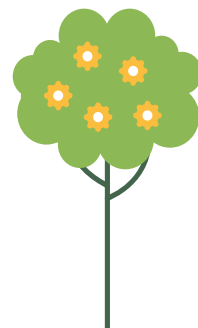




# Be HEALTHY and ACTIVE



TERM 4 **WESTERN** SCENIC RIM TIME TABLE  
(BOONAH AND SURROUNDS)

**DEC  
2024**

**Monday**

**TAI CHI**

🕒 4.00pm–5.00pm  
📍 Carinity Fassifern Community Centre  
📞 Cathy Cooper 0409 648 935  
**Cost:** \$5.00



**Tuesday**

**GYMSTICKS FITNESS**

🕒 2.45pm–3.30pm  
📍 Carinity Fassifern Community Centre  
📞 Maree Pott 0416 056 801  
**Cost:** \$5.00



**Wednesday**

**TAI CHI FOR FALLS PREVENTION\***

🕒 10.00am–11.00am  
📍 Mt Alford School of Arts Hall  
📞 Sonya Spielmann 0421 337 117  
**Cost:** \$8.00



**Thursday**

**AQUA AEROBICS**

🕒 5.30pm–6.30pm  
📍 Scenic Rim Aqua Fitness Centre, Boonah  
📞 5208 7005  
**Cost:** \$5.00

**Thursday**

**MAKING CHRISTMAS DECORATIONS WITH THE GARDEN TEAM**

🕒 Thursday 12 December 2024  
10.00am–12.00pm  
📍 Boonah Community Garden  
📞 boonahcommunitygarden@gmail.com  
**Cost:** Gold coin for morning tea



**Friday**

**PILATES\***

🕒 10.00am–11.00am  
📍 Mt Alford School of Arts Hall  
📞 Sonya Spielmann 0421 337 117  
**Cost:** \$8.00



Last session of the year 2024: \*Wed 11 Dec \*Friday 13 Dec

[www.scenicrim.qld.gov.au/healthy-active-4](http://www.scenicrim.qld.gov.au/healthy-active-4)

