	13
<div>Sunshine Coast Tango Classes Masonic Hall, Maroochydore Cost: \$10 6.30 – 7.00pm – Beginner's Class (all levels are invited to join)</div> <div>NAIDOC Week 6-13th</div>	<div>10am Hit room class</div> <div></div> <div>11:30am Bowling at Strike. Get your support person to confirm on Tommy.</div> <div></div> <div>NAIDOC Week 6-13th</div>	<div>10am Nature Walk: La Balsa. Ask your support person to check on Tommy for more details.</div> <div></div> <div>NAIDOC Week 6-13th</div>	<div>10:15am Hit Room Class</div> <div></div> <div>11:30am Maroochy waters mini golf. Get your support person to confirm on Tommy.</div> <div></div> <div>NAIDOC Week 6-13th</div>	<div>Lawn Bowls 10.30am \$5.00 Mooloolaba Get your support person to confirm on Tommy for you.</div> <div></div> <div>NAIDOC Week 6-13th</div>	<div>7am Birtinya Island Park Run Meeting spot: Southbank Parkway. FREE. Ask your support person to help you register following the link</div> <div></div> <div>NAIDOC Week 6-13th</div>	<div>Maleny Sunday Markets. Located at Maleny RSL Hall. Brose through local produce, arts and craft and food!</div> <div></div> <div>NAIDOC Week 6-13th</div>
14	15	16	17	18	19	20
<div>Great Botanic Clue Hunt. FREE Any day of the week. Come into the office and we can print out the hunt map</div> <div></div>	<div>10am Hit room class</div> <div></div> <div>11:30am Bowling at Strike. Get your support person to confirm on Tommy.</div> <div></div>	<div>10am Nature Walk: Currimundi Lake Ask your support person to check on Tommy for more details.</div> <div></div>	<div>10:15am Hit room class</div> <div></div> <div>11:30am Maroochy waters mini golf. Get your support person to confirm on Tommy.</div> <div></div>	<div>Lawn Bowls 10.30am \$5.00 Mooloolaba Get your support person to confirm on Tommy for you.</div> <div></div>	<div>7am Mudjimba Beach Park Run Meeting spot: Cnr Mudjimba Beach Esplanade FREE. Ask your support person to help you register following the link</div> <div></div>	<div>Fishermans Road Markets 6am-12pm. Located at Cnr of David Lowe Way & Fisherman's Road, Maroochydore. Market with Arts, Crafts, Plants, Fashion, Jewellery, Health, Food & Produce</div> <div></div>
21	22	23	24	25	26	27
<div>Sunshine Coast Tango Classes Masonic Hall, Maroochydore Cost: \$10 6.30 – 7.00pm – Beginner's Class (all levels are invited to join)</div>	<div>10am Hit room class</div> <div></div> <div>11:30am Bowling at Strike. Get your support person to confirm on Tommy.</div> <div></div>	<div>10am Nature Walk: Nambour Parklands. Ask your support person to check on Tommy for more details.</div> <div></div>	<div>10:15am Hit room class</div> <div></div> <div>11:30am Maroochy waters mini golf. Get your support person to confirm on Tommy.</div> <div></div>	<div>Lawn Bowls 10.30am \$5.00 Mooloolaba Get your support person to confirm on Tommy for you</div> <div></div> <div>11am BBQ & Lawn Games @ Cotton Tree Park. Ask your support person to check on Tommy.</div>	<div>7am Nambour Park Run. Meeting spot: Nambour Parklands. FREE. Ask your support person to help you register following the link!</div> <div></div>	<div>Cotton Tree Markets 7am-12pm. Located at King St, Maroochydore. Market with Arts, Crafts, Plants, Fashion, Jewellery, Health, Food & Produce</div> <div></div>
28	29	30	31			
<div>Bingo! Mondays: Tewantin Noosa RSL. 1 Memorial Ave, Tewantin. 10:30am – 12:30 Just \$10</div> <div></div>	<div>10am Hit room class</div> <div></div> <div>11:30am Bowling at Strike. Get your support person to confirm on Tommy.</div> <div></div>	<div>10am Nature Walk: Kawana Lake, ask your support person to check on Tommy for more details.</div> <div></div>	<div>10:15am Hit room class</div> <div></div> <div>11:30am Maroochy waters mini golf. Get your support person to confirm on Tommy.</div> <div></div>			<div>CELEBRATE NAIDOC WEEK Always Was, Always Will Be. 9-15 May 2025</div> <div></div>

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

Mini Golf: <https://maroochyriverminigolf.com.au/>

Park runs: <https://www.weekendnotes.com/wheres-the-best-parkrun-on-the-sunshine-coast/>

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

Bingo: <https://www.noosarsl.com.au/entertainment/bingo/2029-06-25/>

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 Council HIT Room Class: <https://www.sunshinecoast.qld.gov.au/living-and-community/community-support/healthy-and-active/healthy-sunshine-coast>

- Important Information:**
- ~ Items highlighted in **colour** represent services we can facilitate and organise, while those in black are excellent suggestions for the month.
 - ~Please bring a companion card if you have one to all paid events.
 - ~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.