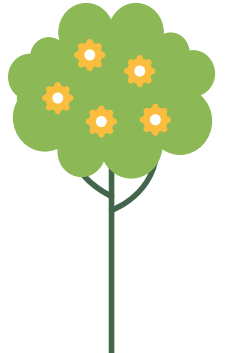




Be HEALTHY and ACTIVE



TERM 1 **WESTERN** SCENIC RIM TIMETABLE (BOONAH AND SURROUNDS)

MONDAY	TUESDAY	FREE TUESDAY	TUESDAY	TUESDAY
TAI CHI BOONAH ● 4.00pm—5.00pm ♡ Fassifern Community Centre (\$5) ♡ Cathy 0409 648 935	COMMUNITY YOGA ● 7.15am—8.15am ♡ Boonah Show Grounds Agriculture Pavilion (\$10) ♡ Laura 0435 111 180	SOCIAL PARK WALK BOONAH 28th January & 25th February ● 9.00am—10.00am ♡ Coronation Park ♡ 0412 040 418 (B)	GYMSTICKS ● 2.45pm—3.30pm ♡ Fassifern Community Centre (\$5) ♡ Maree 0416 056 801 *Funded by U3A	SCENIC RIM COMMUNITY ART CLASS ● 6.30pm—8.30pm ♡ Mt Alford Hall (\$10) ♡ Nick 0403 908 237 (B)
TUESDAY	FREE WEDNESDAY	WEDNESDAY	WEDNESDAY	THURSDAY
CREATIVE EXPRESSION ● 12.00pm—1.00pm ♡ Fassifern Community Centre (\$12) ♡ Anna 0413 757 268 (B)	GUIDED MINDFULNESS MEDITATION ● 9.00am—10.00am ♡ Kalbar School of Arts ♡ Trish 0487 835 958 (B)	TAI CHI MOUNT ALFORD ● 10.00am—11.00am ♡ Mount Alford Hall (\$8) ♡ Sonya 0421 337 117	AQUA AEROBICS BOONAH POOL 5.30pm—6.30pm ♡ Boonah Pool (\$7) ♡ 07 5463 1060	AQUA AEROBICS SCENIC RIM FITNESS CENTRE BOONAH ● 5.30pm—7.00pm ♡ Scenic Rim Fitness Centre Boonah (\$7) ♡ 07 5208 7005
FRIDAY	FREE FRIDAY	FREE SATURDAY	SUNDAY	
PILATES MAT CLASS MOUNT ALFORD ● 10.00am—11.00am ♡ Mount Alford Hall (\$8) ♡ Sonya 0421 337 117	COMMUNITY WALK BOONAH 21 March ● 8.00am—9.00am ♡ Boonah ♡ Lizz 0415 602 052 (B)	MODERATE LEVEL ADVENTURE HIKE LOWER PORTALS 22 March ● 8.00am—9.00am ♡ Boonah ♡ Lizz 0415 602 052 (B)	MONTHLY DIY FUN Second Sunday of the month ● 3.00pm—4.30pm ♡ Fassifern Community Centre (\$20) ♡ Anna 0413 757 268 (B)	

(B) Booking required EMPOWHER event



WHAT'S ON SCENIC RIM

Your go-to guide for everything to see and do in the Scenic Rim.



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