

29 JANUARY TO 5 APRIL 2019



MIND: KEEP LEARNING

- 28 BASIC MASSAGE AND SELF CARE WORKSHOP**
TUES 19 FEBRUARY, 12 MARCH, 2 APRIL 6:30PM
ST GEORGE'S ANGLICAN CHURCH, TAMBORINE MOUNTAIN
Cost: Free Contact: Arielle Simons 0404 233 071
Learn basic massage and self care techniques to be used at home safely and effectively.
- 29 INTRODUCTION TO GOLF**
WED 27 FEBRUARY – 3 APRIL 9AM CANUNGRA AREA GOLF CLUB
Cost: \$10 Contact: Kim Sami 0417 775 741
For female players to learn the basic skills of golf.
- 30 LEARN TO CANOE**
SAT 9AM – 10AM 16 FEBRUARY CAMP KOKODA MAROON
Cost: \$5 Bookings: Bec Hudson 5463 2203
admin@campkokoda.com.au
Learn the basic techniques of canoeing. Ages 10+
- 31 INTRODUCTION TO CANOE POLO**
WED 30 JANUARY, 6 & 13 FEBRUARY 6PM – 7PM BOONAH POOL
Cost: \$10 Adults \$5 Kids Contact: Brad Grant 0490 011 570
Learn all about Canoe Polo and canoe paddling techniques.
Ages 8 – 80.
- 32 EAT WELL, LIVE WELL – COOKING WORKSHOPS**
FRI 1 FEBRUARY 9AM – 11AM RATHDOWNEY HALL
FRI 8 FEBRUARY 9:30AM – 11:30AM BEAUDESERT LIBRARY
MON 11 FEBRUARY 9AM – 11AM KOORALBYN COMMUNITY CENTRE
MON 18 FEBRUARY 9:30AM – 11:30AM CARINITY FASSIFERN COMMUNITY CENTRE, BOONAH
FRI 1 MARCH 3PM – 5PM MT ALFORD SCHOOL OF ARTS HALL
FRI 15 MARCH 9AM – 11AM CANUNGRA SCHOOL OF ARTS HALL
FRI 29 MARCH 3PM – 5PM KALBAR SCHOOL OF ARTS HALL
FRI 5 APRIL 9:30AM – 11:30AM ARATULA SPORTS COMPLEX
Cost: \$5 Contact: Megan Crichton 0432 061 886
Learn to prepare tasty, healthy and affordable meals and snacks in a fun, hands-on, simple cooking workshop.
- 33 COOKING WITH HERBS**
THUR 7 MARCH 10AM – 12PM BOONAH COMMUNITY GARDEN, NEXT TO THE CHURCH OF CHRIST
Cost: Gold coin Contact: Helen Taylor 0459 653 347
Learn how to enhance your food by using fresh herbs before, during and after cooking. It's an easy way to infuse a recipe with flavour and take your dish from good to great!



Wheel of Well-being

- 34**
THURS 14 AND 21 FEBRUARY 10:30AM – 12:30PM
TAMBORINE MOUNTAIN LIBRARY
THUR 21 AND 28 MARCH 10:30AM – 12:30PM
BEAUDESERT LIBRARY

The Wheel of Wellbeing Workshop is a free interactive and fun program to help you live happier, healthier and flourish!

