

EVERYONE BELONGS ON THE SUNSHINE COAST

HARMONY WEEK

18-24 MARCH 2024
PROGRAM



Supported by
Queensland
Government

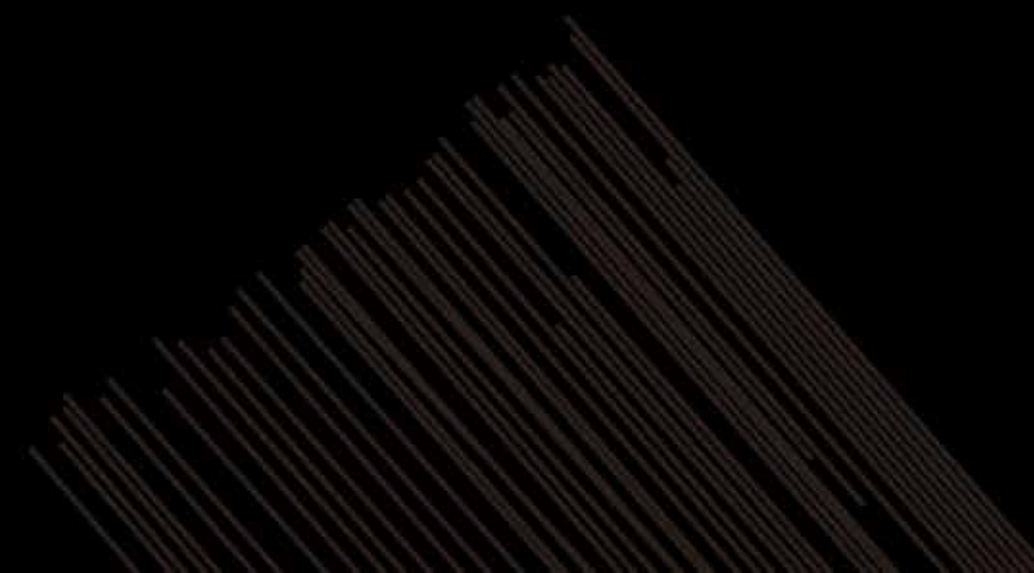




Join in the Harmony Week activities and events held
across the Sunshine Coast from 18-24 March.

Experience, explore and appreciate our cultural diversity.

sunshinecoast.qld.gov.au/harmonyweek



Let's Toast to Diversity!

When: Tuesday, 19 March, 7.00-9.30pm

Where: Parklands Tavern,
238 Parklands Blvd, Meridan Plains

Join us at Caloundra Toastmasters for an enriching experience celebrating Harmony Week and supporting individuals with English as a second language.

Toastmasters offers an inclusive space for personal and professional development through public speaking and leadership training. Our welcoming environment provides an opportunity to improve your English skills and build confidence. As we celebrate Harmony Week, be part of a supportive community valuing diversity and empowering individuals to find their voice, express their stories and celebrate it!

[BOOK ONLINE HERE](#)

Cultural Brew: A Harmony Morning Tea

When: Tuesday, 19 March, 10.00am-12.00pm

Where: Caloundra Community Centre,
58A Queen Street, Caloundra.

Join us for a vibrant morning tea event celebrating Harmony Week and the International Day for the Elimination of Racial Discrimination. Attendees will enjoy a delightful morning tea while engaging in activities that promote cultural exchange, awareness and celebration. Experience unity and understanding within our diverse community through food, conversation and shared experiences.

[WEBSITE: caloundracommunitycentre.org/](http://caloundracommunitycentre.org/)
[EMAIL: silvia@calcomm.org.au](mailto:silvia@calcomm.org.au)

FUNdamentals

When: Wednesday 20 March, 10.30-11.30am

Where: Lower Hall of Woombye School of Arts,
1/3 Hill St, Woombye

Experience wellbeing and harmony through playful activities based on Improv Games, Brain Gym, Laughter Yoga and mindfulness practices involving deep breathing and listening. The event aims to create a joyful and inclusive atmosphere where people of all cultural backgrounds can connect with their inner child and each other. You will leave feeling revitalised, connected and more in tune with yourself and others, aligning with the spirit of Harmony Day.

[BOOK ONLINE HERE](#)

[EMAIL: pomeikwong@gmail.com](mailto:pomeikwong@gmail.com)

Taste of Harmony Picnic

When: Thursday 21 March, 10.30am-2.30pm

Where: Cotton Tree Park,
The Esplanade, Maroochydore

Celebrate our multicultural communities with a fantastic day filled with picnic food, games, music, and laughter. Everyone is welcome to join us in making new friends. Explore your connection to the land by using an Indigenous Map of Australia to write the name of your First Nations area on a gum leaf, wearing it proudly around your neck. Additionally, experience the mesmerising beauty of Indian classical dance performance followed by an interactive workshop.

[FACEBOOK: facebook.com/TheNambourCommunityCentre](https://facebook.com/TheNambourCommunityCentre)

[EMAIL: cams@nambourcc.org](mailto:cams@nambourcc.org)



Harmony Inside Out

When: Thursday, 21 March 7.30-9.30am

Where: Mary Cairncross Park,
148 Mountain View Rd, Maleny

Join an immersive experience crafted to nurture inner peace and connection. Embrace the healing power of nature through forest bathing, a guided practice promoting mindfulness and rejuvenation. Then, come together in a supportive sharing circle to reflect, connect and delve into the depths of harmony within yourself and with others. Through this unique blend of forest immersion and communal sharing, discover the transformative power of inner harmony, radiating outward to create a more harmonious world. Join us for this soul-nourishing journey.

