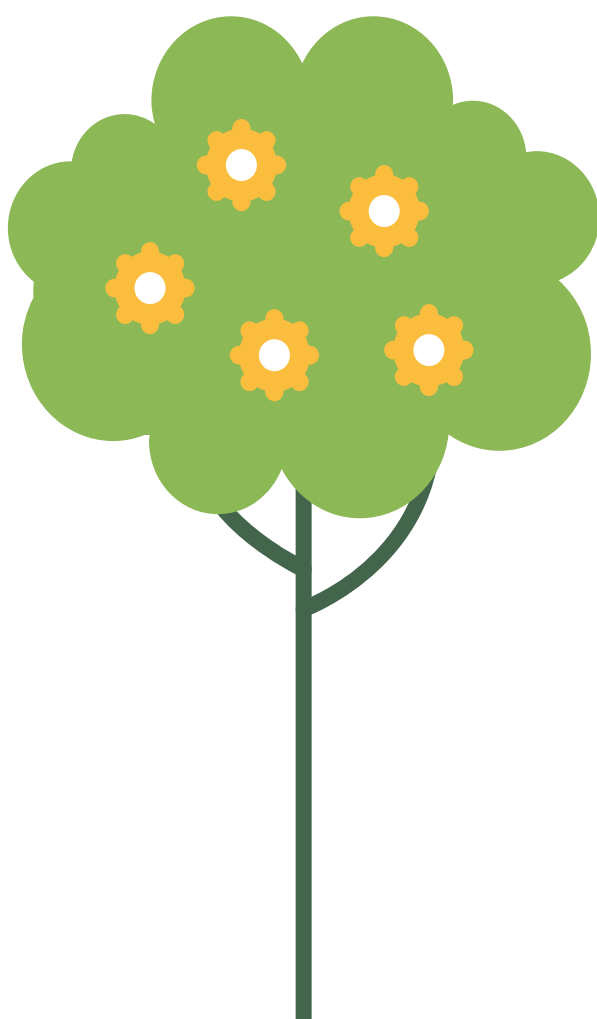
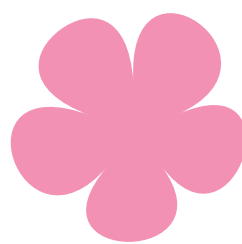


Be

HEALTHY
and ACTIVE



TERM 1 **CENTRAL** SCENIC RIM TIMETABLE
(BEAUDESERT AND SURROUNDS)

