

# Disability Action Week 24

## 24 November to 1st December

Accessible communication:  
connect, include and empower





# Disability Action Week 24

## 24 November to 1st December



### Activities



Entertainment



Library activity



Water activity



Art workshop



Sporting



Competition



Performance



Healthy and wellbeing



Social



Training



Display



Market



## Competition

# Accessible Sunshine Coast Photo Competition

**29 September - 25 November**

Council is holding an Accessible Sunshine Coast Photo Competition. We're asking residents with lived experience of disability to capture and share their photographs of accessible and inclusive places from across our region for their chance to win a family Pass to Australia Zoo!

### For more information

Jane Goodwin 5441 8401

[commdevelopment@sunshinecoast.qld.gov.au](mailto:commdevelopment@sunshinecoast.qld.gov.au)

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## Art exhibition

# Sculpture on the Edge

**23 November – 1 December**  
**8am-2pm**

**Flaxton Gardens 313-323**  
**Flaxton Drive, Flaxton**

A nine-day creative feast of art and food is being held in the natural beauty of Flaxton Gardens on the Sunshine Coast. The exhibition of indoor and outdoor sculptures, which are all for sale, aims to ignite your imagination, inspire and delight you. Workshops will be held as part of the event to entice you to get in touch with your hidden talents or to refine your skills. With thanks to the generous support of our sponsors, donors and event partner, Flaxton Gardens, Sculpture on the Edge is a not to be missed experience for everyone.

**Entry \$10, seniors or concession \$5,  
children under 18 Free.**

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# ArtWorkz

**25 November - 29 November**

The 2024 Artworkz Pop Up Gallery is a showcase of artistic expression and participants' creations. Come along for a chance to catch some live painting and drawing as well as the opportunity to meet our artists during Disability Action Week. We are very excited to host this year for all our talented Artists!

## For more information

Please contact the Spiral Office on 5476 2711 or email [jasmineb@spiralinc.org.au](mailto:jasmineb@spiralinc.org.au) for more information.

**Free**

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# Sunshine Coast Libraries events

**Multiple dates and times**

Sunshine Coast Libraries are inclusive and accessible. Check out what's on at your local library this Disability Action Week.

**Free and low-cost events.**

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**Art exhibition**



**Library activity**



**Sporting**

## **Suncoast Spinners – Kids Club (kids 4-14 years)**

**Wednesday, 20 November 2024  
5pm**

### **UniSc Stadium, Sippy Downs**

Come and experience an all-inclusive wheelchair sport created especially for children aged 4 to 12. Parents and siblings are welcome to participate. Sessions include fun games and basic chair skills.

**Bookings Required**

[www.suncoastspinners.com.au](http://www.suncoastspinners.com.au)

**Free**

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**Sporting**

## **Wheelchair Basketball**

**Wednesday, 20 November 2024  
6.30pm**

### **UniSc Stadium, Sippy Downs**

Beginners and social players, come and experience an all-inclusive wheelchair sport created for players aged 12 to 70.

**Bookings Required**

<https://form.jotform.com/241828003525855>

**Free**

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# All Abilities boat open day

**Saturday, 23 November 2024**

**9am-3pm**

## La Balsa Park Boat Ramp, Point Cartwright

We will be hosting 30 minute trips along the Mooloolaba Canals on our all abilities accessible boat. This boat has been custom designed for access and inclusion to our waterways

### Bookings Required

Bookings will be available via the event link on the Bamboo Projects Facebook page ([www.facebook.com/bambooprojects](https://www.facebook.com/bambooprojects))

**Free**

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**Water activity**

# Laughter Yoga with Po Mei

**Sunday, 24 November 2024**

**9am**

## Tesch Park, Corner of Bunya and Coral Sts, Maleny

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities - please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

### Bookings Required

Book by texting 0490 333 105

**\$10 or \$5 with health or pension card.**

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**Healthy and wellbeing**



Healthy and wellbeing

## Weights and Core (can be done seated)

**Monday, 25 November 2024**  
**8am**

**Beerwah Community Hall,  
25 Peachester Road, Beerwah**

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities – please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

