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Developments with coronavirus, bad weather or provider availability may impact our program at short notice. Please check the Council website or scan the QR code for up-to-date information before you attend.

GOLD Activities

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
🧰 ADVENTURE						
Day abseil adventure: Challenge yourself on Brisbane's heritage-listed Kangaroo Point Cliffs with an abseiling adventure. Let the sweeping city views take your breath away from the top before strapping in and stepping back over the edge. Take it at your own pace as you make the 25m descent to the parkland below. Nervous? Our highly qualified and professional guides will be with you the entire time to ensure you are safe and confident on the cliffs.	Kangaroo Point Cliffs Park, Kangaroo Point <i>Riverlife Adventure Centre, Naval Stores, Kangaroo Point Cliffs Drive, Kangaroo Point.</i>		\$5	Wed 8 Feb, 8 Mar, 12 Apr and 10 May	3.30-5pm	Bookings essential. To book visit Riverlife Adventure Centre (riverlife.com.au/project/bcc-active-healthy-program). For more information phone Riverlife on 3517 4954.
🎨 ARTS AND CREATIVE						
Alcohol ink pots: Come along and make stunning bright pot plant holders using alcohol inks. Get creative and play and experiment with bold colours.	Burnie Brae Centre, Chermside <i>Activity Space.</i>		\$5	Tue 7 Mar	1-4pm	Bookings essential. To book phone Burnie Brae on 3624 2110.
Blues feast: Combines the learning of the blues box guitar and harmonica.	Bracken Ridge Hall, Bracken Ridge <i>The meeting room at the back of the hall.</i>	Please ensure you can attend both sessions. Some blues box guitars are available, but please bring a harmonica. Please confirm requirements with facilitator when booking.	Free	Wed 25 Jan and 1 Feb	9.30am-12 noon	Bookings essential. To book email Dale Voss (dale.v.music@gmail.com). For more information phone 0422 323 242.
Ceramic pinch bowls (session one of two): Use plaster moulds to make a simple ceramic bowl.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>	Attend both sessions. Bring an apron and wear closed-in shoes.	\$5	Tue 4 Apr	10am-12.30pm	Bookings essential. To book email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information phone 3379 6963.
Ceramic pinch bowls (session two of two): Use coloured underglazes and clear glaze to decorate the bowl you created in session one.			\$5	Tue 11 Apr	10am-12.30pm	
Ceramic pinch pot animals (session one of two): Use the double pinch pot method to make a cute animal.			\$5	Mon 9 Jan	10am-12.30pm	
Ceramic pinch pot animals (session two of two): Use coloured underglazes and clear glaze to decorate the animal you created in session one.			\$5	Mon 23 Jan	10am-12.30pm	

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Cost per person, per session.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Chooks: Paint fun designer chooks in acrylic paint colours of your choice. Canvas and paint supplied. Makes a fabulous artwork to take home.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>		\$5	Mon 6 Mar	9am-12.30pm	Bookings essential. To book email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information phone 3379 6963.
Flower roses: Mix gel into acrylic and create a 3D painting full of colour and fun. Canvas to take home.			\$5	Mon 6 Feb	9am-12.30pm	
Intro to guitar and drumming: Learn basic chords and guitar strum patterns and play simple drum beats and rolls to produce rhythms.	Bracken Ridge Hall, Bracken Ridge <i>The meeting room at the back of the hall.</i>	Participants to bring their own guitar where possible.	Free	Wed 25 Jan, 1 Feb, 1, 8 and 15 Mar	12.30-2.30pm	Bookings essential. To book email Dale Voss (dale.v.music@gmail.com). For more information phone 0422 323 242.
Intro to keyboard: Learn basic chords and melodies to play songs.		Participants to bring their own keyboard and headphones where possible.	Free	Wed 3, 10 and 17 May	1-2.30pm	
Intro to TikTok/YouTube: Participants learn what it takes to produce their own TikTok/YouTube videos.		Participants to bring their own laptops/tablets and smartphones where possible. Please confirm requirements with the facilitator when booking.	Free	Wed 1, 8 and 15 Mar	9.30am-12.30pm	
Introduction to pottery: Pottery is something on a lot of people's to do list. Come along and give hand building pottery a go. Using Australian Raku clay, you will be shown how to make a pinch and coil pot using basic pottery techniques. You can create a plaque, a mug or a house number. Come back in a few weeks and pick up your bisque fired creation.	Burnie Brae Centre, Cherside <i>Activity Space.</i>		\$5	Sat 25 Mar	9.30am-12.30pm	Bookings essential. To book phone Burnie Brae on 3624 2110.
Landscape river: Create a gentle ink wash or watercolour. Watercolour paper, paint and ink provided. Fun activity to allow you to take home a finished piece.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>		\$5	Mon 3 Apr	9am-12.30pm	Bookings essential. To book email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information phone 3379 6963.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Lino cut on paper: The lino cut and print technique was popularised by Picasso and uses simple tools and a lino block to create a reduction lino cut. You will be shown how to design, cut and print your lino block. We will do this in a way that you are able to emulate it at home without outlaying a lot of money for materials. The print you make can be reused for fabric, paper or canvas print. This workshop will concentrate on printing on paper.	Burnie Brae Centre, Chermside <i>Activity Space.</i>		\$5	Sat 18 Feb	9.30am-12.30pm	Bookings essential. To book phone Burnie Brae on 3624 2110.
Make your own fabric print: Learn how to create a unique design using fabric paint to make a cushion, hanging wall art or an item of clothing.		Bring a t-shirt if you would like to make a one-off printed art piece.	\$5	Tue 18 Apr and 6 Jun	1-4pm	
Mandala art: This is a mindfulness exercise in an artwork. Mandalas are painting in a geometric design that's an expression of colour in a moving meditation, and you will leave with a gorgeous canvas for your wall.			\$5	Tue 31 Jan and 9 May	1-4pm	
Multimedia scrapbooking: Use computers/tablets to compile photos into a showreel with inclusion of music and voiceovers to capture the personal thoughts and memories of the photos on display.	Bracken Ridge Hall, Bracken Ridge <i>The meeting room at the back of the hall.</i>	Bring laptop/tablet with digital photos. Ensure you can attend all sessions.	Free	Wed 24, 31 May and 7 Jun	9.30am-12 noon	Bookings essential. To book email Dale Voss (dale.v.music@gmail.com). For more information phone 0422 323 242.
Music jam: Bring together your skills on voice, guitar, keyboard or drums to perform popular songs.		Participants to bring whatever instruments/equipment they can provide.	Free	Wed 19 and 26 Apr	9.30am-12 noon	
Organic hand scrub: You will be shown how to make a fabulous hand scrub that's amazing to use. You'll also paint a presentation container and be shown how to wrap it all up to take home with you.	Burnie Brae Centre, Chermside <i>Activity Space.</i>		\$5	Tue 17 Jan	1-4pm	Bookings essential. To book phone Burnie Brae on 3624 2110.
			\$5	Sat 29 Apr	9.30am-12.30pm	
Paint and chat: Join us for a fun morning of art. As a group we will paint a dimensional artwork with colours of your choice. You can take home your artwork and recreate it using newly learnt techniques. No experience necessary.			\$5	Sat 20 May	9.30am-12.30pm	

