












































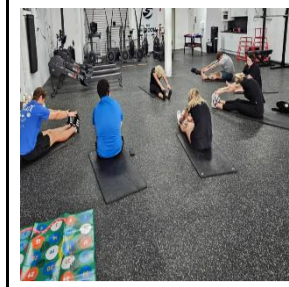


# June 2025



| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  | Sunday   |
|---|---|---|--|---|---|--|
|   |   |   |  |   |   | 1  |
|   | <p><b>10am Hit room class</b></p>  <p>11:30am<br/><b>Bowling at Strike.</b> Get your support person to confirm on Tommy.</p>      |  <p>7:30am-2pm <b>Eumundi Markets (Every Wed &amp; Sat)</b><br/>80 Memorial Drive, Eumundi<br/><b>FREE ENTRY</b></p> | <p><b>10:15am 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 10.30am</b><br/>\$5.00 Mooloolaba<br/>Get your support person to confirm on Tommy for you.</p>    | <p>7am <b>Kawana Park Run.</b><br/>Meeting spot: Kawana Surf Club. FREE. Ask your support person to help you register following the link!</p>        | <p><b>The Bloody Long Walk.</b><br/>Coolum Beach to Mooloolaba 35kms. Fundraiser for Mitochondrial disease (mito).</p>    |
| 2   | 3   | 4   | 5  | 6   | 7   | 8  |
|   | <p><b>10am Hit room class</b></p>  <p>11:30am<br/><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><b>10:15am 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 10.30am</b><br/>\$5.00 Mooloolaba<br/>Get your support person to confirm on Tommy for you.</p>    | <p>7am <b>Birtinya Island Park Run</b> Meeting spot: Southbank Parkway. FREE. Ask your support person to help you register following the link</p>  | <p><b>Maleny Sunday Markets.</b><br/>Located at Maleny RSL Hall. Browse through local produce, arts and craft and food!</p>                                     |
| 9   | 10  | 11  | 12   | 13  | 14  | 15   |
| <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><b>10am Hit room class</b></p>  <p>11:30am<br/><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><b>10:15am 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 10.30am</b><br/>\$5.00 Mooloolaba<br/>Get your support person to confirm on Tommy for you.</p> <p>Sunshine Coast Agricultural Show (Nambour Showgrounds)</p>    |  <p><b>Sunshine Coast Agricultural Show (Nambour Showgrounds)</b></p>  |  <p><b>Sunshine Coast Agricultural Show (Nambour Showgrounds)</b></p>   |
| 16  | 17  | 18  | 19   | 20  | 21  | 22   |
| <p><b>The Practice of Mindfulness. \$5</b><br/>Caloundra CWA Hall: 17 Kalinga St, Caloundra 5:30pm</p>                    | <p><b>10am Hit room class</b></p>  <p>11:30am<br/><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><b>10:15am 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 10.30am</b><br/>\$5.00 Mooloolaba<br/>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><br/>Meeting spot: Nambour Parklands. FREE. Ask your support person to help you register following the link!</p>    |  <p>Ask your support person to purchase tickets from the website.</p>   |
| 23  | 24  | 25  | 26   | 27  | 28  | 29   |
| <p><b>Bingo! Mondays:</b><br/>Tewantin Noosa RSL. 1 Memorial Ave, Tewantin. 10:30am – 12:30 Just \$10</p>                 | <p><b>10am Hit room class</b></p>  <p>11:30am<br/><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>10:15am 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 10.30am</b><br/>\$5.00 Mooloolaba<br/>Get your support person to confirm on Tommy for you.</p>    |  <p><b>Candlelight Concert: Best of Coldplay</b><br/>Venue: Flaxton Gardens. Tickets from \$58 ask your support person to assist.</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>  |
| 30  |   |   |  |   |   |  |

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



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/>

Candlelight Concert: <https://feverup.com/m/135965>

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

Sunshine Coast Agricultural Show: <https://sunshinecoastshow.com.au/>

The Practice of Mindfulness: <https://www.qcwa.org.au/Sys/PublicProfile/54377123/5266853>

The Bloody Long Walk: <https://www.runningcalendar.com.au/event/bloody-long-walk-sunshine-coast/>

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

Noosa Surf Film Festival: <https://noosaisff.com.au/>

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.