# **CaloundraWeekly**

HD NOTICES

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**NOTICES** 

**FASHION PARADE** 

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BLUE Care Auxiliary will be holding a fashion parade on Saturday, May 17 at the Uniting Church Hall, Queen St, Caloundra. Morning tea from 9.30am, the parade starts at 10am. Come along and see the wonderful spring fashions presented by Susannah's Fashions of Caloundra. Shoes supplied by Shannon's Shoes of Caloundra. Admission is \$12 per person with proceeds to go towards the <a href="purchase">purchase</a> of medical equipment for Blue Care. For more information or bookings phone Gloria on 54923318 or Pauline on 54917207.

#### POPULAR SOCIAL CLUB

POPULAR Social Club is for singles over 40, providing social events in a safe and confidential environment. We are not for profit and excess funds are donated to charity. Our website is <a href="https://www.popularsocialclub.com">www.popularsocialclub.com</a>.

# **FACIAL PAIN**

MAYBE the TNA **Group** can help you. The Sunshine Coast Trigeminal Neuralgia Support **Group** meets at the Kawana Library, Nanyima St, Buddina on Saturday, May 17 from 1pm. Contact Jean on 54911978 after hours.

#### **COIR LOG POSTPONED**

THE Currimundi Catchment Care Group's proposed installation of coir log walls in Crummunda Park on May 21-22 has been postponed. For more information phone David on 54939695.

# FARMERS MARKET

CALOUNDRA Country and Farmers Market on Sunday from 6am–noon at Currimundi State School, 17 Buderim St, Currimundi. There are coins, collectables, books, art, handcrafts and handmade clothes. Plenty of fruit and Asian vegetables, Maleny yoghurt and cheeses, fresh bread, cakes and jam, and plants. Have coffee and breakfast, and enjoy a treasure hunt in the car-boot sales. This supports the Dicky Beach Surf Lifesaving Club. Phone 0401482949.

# MONSTER CENT AUCTION

CALOUNDRA Masonic Lodge will hold a Monster Cent Auction on Saturday, May 17 at 11am for noon. Come to the Masonic Complex, Third Ave, Caloundra. Entry fee is \$5. Hundreds of prizes in aid of the RDA Sunshine Coast. Contact Barbara on 54913722.

#### MEN'S HEALTH AWARENESS

ALL men from the Sunshine Coast Community are invited to participate in a free Men's Health Awareness Presentation to be held 1pm to 2pm, Thursday, May 22 at the Kawana Forest Meeting

Place, 60 Woodlands Blvd, Meridan Plains. Afternoon tea and refreshments will be provided. For more information or to reserve your spot please contact Sunshine 60 & Better **Group** Inc. on 54437281 or visit the web **site** at <a href="https://www.sunshine60.org.au">www.sunshine60.org.au</a>.

#### **CULTURAL WORKSHOPS**

ARE you a senior person from a multicultural background and want to learn more about Aboriginal history and culture? The Multicultural Club invites you to attend a series of workshops with local Gubbi Gubbi people who will explore Indigenous history and culture. Held at the Caloundra Community Centre, 58A Queen St, Caloundra on May 22, 29 and June 5 at 9.30-11.30am and June 12 from 9am-3pm. Cost is \$15 per person including morning teas, bus trip and final day lunch. RSVP by May 20 on 54914000 or email cdw@calcomm.org.au.

## FOUNTAIN GATE CHARITY

A NEW charity store is located at 3/8 Anning Ave, Diamond Head, with 100% of all funds raised going to charities. Opening hours: Monday, Thursday and Friday 9am–5pm and Saturday 8.30am–1pm. All donations appreciated, and can be dropped off during shop hours only. Phone Jan on 0438811819 or Maria 0405304566.

#### TAI CHI

AUSTRALIAN Niu Chnming Tai Chi Institute members have returned from training with 5th Generation Yang Tai Chi Masters in China. The normal schedule of classes has resumed, and we would welcome newcomers to our \$5 Tai Chi and Chai Tea class, Fridays, 8.30am at 124 Bulcock St, Caloundra. Phone Stephen on 0416120482.

## **OVEREATERS**

OVEREATERS anonymous is a self-funding and non-religious organisation running a 12-step program. Does food control your life? Do you eat uncontrollably? We are not a diet club and there are no weigh-ins. Find recovery through the 12 steps. Share experiences with other compulsive overeaters. Meetings Thursdays between 6.30pm and 7.30pm at Caloundra library and Sunday afternoons, 3–4pm at the community centre, Queen St, Caloundra. Phone Linda on 0430569298.

# YOGA

CLASSES for beginners and intermediate. Sessions (75 minutes) to relax, stretch, strengthen and tone. Monday, Wednesday and Friday at 9am. Cost \$10. Held at 799 Diddillibah Rd, Diddillibah. Phone 54485748.

### LEARN LATIN DANCE

LEARN to Latin Dance with Rodrigo Dos Santos. Classes start from \$15 in Maroochydore Mondays and Wednesdays. Phone Rodrigo on 0432555743 or <a href="https://www.dossantoslatin">www.dossantoslatin</a>

dance.com.au.

## PIANIST NEEDED

A PIANIST is required for weekly practice and performances of a well-established senior ladies choir. Contact Melba on 54936449.

## **NSA MEETING**

NATIONAL Seniors Australia (NSA) is the largest organisation representing Australians aged 50 and over. The Caloundra City branch meets at the rear function room Currimundi Hotel, Buderim St, Currimundi, every second Tuesday at new start time of 10am. Ample parking. Friendship, interesting speakers, local outings and other activities are offered. All over 50s are cordially invited to attend and become part of this fun community group. Visitors from NSA are also welcome. Phone Elaine on 0438579948 or Fran 54448347.

## **MEDITATION**

FALUN Gong – is an ancient exercise and meditation practice suitable for all ages. Come experience a powerful and holistic way to enhance health and well-being. All are welcome to join the new class in Kings Beach **Park**. Phone 0401425180 or visit <u>www.falundafa.org</u>.

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