### **Bookings Required**

Book by phone on 5439 0949 or email [allinonefitnesscentre.com.au](mailto:allinonefitnesscentre.com.au)

**\$10 or \$5 with health or pension card.**

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Healthy and wellbeing

## Aqua Aerobics

**Monday, 25 November 2024**  
**9am**

**Eumundi Aquatics Centre,  
26 Memorial Drive, Eumundi**

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities – please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

**\$10 or \$5 with health or pension card.**

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# The Practice of Mindfulness for Stress Reduction

**Monday, 25 November 2024**  
**5.30pm**

**CWA Hall, Kalinga Street, Caloundra**

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities – please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

## Bookings Required

Bookings required via email to [contact@suemoore.online](mailto:contact@suemoore.online)

**\$10 or \$5 with Health or pension card.**

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**Healthy and wellbeing**

# Wellness Group: Aqua aerobics

**Monday, 25 November 2024**  
**10am**

**Nambour Aquatic Centre,  
31 Petrie Park Road, Nambour**

Enjoy exercise in a heated pool with music.

## Bookings Required

Lorrae O'Rourke  
[carersoutlook@gmail.com](mailto:carersoutlook@gmail.com)

**\$10 per person**

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**Healthy and wellbeing**



Healthy and wellbeing

## Aqua Aerobics

**Tuesday, 26 November 2024**  
**8am**

**Nambour Aquatic Centre,  
31 Petrie Park Road, Nambour**

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities – please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

**\$10 or \$5 with health or pension card.**

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Healthy and wellbeing

## Fun, Fitness and Strength

**Tuesday, 26 November 2024**  
**10am**

**The Hitroom, Suite 3/84 Wisers road  
Maroochydore**

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities – please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

### **Bookings Required**

Bookings required through FitCare 1300 348 227

**\$10 or \$5 with health or pension card.**

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# PrYme Lite

**Tuesday, 26 November 2024**  
**11.15am**

**YMCA Caloundra,**  
**125 Arthur Street, Caloundra**

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities – please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

**\$10 or \$5 with health or pension card.**

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# Person Centred Disaster Preparation for people with disabilities

**Tuesday, 26 November 2024**  
**10am**

**Millwell Road Community Centre,**  
**11A Millwell Road East, Maroochydore**

Bookings Required

[SCC.DisasterManagement@sunshinecoast.qld.gov.au](mailto:SCC.DisasterManagement@sunshinecoast.qld.gov.au)

**Free**

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**Healthy and wellbeing**



**Training**



## Sporting

# Sailing with Sailability

**Tuesday, 26 November 2024**  
**8.30am**

**33-45 Parkyn Parade, Mooloolaba**

Clients can sail in dinghies for 30 mins with experienced sailors and enjoy the freedom on the river.

### For more information

0488 578 466 Alan Winter, Mark Dowsett or Cathy Wilkinson

**Just \$10 for half an hour sailing**

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## Healthy and wellbeing

# Ageless Grace, Body and Brain chair exercises with music

**Tuesday, 26 November 2024**  
**10am**

**Laurel Springs Village Clubhouse,**  
**18 Doolan Street Nambour**

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities – please check [Council's website](#) for details.

All activities cost \$10 or \$5 with a Health Care/Pensioners card.

### Bookings Required

Lorrae O'Rourke

0418 298 183

[carersoutlook@gmail.com](mailto:carersoutlook@gmail.com)

**Cost is \$10 per person or \$15 per couple.**  
**Includes Morning Tea.**

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# Chair Yoga, Mobility and Movement

**Wednesday, 27 November 2024**  
**9am**

**Kenilworth Hall, (Downstairs in the Supper Room), 7 Maleny Kenilworth Road, Kenilworth**

**Important information:** Sessions run for a minimum of 45 minutes (check with provider). FOR ANY ENQUIRIES ABOUT THE ACTIVITIES, PLEASE CONTACT THE PROVIDER NOT HEALTHY SUNSHINE COAST. [www.sunshinecoast.qld.gov.au/living-and-community/community-support/healthy-and-active/healthy-sunshine-coast](http://www.sunshinecoast.qld.gov.au/living-and-community/community-support/healthy-and-active/healthy-sunshine-coast)

## Bookings Required

You must be registered for the program to join in the activities – please check [Council's website](#) for details.

