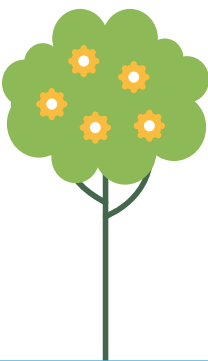




Be HEALTHY and ACTIVE



TERM 4 **WESTERN** SCENIC RIM TIMETABLE (BOONAH AND SURROUNDS)

MONDAY	TUESDAY	TUESDAY	TUESDAY	FREE WEDNESDAY
TAI CHI BOONAH ● 4.00pm—5.00pm 📍 Fassifern Community Centre (\$5) 📞 Cathy 0409 648 935	COMMUNITY YOGA ● 8.00am—9.00 am 📍 Boonah Show Grounds Agriculture Pavilion (\$10) 📞 Laura 0435 111 180	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)	GUIDED MINDFULNESS MEDITATION ● 9.00am—10.00am ● Kalbar School of Arts 📞 Trish 0487 835 958 (B)
WEDNESDAY	THURSDAY	THURSDAY	FRIDAY	FREE FRIDAY
TAI CHI MOUNT ALFORD ● 10.00am—11.00am ● Mount Alford Hall (\$8) 📞 Sonya 0421 337 117	AQUA AEROBICS ● 5.30pm—6.30pm 📍 Scenic Rim Fitness Centre Boonah (\$7) 📞 07 5208 7005	CREATIVE EXPRESSION AND WELLNESS ● 5.30pm—6.30pm 📍 Boonah Girl Guides Hall, Cossart Street (\$12) 📞 Anna 0413 757 268 (B)	PILATES MAT CLASS MOUNT ALFORD ● 10.00am—11.00am 📍 Mount Alford Hall (\$8) 📞 Sonya 0421 337 117	COMMUNITY WALK Friday 12 December ● 8.00am 📍 Boonah 📞 Lizz Hills 0415 602 052 (B)
SUNDAY				
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.



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