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PEOPLE: CONNECT

- 35 TABLE TENNIS**
THUR 9AM – 12PM UNITING CHURCH HALL BEAUDESERT
Cost: \$2 Contact: Pam 5541 2662
Table Tennis for seniors. Play doubles and singles.
- 36 F.A.C.T.S – FITNESS, ACTIVITIES, CRAFT, TEA AND SOCIAL**
TUES 10:30AM – 12:30PM HARRISVILLE SCHOOL OF ARTS HALL
Cost: \$5 Contact: Taneale McLeary 0408 210 281
Come together and join in a variety of activities including stretching, cards, painting and chess (60 years+).
- 37 RAMS GROUP - REAL ACTIVITIES FOR MEN**
WED 27 FEBRUARY, 6, 13, 20 AND 27 MARCH, 3 APRIL 10AM - 1PM
RATHDOWNEY MEMORIAL HALL
Cost: \$5 Contact: Dianne Godley 5541 4217
Come and join local men to celebrate our community and rural lifestyle, learn strategies for managing life's challenges, including how to maintain healthy relationships and emotional wellbeing, and manage grief and loss.
- 38 MEN'S SOCIAL**
LAST FRIDAY OF EVERY MONTH HARRISVILLE SCHOOL OF ARTS HALL
Cost: \$5 Contact: Taneale McLeary 0408 210 281
Mingle with fellow comrades while playing cards and darts.
- 39 CARD PLAYING**
MON 1PM – 4PM CENTACARE ROOMS, PETERSEN ST BEAUDESERT
WED 9AM – 12PM KOORALBYN COMMUNITY CENTRE
Cost: \$2.50 Contact: Pat 5541 2492
Cards (Bolivia & 500) for seniors.
- 40 MUSIC FROM JUNK**
THUR 21 MARCH 10AM – 12PM BOONAH COMMUNITY GARDEN, NEXT TO THE CHURCH OF CHRIST
Cost: Gold coin Contact: Rob Davies 0448 077 713
Learn how to make music from found objects and join in the fun of jamming with friends.
- 41 CONNECTING WITH SELF**
TUES 12 MARCH 9:30AM – 11:30AM ARATULA SPORTS COMPLEX
THUR 14 MARCH 9:30AM – 11:30AM MT ALFORD SCHOOL OF ARTS HALL
MON 18 MARCH 9:30AM – 11:30AM CARINITY FASSIFERN COMMUNITY CENTRE, BOONAH
WED 20 MARCH 9:30AM – 11:30AM KALBAR SCHOOL OF ARTS HALL
Cost: \$10 Contact: Honni Hayton 0419 641 805
Take time out from your busy life to de-stress and explore what self-care is and how it can improve all areas of your life.



PLACE: TAKE NOTICE

- 42 BIRDWINGS BUSH KINDY**
MON 9:30AM – 11:30AM TAMBORINE MOUNTAIN LANDCARE, HARTLEY RD TAMBORINE MOUNTAIN
Cost: \$5 Contact: Jennifer McCormack 0437 012 709
Outdoor play and handcraft for children 1 – 6 years.
- 43 FAMILY ROCKHOP**
SAT 23 FEBRUARY 8AM – 12PM
1093 UPPER LOGAN RD, MT BARNEY
Cost: \$5 Contact: Tracey Larkin 5544 3233
There is no better place to learn and practice rock hopping than on the smooth river boulders in our crystal clear mountain streams. Includes water play, skipping stones and eco-activities.
- 44 GOLDEN STAIRCASE HIKE WITH CREEK EXPLORE**
SAT 16 MARCH 8AM – 12PM
1093 UPPER LOGAN RD, MT BARNEY
Cost: \$5 Contact: Tracey Larkin 5544 3233
Be guided to one of the more spectacular waterfalls in the region. Includes mindfulness exercise and morning tea at the viewpoint. Good fitness and balance is essential.



PLANET: CARE

- 45 TREE PLANTING**
SAT 30 MARCH 8:30AM – 11AM 80 THE SHELF RD, TAMBORINE MOUNTAIN
Cost: Free Contact: Judith Roland 0429 808 206
Tamborine Mountain Landcare invites the community to a tree planting morning in a beautiful location on the mountain. Tools and morning tea provided. Please bring gloves, sunscreen and drinking water.
- 46 MINI WICKING BEDS**
THUR 7 FEBRUARY 10AM – 12PM BOONAH COMMUNITY GARDEN, NEXT TO THE CHURCH OF CHRIST
Cost: Gold coin Contact: Denise Sembach 0418 216 899
Learn how to make a self-watering planter box from simple household materials.
- 47 CREATIVE REPAIRS**
THUR 21 FEBRUARY 10AM – 12PM BOONAH COMMUNITY GARDEN, NEXT TO THE CHURCH OF CHRIST
Cost: Gold coin Contact: Rob Davies 0448 077 713
Reduce landfill and learn how to repair and restore items to use again.
- 48 MICROGREENS AND SEED RAISING**
THUR 4 APRIL 10AM – 12PM BOONAH COMMUNITY GARDEN, NEXT TO THE CHURCH OF CHRIST
Cost: Gold coin Contact: Dave Owen 0448 546 345
Learn how to germinate and grow your own microgreens at home.

Savvy Scenic Rim

GET Savvy! EXPO

Connect with services
Improve your knowledge and well-being

Free Event

11 March - Cultural Centre, Boonah, 10am – 1pm
19 March - Tamborine Mountain Library, 10am – 1pm
27 March - The Centre, Beaudesert, 10am – 1pm

FREE sausage sizzle and give-aways!

