

## MEDIA RELEASE

3 March 2020

### **Council encouraging community to get out and about during Parks Week 2020**

Council is encouraging residents to immerse themselves in the Gladstone Region's many picturesque parks and open spaces during Parks Week 2020.

Parks Week 2020 will run from 7-15 March with a wide range of events designed to encourage Gladstone Region residents to enjoy their neighbourhood parks and open recreation spaces.

Gladstone Region Mayor Matt Burnett said local park activities will include yoga classes for adults and kids, walking groups, a fun activity morning and much more.

"Council will host a number of events during Parks Week 2020 and the majority of them will be free events," Cr Burnett said.

"Parks and open spaces are extremely valuable to our region and help support physical and mental wellbeing through healthy and active lifestyles.

"Parks also help build stronger and more connected communities by providing spaces where people can come together for work, rest and play.

"The Gladstone Region is well served by an extensive network of parks and recreation areas just waiting to be discovered.

"Council hopes to see many residents out and about enjoying our beautiful parks and gardens during Parks Week."

The following activities will be on offer during Parks Week 2020:

#### **Moonlight Movies**

Bring your family and friends to Moonlight Movies for the screening of *Trolls*.

**When:** 7pm, Saturday 7 March

**Cost:** Free

**Booking:** Not required

**Location:** Bray Park, Boyne Island

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### **De-stress in the Park**

We invite you to join us to in a yoga practice that will leave you feeling empowered, calm and ready to take on the rest of the day. This practice is for all levels of yogis.

**When:** 6:45am, Sunday 8 March

**Cost:** Free

**Booking:** Not required

**Location:** Apex Park, Gladstone

### **Fun Activity Morning**

Enjoy a morning in the park with something for the whole family including rides and food vendors.

**When:** 8.30am-12.30pm, Sunday 8 March

**Cost:** Free

**Booking:** Not required

**Location:** Playground area, Gladstone Tondoon Botanic Gardens

### **Canoe Point Walk**

Join us for a guided tour with Gladstone Tondoon Gardens' Curator Brent Braddick, learning about the flora and fauna at the Canoe Point Reserve.

**When:** 9am-11am, Tuesday 10 March

**Cost:** Free

**Booking:** Required

**Contact:** (07) 4971 4444

**Location:** Canoe Point, Tannum Sands

### **Do It Properly Yourself Landscaping**

Landscape design, plant selection and zoning of plants, irrigation design and installation basics, water wise practices and more are covered.

**When:** 5.30pm-7.30pm, Tuesday 10 March

**Cost:** \$10

**Bookings:** Required

**Location:** Administration Building, Gladstone Tondoon Botanic Gardens

### **Curator Tour**

Be treated to the best of Tondoon with a guided tour led by Curator Brent Braddick.

**When:** 9am- 11.30am, Wednesday 11 March

**Cost:** Free

**Booking:** Required

**Contact:** (07) 4971 4444

**Location:** Meet at the Café steps, Gladstone Tondoon Botanic Gardens

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## MEDIA RELEASE

### **Open Herbarium Morning**

Visit the Herbarium and see the wonderful work the Volunteers do to maintain it. Morning Tea provided.

**When:** 9am-11am, Thursday 12 March

**Cost:** Free

**Booking:** Required

**Contact:** (07) 4971 4444

**Location:** Administration Building, Gladstone Tondoon Botanic Gardens

### **Botany Basics**

Expand your plant knowledge with Curator Brent Braddick as he introduces you to the world of Botany, the science of plant life. Botany field guide supplied.

**When:** 9am-noon, Saturday 14 March

**Cost:** \$10

**Booking:** Required

**Contact:** (07) 4971 4444

**Location:** Meet at the Café steps, Gladstone Tondoon Botanic Gardens

### **De-stress in the Park**

We invite you to join us to in a yoga practice that will leave you feeling empowered, calm and ready to take on the rest of the day. This practice is for all levels of yogis.

**When:** 6:45am, Sunday 15 March

**Cost:** Free

**Booking:** Not required

**Location:** Air Sea Rescue Park, Seventeen Seventy.

Gladstone Regional Libraries and Gladstone Regional Art Gallery & Museum will also incorporate the Parks Week theme into existing events and activities for the week, while Council's Civic Centre will be lit up green during Parks Week.

Visit [www.gladstone.qld.gov.au/parksweek](http://www.gladstone.qld.gov.au/parksweek) for more information on Parks Week 2020.

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