## \$10 or \$5 with health or pension card.

Evidence of this card will be required at the first class. Where appropriate, the cost for children under 18 years of age is \$5 when accompanied by an adult, or \$10 if a children's-only activity.



**Healthy and wellbeing**

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# Suncoast Spinners – Kids Club (kids 4-14 years)

**Wednesday, 27 November 2024**  
**5pm**

**UniSc Stadium, Sippy Downs**

Come and experience an all-inclusive wheelchair sport created especially for children aged 4 to 12. Parents and siblings are welcome to participate. Sessions include fun games and basic chair skills.

## Bookings Required

[www.suncoastspinners.com.au](http://www.suncoastspinners.com.au)

**Free**



**Sporting**



**Sporting**

## Wheelchair Basketball

**Wednesday, 27 November 2024**  
**6.30pm**

**UniSc Stadium, Sippy Downs**

Beginners and social players, come and experience an all-inclusive wheelchair sport created for players aged 12 to 70.

**Bookings Required**

<https://form.jotform.com/241828003525855>

[www.suncoastspinners.com.au](http://www.suncoastspinners.com.au)

**Free**

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**Social**

## Catch-Up Cuppa

**Wednesday, 27 November 2024**  
**10am**

**Tranquil park, 483 Mountain View Road Maleny**

**Bookings Required**

Lorrae O'Rourke [carersoutlook@gmail.com](mailto:carersoutlook@gmail.com)

**\$12.50 for cuppa and scone/cake.**

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# Chair Yoga

**Thursday, 28 November 2024**  
**10am**

**Main Hall, Millwell Road Community Centre,  
11A Millwell Road East, Maroochydore**

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities – please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

## Bookings Required

Text or call to 0415 435 905

## **\$10 or \$5 with Health or pension card.**

Evidence of this card will be required at the first class. Where appropriate, the cost for children under 18 years of age is \$5 when accompanied by an adult, or \$10 if a children's-only activity.



**Healthy and wellbeing**

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# Aqua Aerobics

**Thursday, 28 November 2024**  
**8am**

**Nambour Aquatic Centre,  
31 Petrie Park Road, Nambour**

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities – please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

## Bookings Required

<https://form.jotform.com/241828003525855>

[www.suncoastspinners.com.au](http://www.suncoastspinners.com.au)

## **\$10 or \$5 with Health or pension card.**



**Healthy and wellbeing**



**Sporting**

# **Reverse Inclusion Basketball Match. Sunshine Coast Council vs Business Challengers**

**Thursday, 28 November 2024  
12.30pm**

**UniSc Stadium, Sippy Downs.**

Come along to the UniSC Stadium for an entertaining reverse inclusion basketball match between Council and business partners. Brought to you by Suncoast Spinners and Apollo SDA.

Spectators Welcome.

## **For further information**

Sharon Hill [info@suncoastspinners.com.au](mailto:info@suncoastspinners.com.au)

Jane Goodwin 5441 8401

**Free**

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# Thursday Night Adult Social

**Thursday, 28 November 2024**  
**5.30pm**

**Tranquil park, 483 Mountain View Road Maleny**

For further information

[office@ipfs.org.au](mailto:office@ipfs.org.au) or call 5441 6600

**Adults only, bookings required.**  
**Drinks available to purchase.**

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**Social**

# Mindful Art (Dementia and Art)

**Thursday, 28 November 2024**  
**10am**

**22 Omrah Avenue, Caloundra**

Carers, and family members who care for someone living with dementia, are invited to join the Mindful Art sessions (Dementia and Art program) at the gallery. These intimate gatherings are designed especially for those who are living with dementia and provide a normalised experience within a gallery setting.

During a two hour visit, gallery staff and trained volunteers use artworks as prompts to stimulate conversation. This is followed by a thoughtfully designed hands-on art-making activity and light refreshment.