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Cost per person, per session.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Painting: Introduction to the skills and knowledge required to produce a painting using acrylic paints.	Bracken Ridge Hall, Bracken Ridge <i>The meeting room at the back of the hall.</i>	When booking, please confirm with the facilitator what is required for the classes.	\$5	Wed 8, 15, 22 Feb, 3, 10 and 17 May	9.30am-12.30pm	Bookings essential. To book email Dale Voss (dale.v.music@gmail.com). For more information phone 0422 323 242.
Pop-up cards and fold paper into fabulous: Forget throwing out old books, newspapers and junk mail. Instead recycle them into useful items such as card holders, wallets, gift bags and pop-up cards.	Burnie Brae Centre, Chermside <i>Activity Space.</i>		\$5	Tue 21 Feb and 21 Mar	1-4pm	Bookings essential. To book phone Burnie Brae on 3624 2110.
Pottery wheel funshop: Throw yourself into the fun and engaging world of pottery. Experienced artists will guide you through the techniques of pottery wheel throwing and hand sculpting. Find muscles you never knew you had in this physical and fun activity.	Upper Brookfield State School, Upper Brookfield <i>Meet at the old school house studio.</i>	Wear old clothing and bring an apron and an old towel.	\$5	Sat 25 Feb	10am-12 noon	Bookings essential. To book visit Bazil Grumble (whatson.bazilgrumble.com.au). For more information phone 0411 246 487.
			\$5	Sat 25 Feb	1-3pm	
Print it stamp making: Have you ever wanted to have your own design or logo printed on items? Maybe your personal family crest? In this workshop you will be shown how to translate your vision into a stamp which you can reuse again and again. Choose the size and shape of your stamp and use it on fabrics, paper or wood. The possibilities are endless.	Burnie Brae Centre, Chermside <i>Activity Space.</i>		\$5	Tue 28 Feb	1-4pm	Bookings essential. To book phone Burnie Brae on 3624 2110.
Sgraffiti: A process of layering and cutting back using oil pastels and acrylic paint to create a very different and interesting canvas. An opportunity to learn a different process.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>		\$5	Mon 8 May	9am-12.30pm	Bookings essential. To book email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information phone 3379 6963.
Singing for fun: Participants come to enjoy singing popular songs as a group.	Bracken Ridge Hall, Bracken Ridge <i>The meeting room at the back of the hall.</i>		Free	Wed 22 and 29 Mar	1-2.30pm	Bookings essential. To book email Dale Voss (dale.v.music@gmail.com). For more information phone 0422 323 242.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Smartphone eco photography: Use your smartphone in this eco photography workshop and see nature through a new lens. Seek inspiration from the trees – look high, look low and look closely at all the patterns mother nature creates naturally. A creative and fun session that will get you moving and observing.	Kalinga Park, Kalinga <i>Meet by the playground.</i>	Bring a smartphone.	Free	Sat 18 Feb	10am-12 noon	Bookings essential. To book visit Bazil Grumble (whatson.bazilgrumble.com.au). For more information phone 0411 246 487.
	Brisbane Botanic Gardens Mt Coot-tha <i>Meet in front of the Auditorium by the three waterlily ponds.</i>		Free	Sat 22 Apr	10am-12 noon	
	The Rafting Ground Reserve, Brookfield <i>Meet at the tables by the playground.</i>		Free	Tue 6 Jun	10am-12 noon	
Stop motion animation and filmmaking workshop: Use computers and/or tablets to produce and direct your own short film. Participants learn core concepts for creating a short film and/or animation using stop motion.	Bracken Ridge Hall, Bracken Ridge <i>The meeting room at the back of the hall.</i>	Participants to provide laptops or tablets where possible. Please check with the facilitator.	Free	Wed 22 and 29 Mar	9.30am-12.30pm	Bookings essential. To book email Dale Voss (dale.v.music@gmail.com). For more information phone 0422 323 242.
Tie-dye: Let your tie-dye dreams come true. You will be shown how to create all the tie-dye patterns you have dreamt about. We will create spiral, striped, starburst, crumple and lightning designs using your colour choices. Wonderfully bright, vivid, permanent and non-toxic colours are used to make your piece of clothing art, which will help you to stand out in the crowd.	Burnie Brae Centre, Chermerside <i>Activity Space.</i>	Bring a piece of pre-washed cotton clothing such as a t-shirt, canvas shoes or jumper. We'll supply a piece of fabric to practise on.	\$5	Tue 7 Feb and 23 May	1-4pm	Bookings essential. To book phone Burnie Brae on 3624 2110.
Ukulele part 1: Learn the basic chords, strum patterns and structure of songs.	Bracken Ridge Hall, Bracken Ridge <i>The meeting room at the back of the hall.</i>	Participants to bring their own ukulele if possible. Some ukuleles are available for those who don't have one yet.	Free	Wed 8, 15 and 22 Feb	1-2.30pm	Bookings essential. To book email Dale Voss (dale.v.music@gmail.com). For more information phone 0422 323 242.
Ukulele part 2: Extension of learning the ukulele. Covering further advanced chords and strumming.			Free	Wed 19 and 26 Apr	12.30-2pm	
			Free	Wed 24, 31 May and 7 Jun	12.30-2pm	

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Cost per person, per session.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Walk and whimsy, art in the park: Come along to this fun, active and creative session. Experience the wonder of nature on a walk through the beautiful gardens. Here you can take in the wonderful sights and sounds and gain inspiration for the second part of the workshop which is making some whimsical artist books using papers and fabrics reminiscent of the textures and patterns within the gardens.	Brisbane Botanic Gardens Mt Coot-tha <i>Meet in front of the Auditorium by the three waterlily ponds.</i>		\$5	Tue 31 Jan	10am-12 noon	Bookings essential. To book visit Basil Grumble (whatson.bazilgrumble.com.au). For more information phone 0411 246 487.
	Rocks Riverside Park, Seventeen Mile Rocks <i>Meet at the large undercover picnic tables near the water play area.</i>		\$5	Thu 25 May	10am-12 noon	
 FITNESS AND STRENGTH						
Belly dance: Gentle dance focused on fitness, coordination, flexibility, relaxation and fun. Suitable for all levels and is taught for multi-level students. Belly dance provides physical, emotional and psychological benefits.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>	Wear comfortable clothing. Bring a belly dance belt if you have one.	Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	2.30-3.30pm	Bookings essential. To book email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information phone 3379 6963.
Bollywood fitness: Move to the infectious beats of Bollywood music. Suitable for all abilities.	Twilight Street Park, Kenmore <i>Meet near the basketball court.</i>		Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	9.15-10.15am	No bookings required. For more information phone Yoga Forever on 0433 333 829.
Cardio circuit: A perfect way to do both of the fitness worlds. A bootcamp-style cardio and strength workout finished with a Pilates component focused on abs and core. Each workout runs for 30 minutes. Suitable for all levels.	Carindale Recreation Reserve, Carindale <i>Meet near the fitness equipment near Cadogan Street.</i>	Bring a mat and/or towel.	Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	8.30-9.30am	No bookings required. For more information phone Natalie from Bliss Active on 0400 228 762.
Chair fitness: Fun and effective body conditioning class from the comfort of a chair. It aims for graceful ageing, strong core, toning, suppleness, balance and coordination. Exercise bands are used. Work at your own pace.	Indooroopilly Activity Hub, 60 Stamford Rd, Indooroopilly <i>Meet at the main hall.</i>	Bring an exercise band.	Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	1-2pm	Bookings essential. To book email Yumi Schaefer (yumischaef@gmail.com).
Dance and art (inspired by Dance 5rhythms): Learn to express your body through creative dance.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>	Wear comfortable clothing to move in and bring a water bottle.	Free	Thu 9, 23 Feb, 9, 23 Mar, 20 Apr, 4, 18 May and 1 Jun	1-3pm	Bookings essential. To book email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information phone 3379 6963.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Fitness 4 seniors: A combination of cardio, strength and stretching exercises designed to help you increase or maintain your fitness.	Jindalee Boat Ramp Park, Jindalee <i>Meet by the playground.</i>	Bring an exercise mat.	Free	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	10.45-11.45am	No bookings required. For more information phone Fitness 4 U on 0412 552 885.
	Dorrington Park, Ashgrove <i>Meet near the hockey club.</i>		Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	10.30-11.30am	
Flexibility and core conditioning: Increase the flexibility throughout your entire body focusing on static stretches and abdominal exercises designed to strengthen and lengthen muscles, improve posture, increase overall stability of your body and aid in the prevention of injury.	Bulimba Riverside Park, Bulimba <i>Meet next to the outdoor gym near the river.</i>	Bring a yoga mat.	Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	9.30-10.30am	Bookings essential. To book phone Davide on 0413 214 017.
Functional fitness: Movement is fundamental for enjoying an active, fun and healthy life. This program will focus on improving your balance, stability, coordination, strength and cardio fitness for healthy ageing.	Wakerley Park, Wakerley <i>Meet at the basketball court.</i>		Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	8-9am	Bookings essential. To book email 'Life. Be in it' (info@lifebeinitfunworks.com.au). For more information phone 0403 221 676.
	Drevesen Park, Manly <i>Meet near the Sea Scouts Hall.</i>		Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	8-9am	
Gentle fitness: This is a fun and gentle exercise class to improve strength, balance, coordination and flexibility. All fitness benefits in one class for all levels. If needed, you can participate on a chair too.	Our Place Hall, Inala <i>Meet at the hall.</i>	Bring an exercise band if you have one.	Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	9-10am	Bookings essential. To book email Yumi Schaefer (yumischaefer@gmail.com).
Gentle fitness: Low-impact workouts suitable for all fitness levels that focus on strength, balance and coordination. Whether you are new to exercise or not, you will have an enjoyable experience and be able to work at your own pace.	The Community Place, Stafford <i>Meet inside the hall.</i>		Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	11.30am-12.30pm	Bookings essential. To book phone The Community Place on 3857 1152.
Outdoor group fitness: Enjoy the outdoor group fitness session before sunset.	Ferny Grove Picnic Ground Park, Ferny Grove <i>The park gym.</i>	Bring a hat.	Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	3.45-4.45pm	Bookings essential. To book email Amazing Fitness Professional (act@amazing-professional.com). For more information phone 0488 008 555.

