

CONSCIOUS LIFE FESTIVAL

The Conscious Life Festival, now in its 7th year, returns to the Lake Kawana Community Centre on the weekend of October 28-29.

The Festival promotes all aspects of conscious living, holistic health, self-awareness and sustainable lifestyles.

It has become the Coast's premier celebration of natural health, wellbeing, personal growth and sustainability. Feed mind, body and soul with free presentations, workshops, meditations, music, alternative therapies, fitness and dance. New this year is the Green-Speak seminar tent and the Sustainable Lane market stall and demonstration area.

The festival has about 125 exhibitor stalls, bringing together the best of southeast Queensland's Conscious Life practitioners, presenters and products.

Special guests include Therese Kerr, raw food teacher Scott Mathias and organic gardening guru Anne Gibson.

Lake Kawana Community Centre, Sportsman Pde, Bokarina. October 28-29, 9.30am-5pm. Entry \$10 or weekend pass \$15. Parking is free and public transport handy. Visit consciouslifeevents.com.au

WOODWORK OPEN DAY

Caloundra Woodworking Club members will showcase their craft and offer some inspired Christmas shopping at its open days on the weekend of October 28-29.

More than 100 enthusiastic and talented members of the club, both men and women, create different items from pull-along toys to beautifully-crafted tables, pens, bowls and boxes, and everything in between.

All visitors are welcome to come and view the exhibits, talk to the talented people who craft the designs, and purchase from the displays at competitive prices. There will also be music, a barbecue and tea and coffee available as well as the chance to win a beautiful piece in the monster raffle offering dozens of prizes each day.

The Caloundra Woodworking Club is known in the wider Sunshine Coast district for its generous community support, supplying finished wooden items on request. Entry is free and all are welcome. Ulm St, Caloundra, 9am-2pm.



SPRING RETIREMENT FESTIVAL

The host of ABC's Gardening Australia Costa Georgiadis will share his expertise at Hibiscus Buderim Meadows retirement village at 183 Karawatha Drive on October 4, 10am-noon. And on October 18, 6pm-8pm Australian film and singing star Tom

Burlinson brings his Frank Sinatra tribute show to Hibiscus Chancellor Park retirement village at 52 University Way, Sippy Downs.

The free shows are among 13 creative and entertaining events being held at Lendlease retirement villages as part of the Spring Retirement Festival. Bookings essential. Online at springretirementfestival.com.au or call 1800 550 550.

GREY MEDALLION IS BACK

RESPONSE to the Grey Medallion course for over 55s was so strong that a second course has been organised for October 21-22. Grand Pacific Resort Caloundra is again sponsoring the event and a local benefactor, Accountants United, is funding other costs.

The Grey Medallion is a special course and award from the Royal Life Saving Society, aimed at the over 50s and covers water safety, dry rescue, water familiarisation techniques for grandchildren, emergency procedures, first aid, CPR and defibrillation.

It is a free two-day course run by the Ithaca Caloundra City Life Saving Club teaching skills that could save family members, friends or even your own life

To learn more or enrol, visit the website caloundracity.org.au, call Patricia 0402 454 644 or email secretary@caloundracity.org.au



OPERA AT THE CASTLE FOR UOC'S ANNIVERSARY FINALE

The Underground Opera Company (UOC) is getting ready for the final touring season of its 10th anniversary year, with concerts at the Sunshine Castle at Bli Bli and Brisbane's Spring Hill Reservoirs.

The concerts will feature UOC regulars, soprano Dominique Fegan, mezzo soprano Kathryn Bradbury, tenor Mr Glenn Lorimer and baritone Lionel Theunissen, accompanied by Mark Connors on piano.

Opera in the Castle is October 27-29 at 7pm Friday and Saturday and 4pm Sunday, at the Sunshine Castle, Bli Bli.

The grand finale will be a festive season Carols in the Reservoir, six metres below Wickham Terrace, from December 1-17, at Spring Hill in Brisbane. Tickets for Castle \$45-\$85 at undergroundopera.com.au and for Opera in the Reservoir \$45-\$89 at ticketmaster.com.au. The Castle is wheelchair friendly and sensible shoes recommended for reservoir steps.