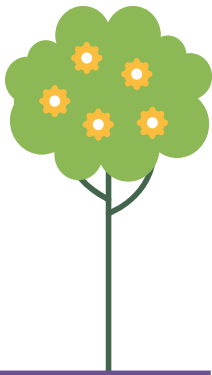




Be

# HEALTHY and ACTIVE



## TERM 2 **CENTRAL** SCENIC RIM TIMETABLE (BEAUDESERT AND SURROUNDS)

MONDAY	MONDAY	<b>FREE</b> TUESDAY	TUESDAY	TUESDAY
<b>FUN FRIENDS &amp; FITNESS</b> <ul style="list-style-type: none"><li>9.00am—10.30am</li><li>Kooralbyn Community Hall (\$6)</li><li>Beaucare 07 5541 4216</li></ul>	<b>ADULT BALLET AND TAP CLASSES</b> <ul style="list-style-type: none"><li>10.00am—11.00am</li><li>Girl Guides Hall Beaudesert (\$5)</li><li>Hilaire 0400 292 017</li></ul>	<b>JARJUM'S LEARN TO SWIM FIRST NATIONS*</b> (0-5yrs parents + Carers) <ul style="list-style-type: none"><li>9.00am—11.00am</li><li>Beaudesert Pool</li><li>Robbie 07 5541 2575 (B)</li></ul>	<b>LINE DANCING BEAUDESERT</b> <ul style="list-style-type: none"><li>12.15pm—2.45pm</li><li>U3A, The Centre Beaudesert (\$3)</li><li>0407 171 813</li></ul>	<b>ADULTS BACK TO BALLET</b> <ul style="list-style-type: none"><li>7.00pm—8.00pm</li><li>Girl Guides Hall Beaudesert (\$5)</li><li>Hilaire 0400 292 017</li></ul>
<b>FREE</b> TUESDAY	TUESDAY	TUESDAY 3 JUNE	WEDNESDAY	WEDNESDAY
<b>TRIYOGA WITH JUDI RATHDOWNEY</b> <ul style="list-style-type: none"><li>10.00am—11.30am</li><li>Rathdowney Hall</li><li>Judi 0400 065 202</li></ul>	<b>HIGHSCHOOLERS SOCIAL TAP DANCE</b> <ul style="list-style-type: none"><li>5.15pm—6.00pm</li><li>Girl Guides Hall Beaudesert (\$2)</li><li>Hilarie 0400 292 017</li></ul>	<b>Y-NOT ADVENTURE COMMUNITY HIKE</b> <ul style="list-style-type: none"><li>9.00am</li><li>Wyralong Dam (\$10)</li><li>Info@ynotadventure.com</li></ul>	<b>ALIGNED WITH YOGA</b> <ul style="list-style-type: none"><li>9.30am—10.30am</li><li>Tamrookum Hall (\$10)</li><li>Celia 0407 165 999</li></ul>	<b>MOVE TO MUSIC</b> <ul style="list-style-type: none"><li>10.00am— 11.00am</li><li>CWA Hall</li><li>1 Selwyn Street West, Beaudesert (\$10)</li><li>Kamini 0447 495 970</li></ul>
WEDNESDAY	<b>FREE</b> WEDNESDAY	THURSDAY	<b>FREE</b> THURSDAY	THURSDAY
<b>CARDIO TENNIS</b> <ul style="list-style-type: none"><li>6.30pm—7.15pm</li><li>Beaudesert Tennis Club (\$10)</li><li>0402 804 460</li></ul>	<b>INTRODUCTION TO LAWN BOWLS</b> Under 18's <ul style="list-style-type: none"><li>3.30pm—4.30pm</li><li>Beaudesert Bowls Club</li><li>Marg 0412 366 455 (B)</li></ul>	<b>FUN FRIENDS &amp; FITNESS</b> <ul style="list-style-type: none"><li>9.00am—10.30am</li><li>Kooralbyn Community Hall (\$6)</li><li>Beaucare 07 5541 4216</li></ul>	<b>JARJUM'S LEARN TO SWIM FIRST NATIONS*</b> (0-5yrs parents + Carers) <ul style="list-style-type: none"><li>9.00am—11.00am</li><li>Beaudesert Pool</li><li>Robbie 07 5541 2575 (B)</li></ul>	<b>DANCE WITH ME MUMS AND LITTLE ONES</b> <ul style="list-style-type: none"><li>9.00am—9.45am</li><li>Girl Guides Hall Beaudesert (\$2)</li><li>Hilarie 0400 292 017</li></ul>