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Cost per person, per session.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Pilates in the park: Improve your strength and core stability for a healthier lifestyle. Class is suitable for beginners to intermediate level.	J.C. Slaughter Falls - Mt Coot-tha Reserve <i>Meet at the large picnic shelter at the end of the road.</i>	Bring an exercise mat.	Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	10.30-11.30am	Bookings essential. To book email Fitness with a Twist (christine@fitnesswithatwist.com.au). For more information phone Christine on 0406 425 561.
Seniors resistance band strength training: Enjoy this great exercise class under cover in a relaxed setting on the outdoor green with a great atmosphere.	Enoggera Bowls Club, Enoggera <i>Near Cafe 63.</i>		Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	8-9am	Bookings essential. To book email Amazing Fitness Professional (act@amazing-professional.com). For more information phone 0488 008 555.
Strength and cardio: Get active with like-minded people by maintaining or increasing your independence, improve brain function and boost mood with strength training. This low-impact workout is suitable for all fitness levels.	Rocks Riverside Park, Seventeen Mile Rocks <i>Meet at the undercover pavilion area to the right of the car park entrance.</i>	Bring an exercise mat.	Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	10.45-11.45am	No bookings required. For more information phone Mona Health Coach on 0433 463 578.
Strength, agility and balance for seniors: Low impact body conditioning programs designed to target strength and improve overall endurance and fitness. Suitable for men and women of all fitness levels.	Bowman Park, Bardon <i>Meet near the half basketball court.</i>	Bring a mat and dumbbells.	Free	Every Wed 19 Apr to 7 Jun	9.30-10.30am	Bookings essential. To book email Fitness with a Twist (christine@fitnesswithatwist.com.au). For more information phone Christine on 0406 425 561.
Zumba Gold® fitness: Get active with great people at the Zumba Gold® fitness workout for the young at heart. Enjoy a fun, simple and low-impact workout in a welcoming and supportive atmosphere. Shake it at your own pace to zesty Latin tunes, spicy Indian tracks plus a variety of other wonderful music. This class will help you improve your balance, range of motion and coordination.	C.J. Greenfield Community Hall, Richlands <i>Meet outside the hall.</i>		Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	11.30am-12.30pm	No bookings required. For more information phone BoogieCamp on 0415 818 983.
Zumba Gold®: Get grooving at your own pace. Zumba Gold® is perfect for beginners, people with medical issues or physical limitations and the active older adult. Zumba Gold® is a great low-impact modified exercise fitness class. We dance, we sing, we laugh and we sweat. We work on our coordination, balance, cardio and toning and have lots of fun whilst doing the routines. All fitness levels welcome and you can move at your own pace.	Elorac Place Community Centre, 11A Southampton Road, Ellen Grove <i>Meet at centre hall, use left hand side gate to enter.</i>		Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	11.30am-12.30pm	Bookings essential. To book visit Zumba with Jessie (picktime.com/ZumbaJessie). For more information phone 0414 348 111.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Zumba Gold®: Move at your own pace and style with easy-to-follow dance moves to Latin and international beats and rhythms targeted to suit active older adults and those just starting their journey to a fit and healthy lifestyle.	Acacia Ridge Hall, Acacia Ridge <i>Meet at main entrance.</i>	Bring light hand weights (optional).	\$6	Every Fri 27 Jan to 9 Jun (excluding 7 and 14 Apr)	9.30-10.30am	Bookings essential. To book visit LK Fitness (bookwhen.com/lizkingfitness). For more information phone 0405 652 109.
	Upper Mt Gravatt Progress Hall, Mount Gravatt <i>Meet at main entrance.</i>		\$6	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	11.30am-12.30pm	
Zumba Gold®: Perfect for active older adults who are looking for a fun way to keep moving with easy-to-follow dance moves. Class focuses on all elements of fitness including cardiovascular, muscular conditioning, flexibility and balance.	City Botanic Gardens, Brisbane City <i>Meet by the rotunda.</i>		Free	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	12.30-1.30pm	No bookings required. For more information phone Zumba Fitness with Mel on 0422 746 999.
	Captain Burke Park, Kangaroo Point <i>Meet by the playground.</i>		Free	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	9.30-10.30am	
	Banyo Memorial Park, Banyo <i>Meet at Banyo Beehive.</i>		Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	10.30-11.30am	
	Arthur Davis Park, Sandgate <i>Meet by the playground.</i>		Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	4.30-5.30pm	
	Greenways Esplanade Park, Parkinson <i>Meet near the playground.</i>		Free	Every Fri 27 Jan to 9 Jun (excluding 7 and 14 Apr)	8.30-9.30am	No bookings required. For more information phone Be Happy Party on 0428 419 157.
	Calamvale District Park, Calamvale <i>Meet near the amenity block.</i>		Free	Every Fri 27 Jan to 9 Jun (excluding 7 and 14 Apr)	10-11am	
	Preston Road Park, Carina <i>Meet near the dog park and the children's playgrounds.</i>		Free	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	9-10am	
	Wynnum Municipal Hall, Wynnum <i>Meet outside the hall at the corner of Bay Terrace and Cedar Street.</i>		Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	8-9am	

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Cost per person, per session.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Zumba Gold®: Perfect for active older adults who are looking for a fun way to keep moving with easy-to-follow dance moves. Class focuses on all elements of fitness including cardiovascular, muscular conditioning, flexibility and balance.	Lota Camping Reserve, Lota <i>Meet near the playground at the corner of Esplanade Road and Alexander Street.</i>		Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	8-9am	No bookings required. For more information phone Be Happy Party on 0428 419 157.
	Carindale Recreation Reserve, Carindale <i>Meet near the playgrounds at the corner of Cadogan Street and Bedivere Street.</i>		Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	10-11am	
	O'Callaghan Park, Zillmere <i>Youth Space Court adjacent to PCYC Zillmere car park.</i>		Bring a towel.	Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	8.30-9.30am
Zumba®: Learn easy to follow choreography that focuses on balance, range of motion and coordination.	The Community Place, Stafford <i>Meet inside the hall.</i>		Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	9-10am	Bookings essential. To book visit The Community Place (bookwhen.com/thecomunityplace). For more information phone The Community Place on 3857 1152.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
🍌 FOOD AND NUTRITION						
Cooking for 1 or 2: Creating a feast for one or two people doesn't have to be daunting. Our dietitian will share some recipes and tips on cooking smaller meals. Bookings open one month prior to the activity.	Brisbane Botanic Gardens Mt Coot-tha <i>Kitchen in the Garden.</i>	Wear closed-in shoes.	\$5	Fri 9 Jun	10-11.30am	Bookings essential. To book visit NAQ Nutrition (training. naqnutrition.org/courses/gold/). For more information phone 3257 4393.
Cooking for a healthy gut: Eating whole grains and whole foods are healthier lifestyle choices. Our dietitian will show you easy and healthy high-fibre recipes to keep your gut healthy (June is bowel cancer awareness month). Bookings open one month prior to the activity.	Brighton Wellness Hub, Brighton <i>Meet at reception.</i>		\$5	Wed 7 Jun	10-11.30am	
Easter Feast: Avoid the sugar overload this Easter. Come and create some healthy Easter meals and treats in this hands-on workshop. Bookings open one month prior to the activity.	Brisbane Botanic Gardens Mt Coot-tha <i>Kitchen in the Garden.</i>		\$5	Wed 29 Mar	10-11.30am	
Grow it, cook it, compost it: Learn how to produce a sustainable backyard garden and cook nutritious meals from seasonal produce. Combined composting, sustainable gardening and fresh produce cooking workshops. Enjoy the food prepared together at the end of the session. Bookings open one month prior to the activity.	Brisbane Botanic Gardens Mt Coot-tha <i>Kitchen in the Garden.</i>	Wear closed-in shoes.	Free	Thu 16 Feb, Tue 9 May and Thu 8 Jun	10am-1.30pm	Bookings essential. To book phone Brisbane Botanic Gardens on 3403 2535.
How to start gardening: Learn how to grow organic food for your family in the backyard. Learn about garden design and how to make self-watering planter boxes, organic soil and fertilisers, pest control and lots more.			\$5	Sun 5 Feb	11.30am-1pm	Bookings essential. To book email Spurtopia (spurtopia@gmail.com). For more information phone 0434 824 870.
Vegetarian cooking: Create tasty and satisfying vegetarian meals that will steal the show. Bookings open one month prior to the activity.			\$5	Mon 15 May	10-11.30am	Bookings essential. To book visit NAQ Nutrition (training. naqnutrition.org/courses/gold/). For more information phone 3257 4393.

