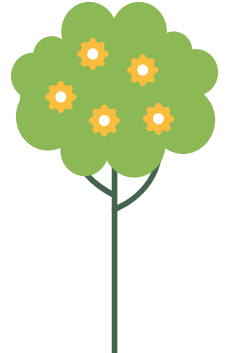




Be

HEALTHY  
and ACTIVE



BLOCK 1 **EASTERN** SCENIC RIM TIMETABLE  
(TAMBORINE MOUNTAIN AND SURROUNDS)

<p><b>MONDAY</b></p> <p><b>TAMBORINE TAI CHI &amp; QIGONG</b></p> <ul style="list-style-type: none"> <li>8.30am—9.30am</li> <li>Tamborine Mountain Botanic Gardens (\$8)</li> <li>Jo 0458 483 969</li> </ul>	<p><b>TUESDAY</b></p> <p><b>FIT OVER 60</b></p> <ul style="list-style-type: none"> <li>8.00am—9.00am</li> <li>16 Beacon Road, Tamborine Mountain (\$10)</li> <li>Michaela 0417 608 700</li> </ul>	<p><b>TUESDAY</b></p> <p><b>FIT HIT WITH TENNIS</b></p> <ul style="list-style-type: none"> <li>6.30pm—7.30pm</li> <li>Tamborine Mountain Tennis Club (\$10)</li> <li>Henry 0477 775 671</li> </ul>		<p><b>WEDNESDAY</b></p> <p><b>CHAIR ZUMBA</b></p> <ul style="list-style-type: none"> <li>9.30am—10.30am</li> <li>Zamia Theatre, Tamborine Mountain (\$10)</li> <li>Petra 0414 505 014</li> </ul>
<p><b>FREE WEDNESDAY</b></p> <p><b>GROUP FITNESS YOGA</b></p> <ul style="list-style-type: none"> <li>6.00pm—7.00pm</li> <li>Beechmont Community Centre</li> <li>Julia 0401 902 694</li> </ul>		<p><b>FREE THURSDAY</b></p> <p><b>MEDITATION AND MINDFULNESS TAMBORINE MOUNTAIN</b></p> <ul style="list-style-type: none"> <li>8.30am—10.30am</li> <li>Tamborine Mountain Bridge Club</li> <li>Frances 0412 303 841</li> </ul>	<p><b>FREE SATURDAY</b></p> <p><b>FLOW, STRETCH &amp; RELAX</b></p> <ul style="list-style-type: none"> <li>8.00am—9.00am</li> <li>Vonda Youngman Community Centre</li> <li>Sharee 04199 560 727</li> </ul>	<p><b>FREE SATURDAY</b></p> <p><b>YOGA PILATES</b></p> <ul style="list-style-type: none"> <li>10.00am—11.00am</li> <li>Beechmont Community Centre</li> <li>Julia 0401 902 694</li> </ul>

(B) Booking required

IT ONLY TAKES FIVE MINUTES TO  
**PROTECT YOUR FAMILY AND PETS**

**Pets don't know what to do** when disaster strikes. As their carer, it is important that you plan ahead and know how to help them when disaster strikes.

**Council's Disaster Dashboard** has all of the information you need to know before, during and after a disaster.

If your family's safety is important to you, **take five minutes now** to scan the QR code and sign up to receive potentially lifesaving information.



[disasterdashboard.scenicrim.qld.gov.au](https://disasterdashboard.scenicrim.qld.gov.au) |



**DISASTER DASHBOARD**



**SCENIC RIM**  
REGIONAL COUNCIL

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

[www.scenicrim.qld.gov.au/healthy-active-4](https://www.scenicrim.qld.gov.au/healthy-active-4)



**SCENIC RIM**  
REGIONAL COUNCIL