MONDAY	FREE MONDAY	MONDAY	FREE TUESDAY	TUESDAY
FUN, FRIENDS & FITNESS 🕒 9.00am—10.30am 📍 Kooralbyn Community Centre (\$6) 📞 Dianne 5541 4216	TRIYOGA WITH JUDI (BEGINNER) 🕒 8.00am—9.30am 🕒 9.30am—11.00am 📍 Beaudesert Community Arts and Information Centre 📞 Judi 0400 065 202	ADULT BALLET AND TAP CLASSES 🕒 10.00am—11.00am 📍 Girl Guides Hall Beaudesert (\$5) 📞 Hilaire 0400 292 017	TRIYOGA WITH JUDI 🕒 9.30am—11.00am 📍 Rathdowney Hall 📞 Judi 0400 065 202	LINE DANCING BEAUDESERT 🕒 12.15pm—2.45pm 📍 The Centre Beaudesert (\$3) 📞 U3A 0418 192 999
FREE TUESDAY	TUESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY
CREATIVE QUEENS Empowering girls 12—16 🕒 3 Feb to 31 March After school util 4.30pm 📍 Beaucare: 44 Tina Street, Beaudesert 📞 Call to register on (07) 5541 4216	ADULTS BACK TO BALLET 🕒 6.00pm—7.00pm 📍 Girl Guides Hall Beaudesert (\$5) 📞 Hilaire 0400 292 017	MOVEMENT WITH MUSIC 🕒 9.00am—10.00am 📍 CWA Hall 1 Selwyn Street West, Beaudesert (\$10) 📞 Kamini 0447 495 970	ALIGNED WITH YOGA 🕒 9.00am—11.00am 📍 Tamrookum Hall (\$10) 📞 Celia Price 0407 165 999 celiaprc9@gmail.com	CARDIO TENNIS 🕒 6.30pm—7.15pm 📍 Beaudesert Tennis Club (\$10) 📞 Darren 0402 804 460
FREE THURSDAY	THURSDAY	FREE THURSDAY	FREE THURSDAY	THURSDAY
TAMROOKUM MEMORIAL HALL - EVERYONE CAN DANCE 🕒 8.30am—11.30am 📍 Tamrookum Hall (\$2) 📞 Lani Deeran 0488 785 325	FUN, FRIENDS & FITNESS 🕒 9.00am—10.30am 📍 Kooralbyn Community Centre (\$6) 📞 Dianne 5541 4216	INTRODUCTION TO LAWN BOWLS Under 18s 🕒 3.30pm—4.30pm 📍 Beaudesert Bowls Club 📞 Marg 0412 366 455 (B)	YOGA FOR ALL SIZES 🕒 5.00pm to 6.00pm 📍 Kooralbyn Community Hall 📞 Ruth 0451 693 863 (B)	SOCIAL TABLE TENNIS 🕒 6.30pm—8.30pm 📍 Beaudesert Tennis Club (\$5) 📞 0402 804 460
FREE FRIDAY	FREE SATURDAY		FREE SATURDAY	SUNDAY
TRIYOGA WITH JUDI 🕒 9.00am—11.00am 📍 Beaudesert Community Arts and Information Centre 📞 Judi 0400 065 202	YOGA FOR ALL SIZES 🕒 8.00am—9.00am 📍 Kooralbyn Community Hall 📞 Ruth 0451 693 863 (B)		Jeune Park Parkrun Beaudesert 🕒 7.00am 📍 Jeune Park, Tom Enright Drive, Beaudesert jeunepark@parkrun.com	AQUA FITNESS RATHDOWNEY 🕒 4.30pm—5.30pm 📍 Rathdowney State School Pool (\$7) 📞 Carol 0457 474 888

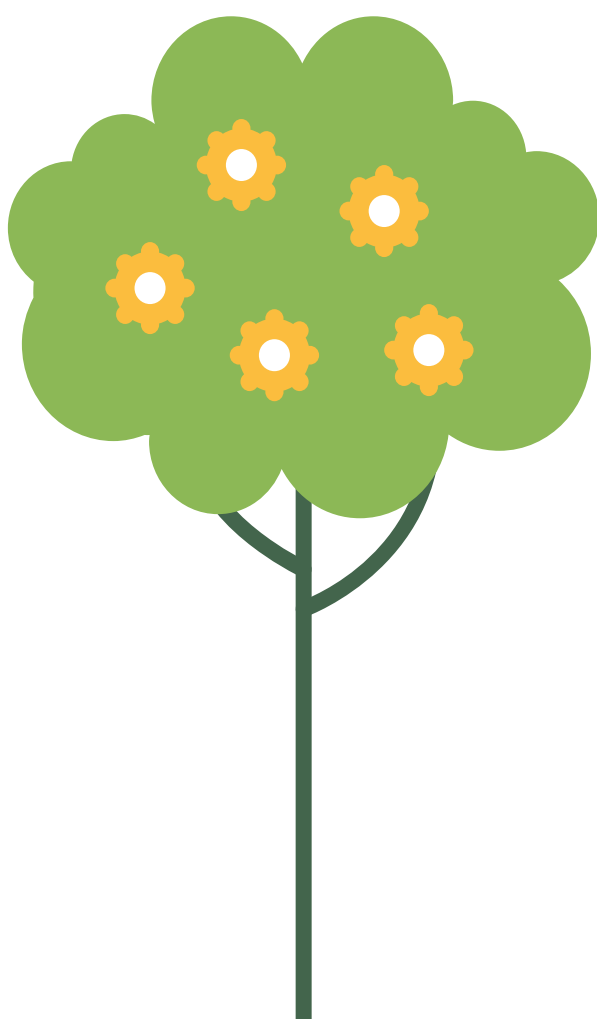
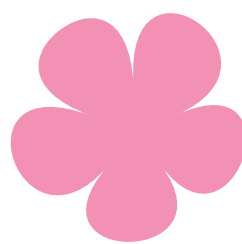
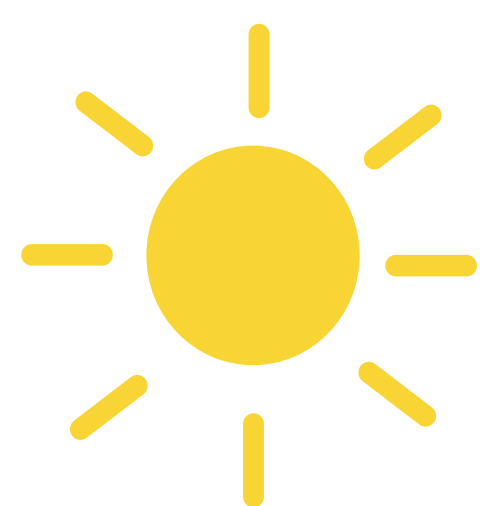
(B) Booking required * First Nations activity