* Wear sun protection and comfortable clothing and footwear as appropriate for the activity you are participating in. Bring drinking water.

Cost per person, per session.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
MIND AND BODY						
Balance better and stay moving with Tai Chi & Qigong: Good balance requires mental and physical fitness. This program can help improve balance and reduce the risk of falls. It is adapted for all levels of ability and will help you feel relaxed, refreshed and calm.	St David's Neighbourhood Centre, Coopers Plains <i>Meet at the entry on Rookwood Avenue.</i>		Free	Every Fri 27 Jan to 9 Jun (excluding 7 and 14 Apr)	10-11am	No bookings required. For more information phone Anita on 0488 737 606.
	Newstead Park, Newstead <i>Near the play area at the corner of Newstead Terrace.</i>		Free	Every Fri 27 Jan to 9 Jun (excluding 7 and 14 Apr)	8.30-9.30am	No bookings required. For more information phone Rod on 0400 335 645.
	Walton Bridge Reserve, The Gap <i>Enter opposite Jevons Street and police station. Look for Active and Healthy sign on city side of bridge.</i>		\$5	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	9.30-10.30am	No bookings required. For more information phone Jan on 0414 569 492.
	Old Friary, Kenmore Hills <i>Meet at the back of the building.</i>		\$5	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	8-9am	No bookings required. For more information phone Kevin on 3376 1830.
	Keong Park, Stafford <i>Meet near the Meals on Wheels, off Teevan Street.</i>		\$5	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	9.30-10.30am	No bookings required. For more information phone Rod on 0400 335 645.
	Fletcher Parade Park (nos.161-231), Bardon <i>Bardon Lions Park, Fletcher Parade opposite Alexandra Street.</i>		\$5	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	8.30-9.30am	No bookings required. For more information phone Jan on 0414 569 492.
	The Lake Parklands, Forest Lake <i>Meet near the car park, off Forest Lake Boulevard.</i>		Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	7-8am	No bookings required. For more information phone Julian on 0439 073 860.
	Moora Park, Shorncliffe <i>Meet at the shelter at the end of the car park at Lower Moora Park.</i>		\$5	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	9.30-10.30am	No bookings required. For more information phone Jan on 0414 569 492.
	Akuna Street Park, Kenmore <i>Meet near the playground and footbridge to Sutling Street.</i>		\$5	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	9-10am	No bookings required. For more information phone Kevin on 3376 1830.
Chair yoga and meditation: Class full of stretching, strengthening and breathing techniques combined with relaxation and meditation. Perfect for people who have difficulty getting up and down from the ground.	St Lucia Community Hall, St Lucia <i>Meet at the hall.</i>	Bring belt or strap.	Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	9-10am	No bookings required. For more information phone Tatiana on 0439 643 586.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Chair yoga dance with Vicki: Gentle and fun movement for seniors. Feel better, reduce pain, increase mobility and get happy. Using the chair as a prop, we combine traditional yoga postures with dance and music. Classes aim to strengthen and stretch the body and lift your spirits.	Wynnum Municipal Hall, Wynnum <i>Inside the venue's main room.</i>	Bring a mat.	Free	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	9-10am	No bookings required. For more information phone Vicki on 0421 421 921.
Chair yoga: Lessen the impact of illness and pain through participating in this activity. This type of exercise will help you feel calm and relaxed which can lead to improved wellbeing and happiness.	The Community Place, Kalinga <i>Meet inside the hall.</i>		Free	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	1.30-2.30pm	Bookings essential. To book visit The Community Place (bookwhen.com/thecommunityplace). For more information phone The Community Place on 3857 1152.
Chair yoga: Enjoy being supported by the chair as you stretch and strengthen your body, both seated and standing. You'll be guided to be mindful of breathing techniques and finally coming into relaxation.	IRT The Ridge, Bracken Ridge <i>Meet at reception in hall.</i>	Bring a water bottle.	Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	1-2pm	No bookings required. For more information phone Adrianna from Yogado on 0478 198 194.
	Bracken Ridge Hall, Bracken Ridge <i>Meet at the hall.</i>		Free	Every Sat 28 Jan to 10 Jun (excluding 1, 8 and 15 Apr)	9.30-10.30am	
Falls prevention and strength: Increase the strength throughout your entire body with our class focused on strengthening and lengthening muscles to improve posture and balance while increasing the overall stability of your body to reduce the risk of falls.	Bulimba Riverside Park, Bulimba <i>Meet at the outdoor gym near the river.</i>	Bring a yoga mat.	Free	Every Fri 27 Jan to 9 Jun (excluding 7 and 14 Apr)	9.30-10.30am	Bookings essential. To book phone Davide on 0413 214 017.
Gentle fitness and Tai-chair: Focus on aerobic fitness, strengthening with light weights, flexibility, coordination and balance followed by relaxation with gentle exercises. The session is performed either seated on a chair or standing with use of a chair for stability and support. No floor work.	Mt Gravatt PCYC, Upper Mount Gravatt <i>Meet at reception.</i>		Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	11.30am-12.30pm	Bookings essential. To book email Mt Gravatt PCYC (ichiphysio@gmail.com) or phone 0421 314 392.
			Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	1-2pm	
Gentle fitness: Low-impact workouts suitable for all fitness levels that focus on strength, balance and coordination. Whether you are new to exercise or not, you will have an enjoyable experience and be able to work at your own pace.	The Community Place, Stafford <i>Meet inside the hall.</i>		Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	11.30am-12.30pm	Bookings essential. To book phone the Community Place on 3857 1152.
Gentle mobility yoga: Yoga designed for those in their golden years. Build strength and increase mobility while easing tension in the body and mind.	A.R.C. Hill Park, Virginia <i>Meet by the memorial.</i>	Bring a yoga mat.	Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	9.30-10.30am	Bookings essential. To book visit Eventbrite (eventbrite.com.au/e/gentle-mobility-yoga-tickets-204866650667). For more information phone Laura on 0468 433 697.

* Wear sun protection and comfortable clothing and footwear as appropriate for the activity you are participating in. Bring drinking water.

