TUESDAY 6 OCTOBER TO
SATURDAY 12 DECEMBER 2026

Be HEALTHY and ACTIVE

BLOCK 2 WESTERN SCENIC RIM TIMETABLE
(BOONAH AND SURROUNDS)

MONDAY	TUESDAY	TUESDAY	WEDNESDAY FREE	WEDNESDAY
GENTLE GUIDED MEDITATION 5:30pm—6:30pm Carinity Fassifern Community Centre, 4 Little High St (**$10**) Tricia **0407 202 176**	**BOOTCAMP** 6:30pm—7:15pm Boonah Health Hub, 7 Highbury St, Boonah (**$10**) Nick **0439 646 467** (**B**)	**COMMUNITY ART CLASS** 6:30pm—8:30pm Mount Alford Hall, 889 Reckumpilla Rd (**$10**) Nick **0403 908 237** (**B**)	**GUIDED MEDITATION** 9am—10am (7/10, 4/11, 11/11, 18/11, 25/11, 2/12, 9/12) Kalbar School of Arts, 63 Edward St Trish **0487 835 958** (**B**)	**TAI CHI FOR FALLS PREVENTION** 10am—11am Mount Alford Hall, 889 Reckumpilla Rd (**$8**) Sonya **0421 337 117**
WEDNESDAY	**WEDNESDAY**	**THURSDAY**	**THURSDAY**	**SATURDAY FREE**
FIT KIDZ 4:00pm—4:30pm Boonah Health Hub, 7 Highbury St (**$10**) NICK **0439 646 467**	**BURN AND TONE** 4:30pm—5:15pm Boonah Health Hub, 7 Highbury St, Boonah (**$10**) Nick **0439 646 467**	**BACH FLOWER & COLOUR THERAPY WORKSHOP** 22 Oct 10:00am—2:00pm Boonah Community Garden, 44 Coronation Dr (**$2**) Deb **0403 154 425** (**B**)	**AQUA FITNESS** 5:30pm—6:30pm Boonah Pool, 32 Macquarie St (**$10**) Rob **0431 097 057**	**SOCIAL TABLE TENNIS** 6pm—9pm (every 2nd Saturday 10/10, 31/10, 14/11, 12/12) Mount Alford Hall, 889 Reckumpilla Rd Brett **0413 743 360**

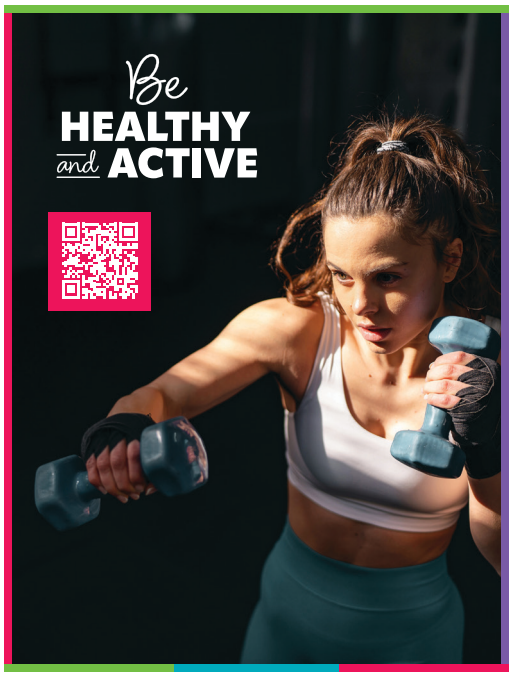
(**B**) Booking required



WHAT'S ON SCENIC RIM

There's always something to see and do in the Scenic Rim.

WHAT'S On SCENIC RIM





CUPPA IN THE COMMUNI-TEA

Join us for a cuppa and a chat at a location near you.

Cuppa in the COMMUNI-TEA

For the most up to date timetable visit the website below or scan the QR Code
www.scenicrim.qld.gov.au/healthy-active-4

SCENIC RIM REGIONAL COUNCIL