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

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



TUESDAY 27 JANUARY TO
THURSDAY 2 APRIL 2026



Be HEALTHY and ACTIVE

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



FREE WEDNESDAY

GUIDED MINDFULNESS MEDITATION

- 9.00am—10.00am
- Kalbar School of Arts
- Trish **0487 835 958 (B)**



MONDAY

TAI CHI BOONAH

- 4.00pm—5.00pm
- Fassifern Community Centre (\$5)
- Cathy **0409 648 935**

TUESDAY

COMMUNITY YOGA

- 7.00am—8.00am
- Boonah Show Grounds Agriculture Pavilion (\$10)
- Laura **0435 111 180**

TUESDAY

SCENIC RIM COMMUNITY ART CLASS

- 6.30pm—8.30pm
- Mt Alford Hall (\$10)
- Nick **0403 908 237 (B)**



FRIDAY

PILATES MAT CLASS MOUNT ALFORD

- 10.00am—11.00am
- Mount Alford Hall (\$8)
- Sonya **0421 337 117**



WEDNESDAY

TAI CHI MOUNT ALFORD

- (starts 25 February 2026)
- 10.00am—11.00am
- Mount Alford Hall (\$8)
- Sonya **0421 337 117**

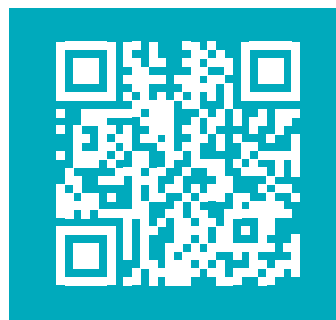
(B) Booking required



WHAT'S ON SCENIC RIM

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

WHAT'S On
SCENIC RIM



CUPPA IN THE COMMUNI-TEA

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



WHAT'S ON AT THE LIBRARY!

More than books, libraries are hubs of community connection with activities for all ages.

**SCENIC RIM
LIBRARIES**



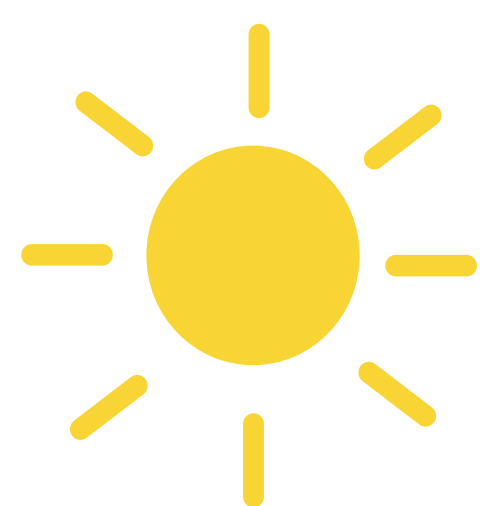
For the most up to date timetable visit the website below.