Cost per person, per session.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Gentle yoga for seniors: Gentle, general yoga including moving, breathing, stretching and relaxation for like-minded people within the community. This class helps you take care of your physical, emotional and mental health. Suitable for beginners to advanced yoga participants.	Cannon Hill Community Centre, 18 Lang Street, Cannon Hill <i>Meet at reception.</i>	Bring a yoga mat, insect repellent, water bottle, hand sanitiser and pen.	Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	9.30-10.30am	No bookings required. For more information email Yoga and Wellness For All (info@yogaandwellnessforall.com.au) or call Ellen on 0402 901 358.
Gentle yoga: Be guided through a gentle yoga flow suitable for seniors.	Boyd Park, Nundah <i>Meet under the trees next to the Nundah-Northgate RSL Hall (green building) on the library and playground side.</i>	Bring a yoga mat and optional eye pillow or eye mask for deeper relaxation.	Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	9.30-10.30am	No bookings required. For more information phone Glenis on 0421 319 549.
Let's play – brain fitness: Discover simple, fun, play-based ways to engage with the youngsters in your life. Draws on Brain Gym work of Paul and Gail Dennison.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>	Bring a bottle of water.	Free	Wed 15 Mar	10am-12 noon	Bookings essential. To book email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information phone 3379 6963.
Lite yoga: Become more flexible, fit and relaxed. This session is specifically designed for beginners and finishes with meditation.	The Community Place, Stafford <i>Meet inside the hall.</i>	Bring a yoga mat.	Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	1-2pm	Bookings essential. To book visit The Community Place (bookwhen.com/thecommunityplace). For more information phone The Community Place on 3857 1152.
Low-impact fitness and Pilates: An easy standing warm up followed by strength exercises and Pilates on the mat. Warm down stretching to end.	Essex Road Park, Indooroopilly <i>Meet under the big tree in the middle of the park.</i>	Bring a yoga mat and small dumbbells.	Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	9.30-10.30am	No bookings required. For more information phone Jen's Outdoor Gym on 0410 010 316.
Mahjong: Enjoy the game of Mahjong in a relaxing atmosphere and make new friends.	Cathay Community Association Inc., Coopers Plains <i>Meet at reception.</i>		Free	Every Tue 2 to 23 May	10am-1pm	No bookings required. For more information phone Cathay Community Association on 3275 3688.
Meditation and sound healing: Learn techniques to self sooth and de-stress and reset the body.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>	Wear comfortable clothing and bring a yoga mat.	Free	Tue 24 Jan, 7, 21 Feb, 7, 21 Mar, 18 Apr, 2, 16, 30 May and 6 Jun	10am-12 noon	Bookings essential. To book email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information phone 3379 6963.
Move, stretch and breathe: Gentle blend of movement, yoga and breathing techniques to increase your cardio, flexibility, strength and balance. All levels catered for.	Perrin Park, Toowong <i>Meet near the basketball court.</i>	Bring a yoga mat and sports shoes.	Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	8-9am	No bookings required. For more information phone Tatiana on 0439 643 586.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
MoveFit: Maintain or increase your fitness with exercises to improve strength, mobility, flexibility and balance in a fun, welcoming group setting. The class is specifically targeted to suit active older adults and those just starting their journey to a fit and healthy lifestyle.	Coorparoo School of Arts Hall, Coorparoo <i>Meet at main entrance.</i>	Bring hand weights and a mat.	\$6	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	9.30-10.30am	Bookings essential. To book visit LK Fitness (bookwhen.com/lizkingfitness). For more information phone 0405 652 109.
	Acacia Ridge Hall, Acacia Ridge <i>Meet at main entrance.</i>		Free	Every Fri 27 Jan to 9 Jun (excluding 7 and 14 Apr)	10.45-11.45am	
	Wynnum Municipal Hall, Wynnum <i>Meet at main entrance.</i>		Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	9.30-10.30am	
	Upper Mt Gravatt Progress Hall, Mount Gravatt <i>Meet at main entrance.</i>		\$6	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	9.30-10.30am	
Pilates: Pilates stretches and strengthens simultaneously through abdominal based exercises.	Moora Park, Shorncliffe <i>Meet in bottom car park on the lawn by the gazebo.</i>		\$5	Every Mon 23 Jan to 27 Mar	7-8am	No bookings required. For more information phone Precision Pilates on 0439 996 049.
			\$5	Every Mon 17 Apr to 5 Jun (excluding 1 May)	6.30-7.30am	
	Nudgee Beach Reserve, Nudgee Beach <i>On the basketball court.</i>		Free	Every Thu 2 Feb to 30 Mar	6.30-7.30am	
			Free	Every Thu 20 Apr to 8 Jun	7-8am	
	Kalinga Park, Kalinga <i>Meet in the car park.</i>	Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	9.30-10.30am		
Stretch and mobility: Increase your flexibility, mobility, balance and range of movement. This class will include stretching and activation exercises designed to lengthen and strengthen your body and posture in a relaxed group setting. This class is specifically targeted to suit active older adults and those just starting their journey to a fit and healthy lifestyle.	Wynnum Municipal Hall, Wynnum <i>Meet at main entrance.</i>	Bring a mat. Stretchy band/theraband and yoga blocks are optional.	\$6	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	10.45-11.45am	Bookings essential. To book visit LK Fitness (bookwhen.com/lizkingfitness). For more information phone 0405 652 109.
Swiss ball Pilates: A low intensity, easy workout that includes a mixture of strength, balance and Pilates exercises using a Swiss/fit ball.	Indooroopilly Uniting Church, 72 Station Road, Indooroopilly <i>Meet in the large meeting room on level 1.</i>	Bring a Swiss/fit ball, small dumbbells, non-slip socks and a towel.	Free	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	9.30-10.30am	Bookings essential. To book phone Jen's Outdoor Gym on 0410 010 316.

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Cost per person, per session.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Tai Chi and Qigong: Enjoy Qigong and Tai Chi in the park with gentle exercise to improve circulation, breathing and joint mobility.	Boyd Terrace Park, Brookfield <i>Meet by the Rafting Ground Road entrance to the park.</i>		Free	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	9-10am	No bookings required. For more information phone Julia on 0412 362 338.
	Downfall Creek Bushland Centre, Chermide West <i>Meet on the Senses Trail platform No. 8.</i>		Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	9-10am	
			Free	Every Fri 27 Jan to 2 Jun (excluding 7 and 14 Apr)	9-10am	
	Guyatt Park, St Lucia <i>Meet by the pavilion.</i>		Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	9-10am	
Tai Chi for health: Tai Chi for health is slow and gentle, focusing on deep breathing, maintaining good posture and circular movements. Everyone welcome.	Seville Park, Holland Park <i>Meet at the playground on Elgar Street.</i>		Free	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	7.45-8.45am	No bookings required. For more information phone CM2 fitness on 0427 626 709.
	John Walker Place, Yeronga <i>Meet near the Somerville House Sports and Aquatic Centre (corner Cansdale Street).</i>		Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	8.30-9.30am	
Tai Chi Qigong in the park: This dynamic activity is invigorating. It works with both your body and your mind, and will help you feel relaxed, refreshed and calm. Rejuvenate your body and learn to create a tranquil mind.	Sherwood Arboretum, Sherwood <i>Meet near the car park off Jolimont Street.</i>		Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	8-9am	No bookings required. For more information phone Kevin on 3376 1830.
Tai Chi Qigong: Enjoy Tai Chi stretching and breathing movements in the park to calm and energise the mind and body. Suitable for all abilities.	Burnie Brae Park, Chermide <i>Meet at the area above the Community Garden.</i>		Free	Every Fri 27 Jan to 9 Jun (excluding 7 and 14 Apr)	7.30-8.30am	No bookings required. For more information phone BRIZCHI on 0402 714 494.
	Brisbane City Hall, Brisbane City <i>Basement of City Hall. Enter via Adelaide Street and come down the lift to sign in.</i>		\$8	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	8.30-9.30am	Bookings essential. To book email BRIZCHI (jenj51@hotmail.com). For more information phone 0402 714 494.
Taiso: Taiso is a Japanese word for exercise or calisthenics. Improve your balance and movement at this fun class that is suitable for all levels of fitness.	The Community Place, Stafford <i>Meet inside the hall.</i>		Free	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	11.45am-12.45pm	Bookings essential. To book phone the Community Place on 3857 1152.
	The Community Place, Kalinga <i>Meet inside the hall.</i>		Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	1-2pm	

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Yoga for seniors: Yoga for seniors brings function, flexibility and balance through a modified supportive practice. This allows strength in our bodies, a quietness to our minds, a full breath and fills our lives with inspiration, purpose and health. Classes are designed for seniors and can be modified to suit anyone.	Forest Lake Community Hall, 60 College Avenue, Forest Lake <i>Meet inside the hall.</i>	Bring a yoga mat.	Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	9-10am	No bookings required. For more information phone Nichola on 0406 574 454.
Yoga GOLD: Focus on a range of movements, strength and balance for active and healthy ageing. Standing poses and mat work included.	Drevesen Park, Manly <i>Meet under shade trees between Sea Scouts and Rotunda.</i>	Bring a yoga mat and blocks if desired.	Free	Every Fri 27 Jan to 9 Jun (excluding 7 and 14 Apr)	9.30-10.30am	No bookings required. For more information phone Foxinsox Yoga on 0431 594 388.
	St David's Neighbourhood Centre, Coopers Plains <i>Meet at reception.</i>		Free	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	2-3pm	Bookings essential. To book email Foxinsox Yoga (foxinsox17@yahoo.com.au). For more information phone Cassie on 0431 594 388.
	Jindalee Boat Ramp Park, Jindalee <i>Meet near the children's playground.</i>		Free	Every Tue 24 Jan to 6 Jun (excluding 4 and 11 Apr)	9.30-10.30am	No bookings required. For more information phone Foxinsox Yoga on 0431 594 388.
	Calamvale District Park, Calamvale <i>Meet near the gym equipment.</i>		Free	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	9.30-10.30am	
Yoga: Enjoy yoga in the park. Stretching and breathing exercises relax the mind and body. Suitable for all abilities.	Boyd Terrace Park, Brookfield <i>Meet by the playground.</i>	Bring a yoga mat.	Free	Every Fri 27 Jan to 9 Jun (excluding 7 and 14 Apr)	9.15-10.15am	No bookings required. For more information phone Yoga Forever on 0433 333 829.
Yoga: Gain flexibility and core strength, balance and relaxation through a supported yoga session.	Mt Gravatt PCYC, Upper Mount Gravatt <i>Meet at reception.</i>	Bringing a yoga mat and yoga block is recommended. You may also find a kneeling pad helpful.	Free	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	8.30-9.30am	Bookings essential. To book email Mt Gravatt PCYC (mtgravatt@pcyc.org.au) or phone 3420 4655.