**Register Online**

[gallery.sunshinecoast.qld.gov.au](http://gallery.sunshinecoast.qld.gov.au)

**Free. Limited to small group.**  
**Registration essential.**  
**Ticket includes one carer.**

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**Art workshop**



**Display**

## **Static Display by Sailability**

**Thursday, 28 November 2024  
10am-1pm**

**Noosa Main Beach**

Learn about sailing for people with disabilities.

**Free**

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**Healthy and wellbeing**

## **Ageless Grace, Brain Health Movement with Music**

**Thursday, 28 November 2024  
11am**

**CWA Caloundra Hall,  
17 Kalinga Street, Caloundra**

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities – please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

**\$10 or \$5 with health or pension card.**

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## PrYme Lite

Friday, 29 November 2024  
11.15am

YMCA Caloundra,  
125 Arthur Street, Caloundra

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities – please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

**\$10 or \$5 with health or pension card.**

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## Movement and Stability with Weights

Friday, 29 November 2024  
8am

Beerwah Community Hall,  
25 Peachester Road, Beerwah

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities – please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

**\$10 or \$5 with health or pension card.**

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Healthy and wellbeing



Healthy and wellbeing



## Sporting

# Sailing with Sailability

**Friday, 29 November 2024**  
**8.30am**

**33-45 Parkyn Parade, Mooloolaba**

Clients can sail in dinghies for 30 minutes with experienced sailors and enjoy freedom on the river.

### Bookings Required

0488 578 466

Alan Winter, Mark Dowsett or Cathy Wilkinson

**Just \$10 for half an hour sailing.**

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## Entertainment

# Sunshine Singers: Dementia Choir

**Friday, 29 November 2024**  
**10am**

**Anglican Church, 46 Upper Gay Terrace,  
Kings Beach, Caloundra**

For people with dementia and related disorders. A family member or paid carer must be in attendance with the care recipient. Morning tea provided.

### Bookings

Lorrae O'Rourke

[carersoutlook@gmail.com](mailto:carersoutlook@gmail.com)

### Donation

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# FUNctional Market Day

**Saturday, 30 November 2024**  
**10am-3pm**

**Millwell Road Community Centre,**  
**11A Millwell Road East, Maroochydore**

Head down to this market day for people with disabilities to showcase and sell their creations. Here's an ideal opportunity to pick up Christmas gifts and participate in creative activities throughout the day. Food will be available to purchase from Steps café.

## For further information

Jane Goodwin 5441 8401

## Fee Admission

**Light refreshments available to purchase.**



**Market**



**EQUITY  
WORKS**





## Healthy and wellbeing

# Laughter Yoga with Po Mei

**Sunday, 1 December 2024**  
**9am**

**Tesch Park, Corner of Bunya  
and Coral Sts, Maleny**

Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities - please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

**\$10 or \$5 with health or pension card.**

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## Performance

# The Lost Wild West

**Monday, 2 December 2024**  
**11.30am (doors open at 11am)**

**Lind Lane Theatre,  
16 Mitchell Street, Nambour**

In a Wild West saloon, townspeople are enjoying a celebration. The atmosphere shifts when a mysterious visitor arrives, sparking curiosity and suspicion about Sister Angelica. As tensions rise, it's revealed that Sister Angelica is actually an alien seeking refuge and assistance from the townsfolk. This is a story of humour, intrigue and a touch of the unexpected, culminating in a poignant choice that tests the bonds of friendship and the spirit of adventure.

### Bookings

Book online through Humantix.  
Jasmine Bethell, Spiral Incorporated  
5476 2711  
[jasmineb@spiralinc.org.au](mailto:jasmineb@spiralinc.org.au)

**\$15 for general admission.**  
**Companion Card Tickets Free.**

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# Magical Musicals

**Tuesday, 3 December 2024**  
**11.30am (doors open at 11am)**



**Performance**

**Lind Lane Theatre,  
16 Mitchell Street, Nambour**

The Shooting Stars Dance company proudly presents this year's annual dance show. This year the theme is "musicals", falling under two separate categories. The first half of the show is dedicated to the all-time classics. In the second half, we reminisce the magical wonders of our childhoods with some of Disney's most memorable musicals.