For more information, phone Lacey Sawtell on 5540 5111
or email lacey.s@scenicrim.qld.gov.au

be healthy & active

Free and low-cost health, wellbeing, recreation and fitness activities provided across the region.

FOR ALL AGES AND ABILITIES

For more information and conditions visit
scenicrim.qld.gov.au/healthy-and-active-community

TERM 1
29 January 2019 to 5 April 2019

JOIN ANYTIME

SCENIC RIM Regional Council

29 JANUARY TO 5 APRIL 2019



BODY: BE ACTIVE

1 HEALTHY MIND HEALTHY BODY

MON 4PM MUNUNJALI HALL, DRUMLEY ST BEAUDESERT
Cost: Gold coin Contact: Germaine Paulson 0407 499 093
Introduction to weights and circuit training.

2 ED'CERCISE GROUP FITNESS

WED 5:30PM 30 JANUARY TO 27 MARCH
HANGLIDERS CLUBHOUSE, WAGONWHEEL RD BOYLAND
Cost: \$5 Contact: Edwina Sivell 0413 256 674
Circuit-style training to include a combination of strength and cardio exercises.

3 HIIT CLASS

TUES 9AM LIVE FIT GYM, CANUNGRA
Cost: \$5 Contact: Kym Crook 0405 103 670
Burn fat, tone, build muscle and get your heart rate going all in 30 mins. Suitable for all levels of fitness.

4 FUN, FRIENDS & FITNESS

WED 11AM RATHDOWNEY MEMORIAL HALL
TUES & THUR 10AM KOORALBYN COMMUNITY CENTRE HALL
Cost: \$5 Contact: Dianne Godley 5541 4216
There are many benefits to exercising with a group. Accountability is a great motivator when you workout with a friend!

5 KEEPING SENIORS ACTIVE

TUES 8:30AM KALBAR
Cost: \$5 Contact: Lisa Cash 0458 888 186
Exercise to keep mature adults moving.

6 CARDIO TENNIS

MON 5PM – 6PM BEECHMONT TENNIS CLUB
Cost: \$5 Contact: Brett Day 0409 490 590
Fast-paced tennis games and activities designed for fun and burning calories, no tennis-playing experience required.

7 FIT HIT WITH TENNIS

THUR 6:30PM – 7:30PM TAMBORINE MOUNTAIN TENNIS CLUB
Cost: \$5 Contact: Henry Rich 0477 775 671
Fun tennis drills and games, no tennis-playing experience required.

8 TAI CHI & QIGONG

MON 9AM – 10AM TAMBORINE MOUNTAIN BOTANIC GARDENS
WED 9AM – 10AM PONY CLUBHOUSE VERANDAH, (MIDDLE PARK) TAMBORINE
SUN 3, 10, 24 FEBRUARY AND 3 MARCH 9 – 10AM BEECHMONT COMMUNITY CENTRE ACTIVITY ROOM
1835 BEECHMONT RD, BEECHMONT
Cost: \$5 Contact: Gai Wanless 0409 066 501
Slow and gentle exercise suitable for all ages, including the elderly. Exercises focus on brain health, as well as physical health and mindfulness.

9 TAI CHI

WED 10AM MT ALFORD SCHOOL OF ARTS HALL
Cost: \$5 Contact: Sonya Spielmann 0421 337 117
Improve your mind and body connection through a series of gentle movements and controlled breathing.

10 CHAIR YOGA

TUES 3PM MASONIC HALL, KNOLL RD, TAMBORINE MOUNTAIN
Cost: \$5 Contact: Kathy Cook 0447 896 319
Yoga poses, breathing and relaxation.

11 VINYASA FLOW YOGA

MON 6:15PM AND TUES 9:10AM
KALBAR SCHOOL OF ARTS HALL
Excludes 25 March – 2 April
Cost: \$5 Contact: Louise Allan 0431 193 833
Mind-body movement practice that combines dynamic flow, strengthening and mobilising techniques, conscious breathing, mindful awareness and relaxation.

12 AQUA CLASS

THUR 7AM TAMBORINE MOUNTAIN POOL
Cost: \$5 Contact: Karen Nixon 0406 220 970
Low impact, resistance exercise, improving strength, balance and coordination within a safe, supportive environment.

13 AQUA & DEEP WATER RUNNING

FRI 8AM CANUNGRA POOL
Cost: \$5 Contact: Karen Nixon 0406 220 970
Low impact water exercise.