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Cost per person, per session.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Yogalates: Exercises with a strong Pilates foundation to improve your core strength and yoga elements for improved flexibility and breathing technique. Feel refreshed by toning up in the great outdoors.	Carindale Recreation Reserve, Carindale <i>Meet near the fitness equipment near Cadogan Street.</i>	Bring a mat and/or towel.	Free	Every Wed 1 Feb to 29 Mar (excluding 15 Mar)	9.30-10.30am	No bookings required. For more information phone Natalie from Bliss Active on 0400 228 762.
	Bulimba Memorial Park, Bulimba <i>Under the trees near Eton Street and Stuart Street.</i>		Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	8.15-9.15am	
 SPORTS						
Beginning lawn bowls: Come and try the fun and social sport of lawn bowls in a relaxed and friendly atmosphere.	Graceville Bowls Club, Graceville		Free	Every Fri 21 Apr to 26 May	2.30-4pm	Bookings essential. To book phone or text David on 0407 894 727.
GOLD tennis: This is a social and fun coaching lesson with qualified tennis coaches, suitable for all abilities. Come along and reignite your passion for tennis. Bookings will open two days prior to each session. Ten players maximum per session.	Roy Emerson Tennis Centre, Milton <i>Meet at the clubhouse.</i>	Bring your own tennis racquet if possible.	Free	Every Fri 27 Jan to 9 Jun (excluding 7 and 14 Apr)	10-11am	Bookings essential. Bookings open two days prior to session. To book phone Emmerson Tennis Centre on 3367 8585.
	Morningside Tennis Centre, Morningside <i>Meet at the clubhouse.</i>		Free	Every Tue 24 Jan to 6 Jun (excluding 4, 11 and 25 Apr)	10-11am	Bookings essential. Bookings open two days prior to session. To book phone Morningside Tennis Centre on 3899 8110.
	Shaw Park Tennis Centre, Wooloowin <i>Meet at the clubhouse.</i>		Free	Every Wed 25 Jan to 7 Jun (excluding 5 and 12 Apr)	10-11am	Bookings essential. Bookings open two days prior to session. To book phone Shaw Park Tennis Centre on 3266 1660.
Introduction to lawn bowls: Relaxed informative sessions to introduce people to the game of lawn bowls. Learn how to hold and roll the bowls and get the winning shot beside the jack. Come to these sessions to get a little more knowledge and begin to enjoy the game a lot more and make some new friends at the same time.	Gaythorne Bowls Club, Gaythorne <i>Meet in front of the clubhouse.</i>	Wear flat soled enclosed footwear.	Free	Every Tue 7 to 28 Mar	6-8pm	Bookings essential. To book phone Gaythorne Bowls Club on 3855 2725.
			Free	Every Wed 3 to 31 May	9-11am	

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
WALKING/RUNNING						
Midweek orienteering: A recreational activity and sport for all ages and fitness levels. Use your navigational skills and a custom-made map of the park. You can run, jog or walk individually or in a group to participate in an active and healthy event.	Tingalpa Creek Reserve, Chandler <i>Look for O signs at the entrance to the park.</i>		\$5	Thu 1 Jun	10.30am-12 noon	Bookings essential. To book visit Orienteering QLD (eventor.orienteeing.asn.au/Events). For more information phone Orienteering QLD on 0400 908 378.
Military barracks walking tour: Walking tour of military barracks, suitable for all abilities. Learn about Brisbane's early military history.	Victoria Barracks, Brisbane <i>Meet at the guard house, which is on the left-hand side as you enter Victoria Barracks from Petrie Terrace.</i>		Free	Wed 22 Mar, 26 Apr, 24 May and 28 Jun	11am-12.30pm	Bookings essential. To book visit Army Museum South Brisbane (armymuseumssouthqueensland.com.au). For more information phone 0429 954 663.
WATER ACTIVITIES						
Aqua aerobics: A moderate impact whole body workout. Participants are free to work at their own pace.	Jindalee Pool, Jindalee <i>Meet at reception.</i>		Pool entry fee	Every Fri 27 Jan to 9 Jun (excluding 7 and 14 Apr)	11.30am-12.30pm	Bookings essential. To book phone Jindalee Pool on 3376 1002.
			Pool entry fee	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	11.30am-12.30pm	
Aqua aerobics: Experience an excellent, low-impact cross-training workout in the water. Feel the benefits of exercise without the pain.	Ithaca Pool, Paddington <i>Meet at the shallow end of lanes one and two.</i>	No cap or goggles needed.	Pool entry fee	Every Mon 23 Jan to 24 Apr (excluding 3 and 10 Apr)	9.30-10.30am	No bookings required. For more information phone Ithaca Pool on 3369 2624.
			Pool entry fee	Every Wed 1 Feb to 26 Apr (excluding 5 and 12 Apr)	9.30-10.30am	
Aqua aerobics: Using minimum impact movements, participants will develop strength, mobility and movement in a fun environment. Sessions are completed in an indoor pool all year round. Participants will have the opportunity to use aqua weights, including noodles and dumbbells to aid with the workout and help with balance and confidence when needed.	Runcorn Pool, Runcorn <i>Indoor pool group fitness area.</i>		Pool entry fee	Every Mon 23 Jan to 5 Jun (excluding 3, 10 Apr and 1 May)	1-2pm	No bookings required. For more information phone Runcorn Pool on 3054 4382.
			Pool entry fee	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	1-2pm	

* Wear sun protection and comfortable clothing and footwear as appropriate for the activity you are participating in. Bring drinking water.


Cost per person, per session.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Aqua yoga: Aqua yoga is a low impact form of exercise that supports the body while still providing function and movement of the body. The water provides resistance but also reduces weight bearing, giving more support. Many yoga poses that you do in a class can be adapted for the pool, sometimes using the pool walls.	Dunlop Park Memorial Swimming Pool, Corinda <i>Meet beside the pool.</i>	Wear sun-safe swimwear.	Pool entry fee	Every Thu 2 Feb to 8 Jun (excluding 6 and 13 Apr)	11am-12 noon	No bookings required. For more information phone Nichola on 0406 574 454.
Fish wise: You will have a ball learning the basics or brushing up on past fishing skills from the award-winning team at 2 Bent Rods. Learn to tie a fishing knot, cast a rod and hopefully land a fish. All equipment and bait are supplied.	Jindalee Boat Ramp Park, Jindalee <i>Meet at the gazebo near the car park.</i>	Bring a pair of sunglasses.	Free	Fri 27 Jan	6-9am	Bookings essential. To book visit 2 Bent Rods (2bentrods.com.au/events). For more information phone 0403 713 820.
	Lota Camping Reserve, Lota <i>Meet at the gazebo near the waterfront.</i>		Free	Mon 6 Feb	7-10am	
	Moora Park, Shorncliffe <i>Meet near the gardens in front of toilets.</i>		Free	Fri 3 Mar	6-9am	
	Colmslie Reserve, Morningside <i>Meet at the gazebo near the fishing platform.</i>		Free	Fri 21 Apr	7.30-10.30am	
	Kookaburra Park - West, Karana Downs <i>Meet at the gazebo near boat ramp.</i>		Free	Thu 11 May	7-10am	
	Nudgee Beach Reserve, Nudgee Beach <i>Meet at the ramp leading to beach.</i>		Free	Thu 22 Jun	9am-12 noon	
Stand-up paddle boarding: Come and have some fun with stand-up paddle boarding. All equipment is provided, no experience necessary.	Arthur Davis Park, Sandgate <i>Sandgate Beach, between Seventh and Eighth Avenues.</i>	Wear sunscreen and clothes you can get in the water with. Bring a towel and change of clothing.	\$5	Sun 8 Jan, 5 Feb, 5 Mar and 2 Apr	6-7am	Bookings essential. To book visit Surf Connect Watersports Centre (surfconnect.com/products/brisbane-city-council-activities-bcc-2). For more information phone 3137 0500.
Windsurfing: Come and try windsurfing. All equipment is provided, no experience necessary.			\$5	Sun 8 Jan, 5 Feb, 5 Mar and 2 Apr	8-9am	