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

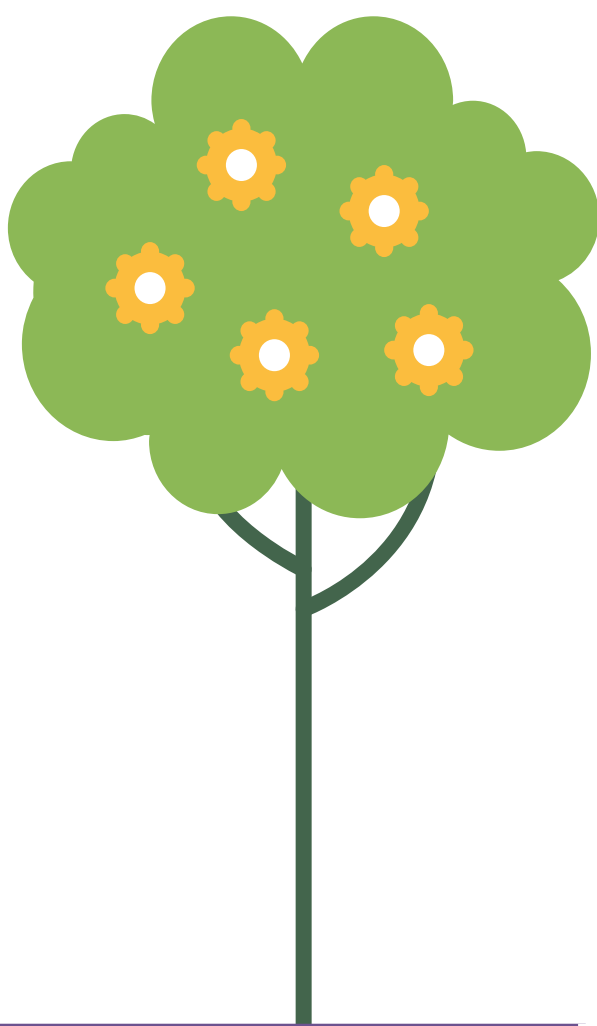
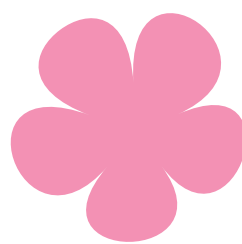


SCENIC RIM
REGIONAL COUNCIL

TUESDAY 27 JANUARY TO
THURSDAY 2 APRIL 2026



Be
HEALTHY
and ACTIVE



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

MONDAY	MONDAY	MONDAY	TUESDAY	FREE TUESDAY
ZUMBA TAMBORINE MEMORIAL HALL • 7.30am—8.30am • 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	MT FITNESS — MATURE FIT 60+ • 9.10am—10.10am • 16 Beacon Rd, Tamborine Mountain (\$8) • Mikaela 0417 608 700	FIT HIT WITH TENNIS • 6.30pm—7.30pm • Tamborine Mountain Tennis Club • Henry 0477 775 671
FREE WEDNESDAY	WEDNESDAY	THURSDAY	FREE THURSDAY	THURSDAY
MEDITATION AND MINDFULNESS CANUNGRA • 8.45am—10.45am • Moriarty Park Hall • Frances 0412 303 841	MT FITNESS — MATURE FIT 60+ • 9.10am—10.10am • 16 Beacon Rd, Tamborine Mountain (\$8) • Mikaela 0417 608 700	MT FITNESS — MATURE FIT 60+ • 8.00am—9.00am • 16 Beacon Road, Tamborine Mountain (\$8) • Mikaela 0417 608 700 (B)	MEDITATION AND MINDFULNESS TAMBORINE MOUNTAIN • 8.30am—10.30am • Bridge Club on Tamborine Mountain • Frances 0412 303 841	ZUMBA TAMBORINE MOUNTAIN • 6.15pm—7.15pm • Zamia Theatre (\$8) • Annie 0434 593 676

(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 | f



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



SCENIC RIM
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