

January 2025



Please note the full Living Well timetable will start again from the first week of February

This timetable also showcases free and low-cost classes funded by Living Well and some of it's allied community facilities:

Visit [noosa.qld.gov.au/living-well-noosa](https://www.noosa.qld.gov.au/living-well-noosa) for all Living Well Noosa activities and more initiative information.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Balance Yoga 9:00am - 10:00am Cooroy Memorial Hall \$10 /\$5 concession 6th Jan onwards	Serenity Walks 7.30- 8.30am The Big Pelican, Noosaville \$5 21st Jan onwards	Active Mums Core Foundation Class - child friendly 9:15am-10:15am Noosa Leisure Centre FREE	Pregnancy Aqua 7:00am-8:00am Noosa Springs Resort \$12 6th Jan onwards	Writing Friday - all levels welcome 9am-1pm Noosaville Library 3rd, 17th & 31st Jan FREE		Community Yoga 7:00am - 8:00am Noosaville Lions Park \$10/\$5 concession 2nd Feb onwards
Puppet workshop 6-12 years 10am-12.30pm Noosaville Library \$5 20th Jan only	Babes in Arms 9:00am - 9:30am Storytime (under 5yo) 10-10.30am Noosaville Library FREE 28th Jan onwards	Babes In Arms 9-9.30am Storytime (under 5yo) 10:00am-10:30am Cooroy Library FREE 28th Jan onwards	Cardboard Cities All Ages 9am-5pm FREE Noosaville Library: 9h Jan only Cooroy Library: 16th Jan only	Cardboard Cities All Ages 9am-5pm FREE Noosaville Library: 10h Jan only Cooroy Library: 17th Jan only		
Puppet Workshop 6-12 years 2.15-4.45pm Cooroy Library \$5 20th Jan only	Mini-bots robot building 6-12 years 10:00am - 11:00am Noosaville Library FREE 7th Jan only	Core Balance Yoga Pomona Memorial Hall 5:45pm-7:00pm \$10 8th Jan onwards	Crafternoon 2pm-4pm All ages Noosaville Library FREE 16th Jan only			
Crafternoon 2pm-4pm All ages Cooroy Library FREE 13th Jan only	Junior book cafe 9.30-10.30am Noosaville library FREE 14th Jan only		De-stress with Breath and Meditation 6:00pm-7:00pm Cooroy Memorial Hall \$5 30th Jan onwards			
Zumba -child friendly 4pm Noosa Leisure Centre *Part of Active Mums membership	Under 5s water play 9am-11am Noosaville library FREE 21st Jan only					
Yoga Qi Gong 6:15pm-7:15pm Cooran Hall \$10/ \$5 concession 6th Jan onwards						

Noosa Seniors
For a full calendar of specific +65 activities please visit <https://www.noosa.qld.gov.au/activities-seniors>

Strength Sisters FREE Gym based strengthening program
For women over 14 years to learn how to use strength-based gym equipment under the guidance of a qualified Personal Trainer <https://www.noosa.qld.gov.au/strength-sisters>

Adventure Tribe
\$50 voucher towards Abselling, Kayaking, Rock Climbing & Hiking
<https://www.noosa.qld.gov.au/events/event/547/adventure-tribe-50-voucher>

Youth Hub & Programming @Tait-Duke Community Cottage
Thu & Fri 4-8pm + Sat 12-5pm
<https://www.noosa.qld.gov.au/events/event/929/noosa-youth-connect-hub>
Youth Drop in @ Pomona House
3-6pm Wednesdays
<https://pomonacommunityhouse.org.au/>

Class Guide
General Wellbeing
Mums & Babies
Cultural & Diverse
Families & Children
Young People
+65 Activities