GOLD 'n' Kids Activities


Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
 ARTS AND CREATIVE						
<p>Adventure walk and clay play: Come and join this guided walk followed by a clay play experience. Along the way you can collect natural materials such as leaves and twigs to create textures on your clay creations. Learn how to make different types of vessels such as bowls or vases. Decorate using the items collected during your walk. Get active and healthy as you literally throw yourself into pottery, the oldest of artforms.</p>	<p>Kalinga Park, Kalinga <i>Meet at the playground.</i></p>		\$5	Tue 10 Jan	10am-12 noon	<p>Bookings essential. To book visit Basil Grumble (whatson.basilgrumble.com.au). For more information phone 0411 246 487.</p>
<p>Clay animation: Ever wondered how to create clay animation? Using the latest software, you will make your own characters with the Basil Grumble team, then learn how to bring them to life on the big screen. Basil Grumble has been seen on lots of TV shows, now it's your turn to learn the tricks of the trade.</p>	<p>Cannon Hill Community Centre, Cannon Hill <i>Meet in the foyer.</i></p>		\$5	Mon 3 Apr	10am-12 noon	
<p>Create-a-circus: Do you love dressing up and being the centre of attention? This is a drama workshop with a difference. Come and create your own circus character complete with wonderful dress-ups. You then put on a creative showcase for family at the conclusion of the session.</p>	<p>Brisbane Botanic Gardens Mt Coot-tha <i>Meet at the Bamboo Grove.</i></p>		Free	Sun 16 Apr	10am-12 noon	
<p>Going on a bear hunt: We can't go over it, we can't go under it. Oh no... we'll have to go through it. Come along, bring your teddy too. Hear some stories about bears of all shapes and sizes and then play a range of fun, energetic games that will keep you active and let you show off your moves.</p>	<p>Robertson Park, Taringa <i>Meet at the playground.</i></p>		Free	Mon 9 Jan	10am-12 noon	
<p>Hungry, hungry, caterpillars: Enjoy a story then get active with sack races and a wiggly caterpillar race. This innovative, energetic workshop promises heaps of fun while promoting a healthy message.</p>	<p>Grinstead Park, Alderley <i>Meet at the playground.</i></p>		Free	Thu 6 Apr	10am-12 noon	

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Intro to cartooning: Create cartoon characters and short comic strips. Learn what it takes from concept to final draft.	Bracken Ridge Hall, Bracken Ridge <i>Meet in the meeting room at the back of the hall.</i>		Free	Wed 5 Apr	11.30am-1pm	Bookings essential. To book email Dale Voss (dale.v.music@gmail.com). For more information phone 0422 323 242.
Intro to stop motion animation: Use tablets or smartphones to produce your own short animation. Participants learn core concepts for creating animation using stop motion.		Participants to provide own tablet/smartphone. Please confirm other requirements with the facilitator when booking.	Free	Wed 5 Apr	1.30-3.30pm	
			Free	Wed 18 Jan	11.30am-1.30pm	
Intro to ukulele: Learn the basic chords, strum patterns and structure of songs. <i>Suitable for seniors and children aged six to 12 years.</i>		Where possible, participants are to please bring their own ukulele.	Free	Wed 18 Jan	9.30-11am	
Kids pottery: Come along and give hand building pottery a try. You will be able to create your own individual piece such as a plaque or a mug – something that is uniquely you. Come back in a few weeks and pick up your bisque fired creation. <i>Suitable for seniors and children aged six to 12 years.</i>	Burnie Brae Centre, Chermside <i>Meet at the Activity Centre.</i>		\$5	Sat 15 Apr	9.30am-12.30pm	Bookings essential. To book phone Burnie Brae on 3624 2110.
Pottery and adventure walk: Come and join this guided walk followed by a clay play experience. Along the way you can collect natural materials such as leaves and twigs to create textures on your clay creations. Learn how to make different types of vessels such as bowls or vases. Decorate using the items collected during your walk. Get active and healthy as you literally throw yourself into pottery, the oldest of artforms.	Graceville Riverside Parklands, Graceville <i>Meet at Simpsons playground.</i>		\$5	Tue 4 Apr	1.30-3.30pm	Bookings essential. To book visit Basil Grumble (whatson.basilgrumble.com.au). For more information phone 0411 246 487.
Pottery wheel funshop: Throw yourself into the fun and engaging world of pottery. Experienced artists will guide you through the techniques of pottery wheel throwing and hand sculpting. Find muscles you never knew you had in this physical and fun activity.	Cannon Hill Community Centre, Cannon Hill <i>Meet in the foyer.</i>	Wear old clothing and bring an apron and an old towel.	\$5	Mon 16 Jan	10am-12 noon	
Print it stamp making: Have you ever wanted to make your own design? You will be shown how to translate your vision into a stamp which you can reuse again and again. You will be able to choose your size and shape and use it on paper, fabric or wood. <i>Suitable for seniors and children aged six to 12 years.</i>	Burnie Brae Centre, Chermside <i>Meet at the Activity Centre.</i>		\$5	Tue 10 Jan	1-4pm	Bookings essential. To book phone Burnie Brae on 3624 2110.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<p>Street art fun: Come along and create a vibrant painting that will look like a professional has made it. You will get great results using stencils with guided techniques to make a fabulous artwork.</p> <p><i>Suitable for seniors and children aged six to 12 years.</i></p>	<p>Burnie Brae Centre, Chermside <i>Meet at the Activity Centre.</i></p>		\$5	Sat 14 Jan	9.30am-12.30pm	Bookings essential. To book phone Burnie Brae on 3624 2110.
<p>Superhero escapades: Run, jump and fly. A super energetic workshop aimed at building confidence, self-esteem and a healthy body. Dress up in capes and then create your own superhero character complete with catchcry and superpowers. Get physical and find your inner hero through creative improvisation and interactive theatre games.</p> <p><i>Suitable for seniors and children aged nine years and over.</i></p>	<p>Orleigh Park, West End <i>Meet at the green frog slide playground on Hill End Terrace.</i></p>		Free	Tue 11 Apr	10am-12 noon	Bookings essential. To book visit Basil Grumble (whatson.basilgrumble.com.au). For more information phone 0411 246 487.
<p>Toys from the past: Children and seniors will both enjoy a fun session of exploring a range of toys from the past. Participants make their own toys together including thaumatropes, jumping jacks and yo-yos using everyday and repurposed materials. A range of simple toys from the past are also made available for play together and to inspire intergenerational sharing of experiences and stories of play.</p> <p><i>Suitable for seniors and children aged four years and over.</i></p>	<p>Hyde Road Park, Yeronga <i>Meet near the dog park.</i></p>		\$5	Mon 16 Jan	9.30-10.30am	Bookings essential. To book visit Make and Meld (makeandmeld.com.au). For more information phone 0435 110 866.
			\$5	Mon 16 Jan	10.30-11.30am	
<p> FITNESS AND STRENGTH</p>						
<p>Giant games: Enjoy some old school games with like-minded people. Our games come in giant size and would include chess, checkers, Connect 4, Jenga, bocce, tic tac toe and more.</p> <p><i>Suitable for seniors and children aged six years and over.</i></p>	<p>Drevesen Park, Manly <i>Meet near the Sea Scouts Hall.</i></p>		Free	Sun 2 Apr	1-3pm	Bookings essential. To book visit 'Life. Be in it' Fun Works (lifebeinitfunworks.com.au/queensland-events). For more information phone 0403 221 676.
			Free	Tue 11 Apr	10am-12 noon	
<p>Kids fitness disguised as fun: An energetic class for kids to challenge themselves including Simon says, hula and stuck in the mud. Get the blood pumping and bodies moving.</p>	<p>Bulimba Memorial Park, Bulimba <i>Meet under the trees by the playground.</i></p>	Bring a mat and/or towel.	Free	Wed 12 Apr	8-9am	No bookings required. For more information phone Natalie from Bliss Active on 0400 228 762.
<p>Mini sports games: Our mini sports games activity is a fun, semi-competitive collection of sporting games. Kids will enjoy activities like gum boot tossing, frisbee target shooting, sack and field race, boffa hockey and many more. The focus is on having a great time as opposed to winning or losing but this won't dampen the team spirit.</p> <p><i>Suitable for seniors and children aged six years and over.</i></p>	<p>Wynnum Wading Pool Park, Wynnum <i>Meet on the green space near the wading pool.</i></p>		Free	Thu 12 and Sat 14 Jan	10am-12 noon	Bookings essential. To book visit 'Life. Be in it' Fun Works (lifebeinitfunworks.com.au/queensland-events). For more information phone 0403 221 676.