14 AQUA AEROBICS

TUES AND THUR 7:30AM – 8:30AM BEAUDESERT POOL
Cost: Pool entry fee Contact: Paulette 5543 1261
Water-based exercise and activity for seniors.

15 AQUA FITNESS

TUES AND WED 6:30PM – 7:30PM BEAUDESERT POOL
Cost: \$5 Contact: Mick Kajewski 0429 706 387
Pool-based activities designed to improve strength, stamina and coordination for all in a fun environment.

16 AQUA FITNESS

TUES 5 FEBRUARY TO 13 MARCH 5:30PM – 6:30PM
RATHDOWNEY STATE SCHOOL POOL
Cost: \$5 Contact: Carol Taylor 0457 474 888
Low impact exercises in water. Beginners to intermediate, ages 18+

17 AQUA BOOTCAMP

THUR 5:40PM SCENIC RIM AQUA FITNESS CENTRE, BOONAH
Cost: \$5 Contact: Lisa Neuendorf 5463 1499
Low impact, resistance exercise, improving strength, balance and coordination within a safe, supportive and inclusive environment, with a focus on core and abdominal strength.

18 TRIYOGA BASICS

FRI 9AM – 10:30AM BEAUDESERT GOLF CLUB, KERRY RD BEAUDESERT
Cost: \$5 Contact: Judi Steinke 0400 065 202
Step by step progression through the 108 traditional yoga poses, incorporating breath, movement and relaxation. Suitable for everyone.

19 TRIYOGA LEVEL 1 AND 2

WED 5:45PM – 7:15PM BEAUDESERT GOLF CLUB, KERRY RD BEAUDESERT
Cost: \$5 Contact: Judi Steinke 0400 065 202
Focusing on extending strength, flexibility and calmness of mind, building upon the basics series.

20 PILATES

WED 5:30PM BEECHMONT COMMUNITY CENTRE
Cost: \$5 Contact: Amanda Thacker 0411 607 203
Pilates will improve your physical strength, help you develop flexibility, improve your posture and enhance your mental awareness.

21 PILOXING SSP

TUES 4:30PM HARRISVILLE SCHOOL OF ARTS HALL
Cost: \$5 Contact: Gayle Baker 0417 199 695
A fusion class consisting of standing pilates, shadow boxing combinations and dance.

22 ZUMBA WITH ANNIE

THUR 6:15PM ZAMIA THEATRE, TAMBORINE MOUNTAIN
Cost: \$5 Contact: Annie Horne 0434 593 676
Tone and sculpt your body with dance while enjoying Latin and international music. Burn plenty of calories, and party yourself into shape!

23 ZUMBA GOLD WITH ANNIE

FRI 9:15AM TAMBORINE MEMORIAL HALL, TAMBORINE
Cost: \$5 Contact: Annie Horne 0434 593 676
Suitable for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity and impact.

24 DANCE FITNESS

WED 6:15PM HARRISVILLE SCHOOL OF ARTS HALL
Cost: \$5 Contact: Gayle Baker 0417 199 695
A fun cardiovascular fitness program which uses fun aerobic type movement to current music.

25 AEROBICS – LOW IMPACT

TUES 6:30PM ALL SAINTS MULTIPURPOSE HALL BOONAH
Cost: \$5 Contact: Gayle Baker 0417 199 694
Low impact aerobics suitable for all ages and fitness levels to improve cardiovascular health.

26 LINE DANCING

TUES 1:00 – 3:00PM (EXCL. 5 MARCH) THE CENTRE, BEAUDESERT
Cost: \$3 Contact: Trish 0419 006 988
Line dancing and dance steps for seniors

27 WALKING AND RUNNING GROUPS

MON, WED, THUR 5:30PM MEET BEAUDESERT POOL
Cost: Free Contact: Beaudesert Pacers Shelly Currie 0447 755 866
WED 5:30AM MEET HUNGRY JACKS CAR PARK, BEAUDESERT
Cost: Free Contact: Beaudesert Pacers Shelly Currie 0447 755 866
MON, WED, FRI 6AM MEET SPRINGLEIGH PARK, BOONAH
Cost: Free Contact: Boonah Walkers Denise 5463 1685

TUES 5:30PM MEET SPRINGLEIGH PARK, BOONAH
Cost: Free Contact: Boonah Hash Harriers Barb 5463 4408

SAT 7AM TAMBORINE MOUNTAIN SPORTS COMPLEX
Cost: Free Register at www.parkrun.com.au/register.

