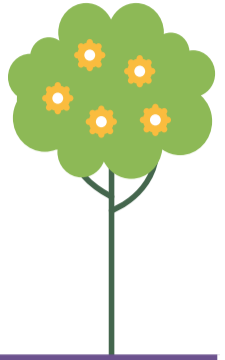




Be HEALTHY and ACTIVE



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 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—6.30pm 📍 Scenic Rim Fitness Centre Boonah (\$7) 📞 07 5208 7005
FRIDAY	FREE FRIDAY	SATURDAY	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)	ADULT SQUAD BOONAH ● 7.00am—8.00am 📍 Boonah Pool 📞 07 5463 1060 (\$7)	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.



CUPPA IN THE COMMUNI-TEA

Find out where you can join us for a free cuppa and a chat.



DISASTER DASHBOARD

Keep your family safe by signing up today.