* Wear sun protection and comfortable clothing and footwear as appropriate for the activity you are participating in. Bring drinking water.



Cost per person, per session.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
<p>Multicultural games: Experience interesting games that are played around the world including from Egypt, Africa, Finland, Sweden, Germany and Australia. This interactive program is great for your hand eye coordination and loads of fun for all ages, including adults and teens. You will enjoy activities like stilt walking, a target game called Kubba, Egyptian sticks, tug of war, juggling sticks and lots more.</p> <p><i>Suitable for seniors and children aged six years and over.</i></p>	<p>Belmont Recreation Reserve, Carina <i>Meet near the car park.</i></p>		Free	Thu 6 Apr	10am-12 noon	Bookings essential. To book visit 'Life. Be in it' Fun Works (lifebeinit-funworks.com.au/queensland-events). For more information phone 0403 221 676.
<p> MIND AND BODY</p>						
<p>Martial arts: This is a great bonding session for grandparents and their grandchildren. We run a fun-filled easy session where they get to do basic techniques of martial arts together. We start with punching, defending and kicking moves, then move into break and escape techniques before finishing with sharing of life stories within the family to keep the history alive.</p> <p><i>Suitable for seniors and children aged five years and over.</i></p>	<p>Svoboda Park, Kuraby <i>Meet at the kids' playground. Contact 0410 645 552 if you cannot find us.</i></p>		Free	Mon 9 Jan	1.45-2.15pm	Bookings essential. To book email David from KMA Brisbane (david-kingtkd@gmail.com) or text 0410 645 552.
			Free	Mon 3 Apr	2.30-3pm	
	<p>New Farm Park, New Farm <i>Meet at the playground. Contact 0410 645 552 if you cannot find us.</i></p>		Free	Tue 10 Jan	1.45-2.15pm	
	<p>Frew Park, Milton <i>Meet at the playground. Contact 0410 645 552 if you cannot find us.</i></p>		Free	Thu 12 Jan and 6 Apr	1.45-2.15pm	
	<p>Bulimba Memorial Park, Bulimba <i>Meet at the kids' playground. Contact 0410 645 552 if you cannot find us.</i></p>		Free	Tue 4 Apr	2.30-3pm	
	<p>Captain Burke Park, Kangaroo Point <i>Meet at the playground. Contact 0410 645 552 if you cannot find us.</i></p>		Free	Wed 5 Apr	1.45-2.15pm	
<p>Mini me yogalates: Cobra, tree and dancer pose your way through a fun sequence of poses to help your body stretch and strengthen, having lots of fun along the way.</p> <p><i>Suitable for seniors and children aged four years and over.</i></p>	<p>Vic Lucas Park, Bulimba <i>Meet under trees by the playground.</i></p>	Bring a mat and/or towel.	Free	Tue 3 Jan	8.15-9.15am	No bookings required. For more information phone Natalie from Bliss Active on 0400 228 762.
			Free	Wed 12 Apr	9.15-10.15am	
	<p>Jeremiah O'Toole Park, Morningside <i>Meet under trees by the playground.</i></p>		Free	Wed 4 and 18 Jan	8.15-9.15am	

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
SPORTS						
Fun soccer (4-7 years old and seniors): Watch the kids take part in fun soccer activities and games. Seniors are welcome to join in the low-impact activities if they wish or cheer from the sidelines. <i>Suitable for seniors and children aged four to seven years.</i>	Teralba Park, Everton Park <i>Session takes place on the grassed area near the playground.</i>		Free	Wed 18 Jan	9.30-10.30am	Bookings essential. To book visit Ginger Sport (gingersport.com.au/brisbane-city-council-programs). For more information phone 1800 446 437.
	Orleigh Park, West End <i>Session takes place in main park area in the centre of the ring road.</i>		Free	Tue 17 Jan	9.30-10.30am	
	Philip Vaughan Park, Carseldine <i>Session takes place in the open flat grassed area near the gym equipment.</i>		Free	Tue 10 Jan	9.30-10.30am	
	Carindale Recreation Reserve, Carindale <i>Session takes place down the hill on the flat area next to the playground. Please note this area is not visible as you drive in, so please allow extra time to find the session. Plenty of parking available.</i>		Free	Thu 6 Apr	9.30-10.30am	
Fun soccer (4-7 years old and seniors): Watch the kids take part in fun soccer activities and games. Seniors are welcome to join in the low-impact activities if they wish or cheer from the sidelines. <i>Suitable for seniors and children aged four to seven years.</i>	Barrett Street Reserve (water reserve), Bracken Ridge <i>Enter via Barrett Street. Meet on the open grassed area opposite the playground.</i>		Free	Wed 12 Apr	9-10am	Bookings essential. To book visit Ginger Sport (gingersport.com.au/brisbane-city-council-programs). For more information phone 1800 446 437.
	Yeronga Memorial Park, Yeronga <i>Session takes place on the grassed area near the Yeronga Girl Guides' building. Best parking is on Villa Street or Frederick Street.</i>		Free	Tue 11 Apr	9.30-10.30am	
	D.M. Henderson Park, Macgregor <i>Session takes place on the large grassed area near the playground.</i>		Free	Fri 13 Jan	9-10am	
Lawn bowls for the young and young at heart: Come and learn to play lawn bowls, one of the few sports where grandparents and young people can play together.	Graceville Bowls Club, Graceville		Free	Wed 12, Thu 13 and Fri 14 Apr	9.30-11am	Bookings essential. To book phone or text David on 0407 894 727.

* Wear sun protection and comfortable clothing and footwear as appropriate for the activity you are participating in. Bring drinking water.

Cost per person, per session.

Activity	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
 WALKING/RUNNING						
Night nav orienteering: A recreational activity and sport in the cool of the evening. Use your navigational skills and specially produced map to discover your local parks and outdoor recreation areas. All ages and levels of experience are catered for. Run, jog, walk or have a leisurely stroll. Compete individually or in a group. Children under 14 must be accompanied by an adult.	Ferguson Park, Bracken Ridge <i>Meet near the playground off Barrett Street.</i>	Bring a small torch or headlamp and a smart-phone.	\$5 each/ \$12 family	Tue 3 Jan	5.30-7.30pm	No bookings required. For more information phone Enoggeroos Orienteering Club on 0410 428 003.
 WATER ACTIVITIES						
Fish wise: You will have a ball learning the basics or brushing up on past fishing skills from the award-winning team at 2 Bent Rods. Learn to tie a fishing knot, cast a rod and hopefully land a fish. All equipment and bait are supplied. <i>Suitable for seniors and children aged four years and over.</i>	Kookaburra Park - West, Karana Downs <i>Meet at the gazebo near boat ramp.</i>	Bring a pair of sunglasses.	Free	Sun 16 Apr	2.30-5.30pm	Bookings essential. To book visit 2 Bent Rods (2bentrods.com.au/events). For more information phone 0403 713 820.
	Bald Hills Boat Ramp, Bald Hills <i>Meet at the gazebo near boat ramp.</i>		Free	Sat 14 Jan	2.30-5.30pm	
	Colmslie Reserve, Morningside <i>Meet at the gazebo near fishing platform.</i>		Free	Sat 21 Jan	8-11am	
	Jindalee Boat Ramp Park, Jindalee <i>Meet at the gazebo near the car park.</i>		Free	Sat 21 Jan	1-4pm	
	Moora Park, Shorncliffe <i>Meet at the gardens in front of toilets.</i>		Free	Sun 2 Apr	2-5pm	
	Lota Camping Reserve, Lota <i>Meet at the gazebo near the waterfront.</i>		Free	Sat 15 Apr	3-6pm	
	Nudgee Beach Reserve, Nudgee Beach <i>Meet at the ramp leading to beach.</i>		Free	Thu 6 Apr	8-11am	