BOOK ONLINE HERE

FACEBOOK: facebook.com/pomeikwong

Making Flags of Harmony

When: Thursday, 21 March, 10.00am-1.00pm

Where: Maleny Community Centre,
Maple Street, Maleny

Participants of all ages can express messages of harmony by writing or drawing on colourful fabric flags. Using fabric markers, you can create multiple flags reflecting themes of welcome, peace, belonging, respect and inclusion. Completed flags will be strung together and displayed for all to enjoy, fostering a sense of unity and creativity.

FACEBOOK: facebook.com/WelcomeToMaleny

EMAIL: welcome2maleny@gmail.com

Sunshine Coast Hospital and Health Service Harmony Day

When: Friday 22 March, from 12.00noon

Where: Sunshine Coast University Hospital,
6 Doherty Street, Birtinya

Showcasing diverse cultures across our workforce, community, patients and families. Participate in activities like Hijab styling, 'Where in the World am I' games and a Flag Wall activity. Engage in 'Everyone Belongs' activities, learn about staff profiles and explore the promotion of the Language Badge Program. Plus, indulge in different foods from around the world available for purchase at hospital street cafes.

FOR MORE INFORMATION

EMAIL: sarah.appleby-lowee@health.qld.gov.au

Ground and Connect

When: Thursday, 21 March, 9.30-11.00am

Where: Maroochy Bushland Botanical Gardens,
51 Palm Creek Rd, Tanawha

Come together to celebrate cultural diversity through relaxation, discussion and shared experiences. Experience a grounding ceremony as we respectfully acknowledge Country and all countries together. Enjoy the soothing sounds of ancient clapsticks and crystal bowls, representing a harmonious blend of global cultures. Share moments of relaxation while sipping our favourite Lemon Myrtle tea and bring a special talisman or treasure for a refreshing and rebalancing sound experience..

BOOK ONLINE HERE BY 20 MARCH

EMAIL: ocherbee@gmail.com



Japanese Cooking Class

When: Friday, 22 March 5.00-7.00pm
Where: Nambour Community Center,
2 Shearer St, Nambour

Embark on a culinary journey with our Japanese Cooking Class. Limited to 20 participants, this hands-on experience offers the opportunity to explore the art of Japanese cuisine by creating either Gyoza or Okonomiyaki. Delve into the secrets of Japanese seasonings, enjoy the camaraderie of cooking and savour the flavours of these delightful dishes

COST \$20 BOOK ONLINE HERE
EMAIL: akutsutomo@gmail.com

Beerburum Harmony Week Celebration

When: Saturday, 23 March, 2.30pm-5.00pm
Where: Beerburum Community Hall,
7 Anzac Avenue Beerburum

Experience cultural diversity at the free-entry Harmony Week event hosted in the historic Beerburum Hall (over 105 years old). The Beerburum School of Arts Association welcomes everyone for a family-friendly gathering featuring artists and performers. Engage with the community while enjoying food and drinks available for purchase. Come share, learn and celebrate harmony in diversity!

FACEBOOK: facebook.com/BSOAAI
EMAIL: beerburumhall@gmail.com

Sunshine Coast Harmony Cup 2024

When: Sunday, 24 March 9.00am-5.30pm
Where: Kawana Football Club,
Milieu Place, Warana

Join the 4th Annual Harmony Cup, organised by the Multicultural Sport Organisation! This social 7-aside football carnival is dedicated to fostering unity and celebrating diversity within our community. Recognising football's universal appeal, the event connects people from various cultural backgrounds, promoting inclusivity and understanding. This year, we're placing special focus on engaging children, ensuring a lasting impact on future generations

REGISTER YOUR TEAM ONLINE HERE
FACEBOOK: facebook.com/MulticultiCup
EMAIL: multiculturalssport@gmail.com

A Glimpse of Russia

When: Sunday, 24 March 10.00am-12noon
Where: Nambour Community Centre,
2 Shearer St, Nambour

Embark on a captivating journey into Russian culture with a dynamic event featuring traditional folk songs by talented musician Innessa, celebrating the rich heritage of Eastern-European music. Following the performance, dive deeper into the heart of Russian culture with engaging activities presented by the Sunshine Coast Russian School, including endearing kids' performances, traditional arts and crafts activities, morning tea, interactive dancing, a photo zone, and trivia. Don't miss this immersive experience that brings the depth and romance of Russian culture to life!

FREE EVENT ALL WELCOME



Sunshine Coast Council Cultural Heritage Services in collaboration with Sunshine Coast Libraries

Hula, heritage and more – Harmony Week celebrations

When: Wednesday 20 March 10-11.30am
Caloundra Library, event space

Thursday 21 March 10 - 11.30am
Maroochydore Library, event space

Friday 22 March 10 - 11.30am
Nambour Library, event space

Get your hips swinging as you participate in a hula demonstration from Atete Panui. Listen to the hair-raising true story of how Atete's ancestors migrated from Tahiti to Hawaii and her personal journey to the coast.

Hear about the epic 1970s voyage of four explorers who sailed the La Balsa, in a bamboo and reed raft, across the Pacific Ocean to the local park in its name.

Join in the conversation and share your own story of ocean culture.

Morning tea included.

**FREE. REGISTRATION ESSENTIAL
REGISTER HERE**



Conversation Circle

When: Wednesday 20 March, 12.30-2.30pm

Where: Maroochydore Library
Foyer and courtyard

Come together and celebrate your diversity in a supportive community. Practice your speaking and listening skills in a friendly group of adults where English is your additional language. A trained teacher is on hand to guide and encourage you. Attendance builds confidence and relationships. Enjoy a free afternoon tea with your newfound friends.

FREE. REGISTRATION NOT REQUIRED

For more information on each of the activities and events in the Harmony Week program visit:

sunshinecoast.qld.gov.au/harmonyweek



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