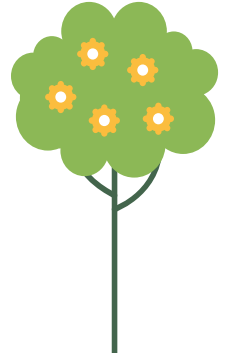


MONDAY 13 JULY TO
SATURDAY 19 SEPTEMBER 2026



Be HEALTHY and ACTIVE



BLOCK 1 **WESTERN** SCENIC RIM TIMETABLE (BOONAH AND SURROUNDS)

<p>MONDAY</p> <p>GENTLE GUIDED MEDITATION</p> <ul style="list-style-type: none"> 5.30pm—6.30pm 4 Little High Street, Boonah (\$10) Tricia 0407 202 176 		<p>TUESDAY</p> <p>COMMUNITY ART CLASS</p> <ul style="list-style-type: none"> 6.30pm—8.30pm Mt Alford Hall (\$10) Nick 0403 908 237 (B) 	<p>TUESDAY</p> <p>BOOTCAMP</p> <ul style="list-style-type: none"> 6.30am—7.15am Coronation Drive Park, Boonah (\$10) Nick 0439 646 467 (B) 	<p>FREE WEDNESDAY</p> <p>GUIDED MINDFULNESS MEDITATION</p> <ul style="list-style-type: none"> 9.00am—10.00am Kalbar School of Arts Trish 0487 835 958 (B)
<p>WEDNESDAY</p> <p>TAI CHI FOR FALLS PREVENTION</p> <ul style="list-style-type: none"> 10.00am—11.00am Mount Alford Hall (\$8) Sonja 0421 337 117 	<p>WEDNESDAY</p> <p>BURN AND TONE</p> <ul style="list-style-type: none"> 4.30pm—5.15pm Coronation Park, Boonah (\$10) Nick 0439 646 467 	<p>WEDNESDAY</p> <p>KIDS EXERCISE PHYSIOLOGY</p> <ul style="list-style-type: none"> 3.30pm—4.00pm 7 Highbury Street, Boonah (\$10) Lisa 5464 2737 	<p>THURSDAY</p> <p>AQUA FITNESS — BOONAH POOL</p> <ul style="list-style-type: none"> 5.30pm—6.30pm Boonah Aquatics Centre (\$10) City Venue Management 5208 7005 	<p>FREE SATURDAY</p> <p>SOCIAL TABLE TENNIS</p> <p>Second Saturday of every month.</p> <ul style="list-style-type: none"> 6.00pm—9.00pm Mount Alford Hall Jillian 0401 340 630

(B) Booking required



WHAT'S ON SCENIC RIM

There's always something to see and do in the Scenic Rim.

WHAT'S On
SCENIC RIM



SPECIAL ACTIVITY

BOONAH COMMUNITY GARDEN WORKSHOP

24 JULY 2026

10.00am—12.00pm at Boonah community garden

Call Deb on 0403 154 425 for further info. Cost is \$2.

ONE-OFF
ACTIVITY
FOR JULY!



CUPPA IN THE COMMUNI-TEA

Join us for a cuppa and a chat at a location near you.



For the most up to date timetable visit the website below.

www.scenicrim.qld.gov.au/healthy-active-4



SCENIC RIM
REGIONAL COUNCIL