What do you recall from your favourite musical? We bet it's the song and dance! In every great musical, there is an upbeat dance number along with a catchy theme song that sticks in your head long after the show is over and we assure you, our show provides an abundance of these!

The show includes a unique blend of the timeless classics with an equivalent dose of contemporary flavour. Our performers will enchant you with their talent for story telling through the medium of synchronised dance sequences presented in the guise of some of their favourite characters.

## **Bookings**

Book online through Humantix.  
Jasmine Bethell, Spiral Incorporated  
5476 2711  
[jasmineb@spiralinc.org.au](mailto:jasmineb@spiralinc.org.au)

**\$15 for general admission.**  
**Companion Card Tickets Free.**

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**Sporting**

## **Suncoast Spinners – Kids Club (kids 4-14 years)**

**Wednesday, 4 December 2024  
5pm**

**UniSc Stadium, Sippy Downs**

Come and experience an all-inclusive wheelchair sport created especially for children aged 4 to 12. Parents and siblings are welcome to participate. Sessions include fun games and basic chair skills.

**Bookings required**

<https://form.jotform.com/241828003525855>

[www.suncoastspinners.com.au](http://www.suncoastspinners.com.au)

**Free**

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**Sporting**

## **Wheelchair Basketball**

**Wednesday, 4 December 2024  
6.30pm**

**UniSc Stadium, Sippy Downs**

Beginners and social players, come and experience an all-inclusive wheelchair sport created for players aged 12 to 70.

**Bookings required**

<https://form.jotform.com/241828003525855>

[www.suncoastspinners.com.au](http://www.suncoastspinners.com.au)

**Free**

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# Compass has Talent

**Wednesday, 4 December 2024**  
**10.30am**

**Lighthouse Rugby Club,  
81 Arthur Street, Caloundra**

Come and support our wonderfully talented Compass Trainees showcase their moves in the annual "Compass has Talent". Limited Seating. Raffles and Cold drinks and home baked refreshments available.

## **No booking required**

[admin@compassinc.org.au](mailto:admin@compassinc.org.au) or  
[heidi.valentine@comassinc.or.au](mailto:heidi.valentine@comassinc.or.au)  
5445 9116

**\$5 entry fee (Donation to Compass).**

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**Performance**

# Robin from Da Hood – A Knights Fever

**Friday, 6 December 2024**  
**11.30am (doors open at 11am)**

**Lind Lane Theatre, 16 Mitchell Street, Nambour**

Rich people? Poor people? A story old as time...  
Some knights meet Robin Be Good and his Outlaw friends...  
A dragon and some magicians...  
It's a tale not to be missed!  
Everyone searching, can they find what they seek and be friends?  
This year, the Spiral Musical Theatre group is rewriting history where finally peace and shared resources are possible.

## **Bookings Required**

Book online through Humantix.  
Jasmine Bethell Spiral Incorporated  
5476 2711  
[jasmineb@spiralinc.org.au](mailto:jasmineb@spiralinc.org.au)

**\$15 for general admission.**  
**Companion Card Tickets Free.**

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**Performance**



## Performance

# Robin from Da Hood – A Knights Fever

**Saturday, 7 December 2024**  
**11.30am (doors open at 11am)**

**Lind Lane Theatre, 16 Mitchell Street, Nambour**

Rich people? Poor people? A story old as time...  
Some knights meet Robin Be Good and his Outlaw friends...  
A dragon and some magicians...  
It's a tale not to be missed!  
Everyone searching, can they find what they seek and be friends?  
This year, the Spiral Musical Theatre group is rewriting history where  
finally peace and shared resources are possible.

### **Bookings Required**

Book online through Humantix.  
Jasmine Bethell Spiral Incorporated  
5476 2711  
[jasmineb@spiralinc.org.au](mailto:jasmineb@spiralinc.org.au)

**\$15 for general admission.**  
**Companion Card Tickets Free.**

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**[sunshinecoast.qld.gov.au](http://sunshinecoast.qld.gov.au)**  
**[mail@sunshinecoast.qld.gov.au](mailto:mail@sunshinecoast.qld.gov.au)**  
**07 5475 7272**