<b>FREE</b> THURSDAY	<b>FREE</b> THURSDAY	<b>FREE</b> THURSDAY	THURSDAY	<b>FREE</b> THURSDAY
<b>EVERYONE CAN DANCE</b> <b>Beginner</b> 8.30am—10.30am <b>Advanced</b> 9.30am—11.30am <ul style="list-style-type: none"><li>Tamrookum Hall</li><li>Lani 0488 785 325</li></ul>	<b>WOMEN AND GIRLS GET BOWLING</b> <ul style="list-style-type: none"><li>1.30pm—2.30pm</li><li>Beaudesert Bowls Club</li><li>Margaret 0412 366 455 (B)</li><li>Light refreshments</li></ul>	<b>YOGA FOR ALL SIZES</b> <ul style="list-style-type: none"><li>5.30pm—8.30pm</li><li>Kooralbyn Community Hall</li><li>Ruth 0451 693 863 (B)</li></ul>	<b>SOCIAL TABLE TENNIS</b> <ul style="list-style-type: none"><li>5.30pm—8.30pm</li><li>Beaudesert Tennis Club (\$5)</li><li>0402 804 460</li></ul>	<b>MUNUNJALI FIRST NATION'S WOMEN'S GROUP</b> <ul style="list-style-type: none"><li>9.00am—3.00pm</li><li>Mununjali Hall</li><li>Robbie 07 5541 2575 (B)</li><li>Suitable for First Nation's Women</li></ul>
<b>FREE</b> FRIDAY	FRIDAY	FRIDAY	SATURDAY	<b>FREE</b> SATURDAY
<b>TRIYOGA WITH JUDI</b> <ul style="list-style-type: none"><li>9.00am—11.00am</li><li>Beaudesert Community Arts and Information Centre</li><li>Judi 0400 065 202</li></ul>	<b>LINE DANCING</b> 25 April - 30 May <ul style="list-style-type: none"><li>5.30pm—7.00pm</li><li>Rathdowney Hall (\$7)</li><li>Carol 0457 474 888</li></ul>	<b>RESORTORATIVE YOGA &amp; MAGIC SPOT</b> <ul style="list-style-type: none"><li>10.00am—1.00pm, 13 June</li><li>Wild Mountains Trust, Philp Mountain Road, Running Creek(\$20)</li><li>0493 602 321 (B) or manager@wildmountains.org</li></ul>	<b>YOGA FOR ALL SIZES</b> <ul style="list-style-type: none"><li>8.00am—9.00am</li><li>Kooralbyn Community Hall</li><li>Ruth 0451 693 863 (B)</li></ul>	<b>INTRODUCTION TO LAWN BOWLS</b> <ul style="list-style-type: none"><li>9.00am—10.00am</li><li>Beaudesert Bowls Club</li><li>Marg 0412 366 455 (B)</li></ul>
<b>FREE</b> SATURDAY	<b>FREE</b> SATURDAY	SUNDAY		
<b>JEUNE PARK PARKRUN BEAUDESERT</b> <ul style="list-style-type: none"><li>7.00am</li><li>Jeune Park, Tom Enright Drive, Beaudesert</li><li>jeunepark@parkrun.com</li></ul>	<b>CAMP OUT — CAMPFIRE DINNER, WOMEN'S CIRCLE AND NIGHT SKY VIEWING PARTY</b> <ul style="list-style-type: none"><li>12 July—13 July</li><li>Wild Mountains Trust, Philp Mountain Road, Running Creek (\$50)</li><li>0493 602 321 manager@wildmountains.org</li></ul>	<b>Y-NOT ADVENTURE PROGRESSIVE HIKE SERIES</b> <ul style="list-style-type: none"><li>7.00am, 22 June</li><li>Mount Maroon (\$10)</li><li>info@ynotadventure.com</li></ul>		

(B) Booking required 🗨️ EMPOWHER event \* First Nations activity