

November 2025

Activity Calendar



				Saturday	Sunday	Monday
				1	2	3
				Brightwater Park Run @7:00am Meeting Spot: Brightwater Park, Amberjack and Freshwater Streets, Mountain Creek Cost: FREE 	Fishermans Road Markets @6:00am-12:00pm Market with Arts, Crafts, Plants, Fashion, Jewellery, Health, Food & Produce 	Noosa National Park Walk @11:00am Take a stroll down Noosa National Park 
Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
4	5	6	7	8	9	10
Hit Room Class @10:00am  Bowling at Strike @11:30am 	Nature Walk @10am Meeting Spot: Stonebridge Garden Palmwoods 	Hit Room Class @10:15am  Maroochy Waters Mini Golf @11:30am 	Zebra Crossing Coffee & Catch-up @10:00am 	Glasshouse Mountains Park Run @7:00am Meeting Spot: Glass House Mountains Conservation Park, Raaen Road, D'Aguilar Cost: FREE 	Buderim Forest Park Walk Take a nice nature stroll around the forest 	Hart Foundation Walk @7:30am Meeting Spot: Car park next to caravan park at Dicky Beach, opposite Portobello (4-6 Beerburum Street) 
Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
11	12	13	14	15	16	17
Hit Room Class @10:00am  Bowling at Strike @11:30am 	Eumundi Markets @10:00am  Market with Arts, Crafts, Plants, Fashion, Jewellery, Health, Food & Produce	Hit Room Class @10:15am  Maroochy Waters Mini Golf @11:30am 	Brewed. Espresso Coffee & Catch-up @10:00am 	Golden Beach Parkrun @7:00am Meeting Spot: Golden Beach Esplanade, Roy Street and Esplanade Cost: FREE 	Blended Yoga (Includes Pilates, Mindfulness, Meditation & Yoga Nidra) Meeting Spot: Column Surf Club under the big tree Cost: \$10 Online (Bookings are required) 	Dance Exercise & Movement (All Levels) @9:15am Meeting Spot: Column Uniting Church Cost: \$10 
Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
18	19	20	21	22	23	24
Hit Room Class @10:00am  Bowling at Strike @11:30am 	Surf, Connect & BBQ! @10:30am (90mins) Meeting Spot: Buhk Family Park, Alexandra Parade, Cost: \$50 (If Surfing) (RSVP before 12 th November)  What's Provided: Surfboards & Rashies Supportive Instructors & Staff BBQ lunch & Good Vibes Surfing Optional	Hit Room Class @10:15am  Maroochy Waters Mini Golf @11:30am 	BBQ & Lawn Games @11:00am Location: Cotton Tree Park 	Harmony Boulevard Park Run @7:00am Meeting Spot: Harmony Boulevard Park Cost: FREE 	Caloundra Street Fair: @8:00am-100pm Location: Bulcock Street Fresh fruit and vegies, homemade cooking, cakes, jams and more.  Disability Action Week 2025 Disability Action Week People with disability Queensland Government	Currimundi Lake to Point Cartwright Walk @10:00am  Disability Action Week 2025 Disability Action Week People with disability Queensland Government
Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
25	26	27	28	29	30	
Hit Room Class @10:00am  Bowling at Strike @11:30am  Disability Action Week 2025 Disability Action Week People with disability Queensland Government	Yoga by the lake @6:00am Cost: \$5 Cash Location: Sportsman Parade, Bokarina, Park  Disability Action Week 2025 Disability Action Week People with disability Queensland Government	Hit Room Class @10:15am  Maroochy Waters Mini Golf @11:30am 	Brewed. Espresso Coffee & Catch-up @10:00am 	Golden Beach Parkrun @7:00am Meeting Spot: Golden Beach Esplanade, Roy Street and Esplanade Cost: FREE 	Cotton Tree Markets @7:00am-12:00pm Market with Arts, Crafts, Plants, Fashion, Jewellery, Health, Food & Produce  Disability Action Week 2025 Disability Action Week People with disability Queensland Government	La Balsa Park Walk @11:00am Take a stroll down La Balsa Park 

Links:

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>
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>
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>

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