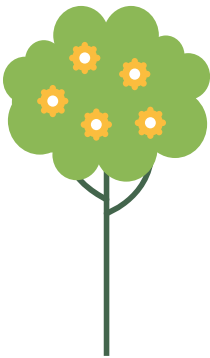




Be HEALTHY and ACTIVE



TERM 2 **EASTERN** SCENIC RIM TIMETABLE (TAMBORINE MOUNTAIN AND SURROUNDS)

MONDAY	MONDAY	MONDAY	MONDAY	TUESDAY
WOMEN AND GIRLS FITNESS • 6.00am—6.45am • 9.45am —10.30am • 5.00pm—5.45pm • 16 Beacon Road, Tamborine Mountain (\$10) • Mikaela 0417 608 700 (B)	ZUMBA GOLD TAMBORINE VILLAGE • 7.15am—8.15am • Tamborine Village Hall (\$8) • Annie 0434 593 676	TAI CHI AND QIGONG • 8.30am—9.30am • Tamborine Mountain Botanic Gardens (\$5) • Jo 0458 483 969	CARDIO TENNIS BEECHMONT • 5.00pm—6.00pm • Beechmont Tennis Club (\$10) • Brett 0409 490 590	WOMEN AND GIRLS FITNESS • 6.00am—6.45am • 9.45am—10.30am • 16 Beacon Rd, Tamborine Mountain (\$10) • Mikaela 0417 608 700 (B)
FREE TUESDAY	FREE TUESDAY	FREE TUESDAY	WEDNESDAY	WEDNESDAY
FIT HIT WITH TENNIS • 6.30pm—7.30pm • Tamborine Mountain Tennis Club • Henry 0477 775 671	Y-NOT ADVENTURE COMMUNITY HIKE • 9.00am, 17 June • Caves Circuit, Binna • Info@ynotadventure.com	Y-NOT ADVENTURE COMMUNITY HIKE • 9.00am, 20 June • Witches Chase to Witches Falls track, Tamborine Mountain • Info@ynotadventure.com	WOMEN AND GIRLS FITNESS • 6.00am—6.45am, • 9.45a —10.30am, • 5.00pm—5.45pm • 16 Beacon Road, Tamborine Mountain (\$10) • Mikaela 0417 608 700 (B)	FIT OVER 60 • 9.45am—10.30am • 16 Beacon Rd, Tamborine Mountain (\$8) • Mikaela 0417 608 700 (B)
FREE WEDNESDAY	THURSDAY	FREE THURSDAY	THURSDAY	THURSDAY
TAMBORINE MOUNTAINS COMMUNITY HIKE SERIES • 9.30am—11.30am, • 21 May to 25 June • Various locations • Tatiana 0427 002 303 info@arcadia womenadventure.com (B)	WOMEN AND GIRLS FITNESS (B) • 6.00am—6.45am • 9.45am—10.30am • 16 Beacon Rd, Tamborine Mountain (\$10) • Mikaela 0417 608 700	MEDITATION TAMBORINE MOUNTAIN • 8.30am—10.30am • Bridge Club Tamborine Mountain • Frances 0412 303 841	FIT OVER 60 • 9.45am—10.30am • 16 Beacon Road, Tamborine Mountain (\$8) • Mikaela 0417 608 700 (B)	ZUMBA TAMBORINE MOUNTAIN • 6.15pm—7.15pm • Tamborine Mountain Sports Centre (\$8) • Annie 0434 593 676
FREE THURSDAY	FRIDAY	FRIDAY	FREE FRIDAY	FREE SATURDAY
FAMILY CONNECTIONS — BUSH KINDY (0-5yrs parents + Carers) • 10.00am—12.00pm • 3086 Beechmont Rd, Witheren (Canungra Scout Centre) • Mandy 0449 029 393 (B)	WOMEN AND GIRLS FITNESS • 6.00am—6.45am • 9.45am to 10.30am • 16 Beacon Rd, Tamborine Mountain (\$10) • Mikaela 0417 608 700 (B)	FIT OVER 60 • 8.00am—8.45am • 16 Beacon Road, Tamborine Mountain (\$8) • Mikaela 0417 608 700 (B)	MEDITATION TAMBORINE VILLAGE • 9.00am—11.00am • Tamborine Memorial Hall • Frances 0412 303 841	PARK RUN TAMBORINE MOUNTAIN • 7.00am • Tamborine Mountain Sports Complex • Tamborinemountain @parkrun.com
FREE SATURDAY	FREE SATURDAY	FREE SUNDAY		
MINDFUL SPOON CARVING • 9.00am—1.00pm 10 May & 24 May • Halcyon Woodcraft Studio Shop 7, 23—39 School Road, Tamborine Mountain • Nev 0411 368 177 (B)	WILD ADVENTURES • 7.40am—12.30pm, 7 June • Davies Creek Circuit (11km) Hike and connection activities • Tatiana 0427 002 303 (B) info@arcadiawomen	MINDFUL SPOON CARVING • 9.00am—1.00pm, 1 June, 15 June • Halcyon Woodcraft Studio Shop 7, 23—39 School Road, Tamborine Mountain • Nev 0411 368 177 (B)		

(B) Booking required 🗓️ EMPOWHER event