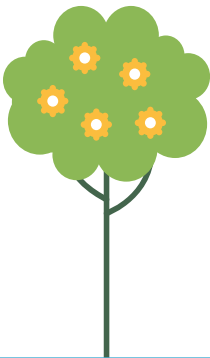




Be HEALTHY and ACTIVE



TERM 2 **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 ● 7.15am—8.15am 📍 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 SATURDAY
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) 📞 07 5208 7005	PILATES MAT CLASS MOUNT ALFORD ● 10.00am—11.00am 📍 Mount Alford Hall (\$8) 📞 Sonya 0421 337 117	BOONAH COMMUNITY GARDEN - BUNYA BOUNTY WORKSHOP ● 10.00am—2.00pm 24 May 📍 Boonah Community Garden 📞 Deb 0403 154 425
SUNDAY	SUNDAY			
MONTHLY DIY FUN Second Sunday of the month ● 3.00pm—4.30pm 📍 Fassifern Community Centre (\$20) 📞 Anna 0413 757 268 (B)	Y-NOT ADVENTURE PROGRESSIVE HIKE SERIES ● 7.00am, 1 June 📍 Lower Portals, Mount Barney National Park (\$10) 📞 info@ynotadventure.com			

(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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