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Bad weather or provider availability may impact our program at short notice. Please check Council's website or scan the QR code for up-to-date information before you attend.

GOLD Activities

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
ARTS AND CREATIVE						
Alcohol ink pots: Make stunning and bright pot plant holders using alcohol inks. Get creative and play with colours.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>		\$6	Tue 19 Mar	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
Ceramic bowls - Session 1: 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.	\$6	Mon 20 May	10am-12.30pm	Bookings essential. To book, email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information, phone 07 3379 6963.
Ceramic bowls - Session 2: Use coloured underglazes and clear glaze to decorate the bowl you made in Session 1.				Mon 27 May		
Ceramic pinch pot animals - Session 1: Use the double pinch pot method to make a cute animal.				Mon 8 Jan		
Ceramic pinch pot animals - Session 2: Use coloured underglazes and clear glaze to decorate your cute animal made in Session 1.				Mon 15 Jan		
Make your own fabric print: Use fabric paint to design a unique cushion, hanging wall art or item of clothing.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>	Bring a T-shirt if you would like to make a one off printed art piece.	\$6	Tue 23 Apr	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
Multimedia scrapbooking: Use computers/tablets to compile photos into a showreel of music and voice to capture the personal thoughts and memories of the photos on display.	Bracken Ridge Hall, Bracken Ridge <i>Meet at the meeting room at the back of the hall.</i>	Bring laptop/tablet with digital photos.	Free	Wed 21 Feb	9.30-11am	Bookings essential. To book, email Dale Voss (dale.v.music@gmail.com). For more information, phone Dale on 0422 323 242.
Personalised produce bag: You will be able to go home with your design and reuse this to make more of your personalised items. If you are able to use scissors then you can do this.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>		\$6	Tue 9 Apr	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.

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#Cost per person per session

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Pop-up cards: Come along to this workshop and learn how to recycle paper into useful items. Create small card holders, gift bags and pop-up cards. Let your creativity run wild.	Burnie Brae Centre, Chermshire <i>Meet at activity space.</i>		\$6	Tue 16 Apr	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
Rag rug: In this workshop we will explore the use of stretch and woven fabrics to make a rag rug. You will be shown two easy ways. No tools required.				Sat 3 Feb	9.30am-12.30pm	
				Tue 12 Mar	1-4pm	
Smartphone eco photography: Bring along your smartphone to 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.	Brisbane Botanic Gardens Mt Coot-tha <i>Meet in front of the Auditorium by the 3 water lily ponds.</i>	Smartphone.	Free	Sat 9 Mar, 16 Mar	10am-12 noon	Bookings essential. To book, visit Bazil Grumble (whatson.bazilgrumble.com.au). For more information, phone 0411 246 487.
Spray 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, lightning designs using your colour choices. Bright, non-toxic and permanent colours are used to make your piece of clothing art which will help you stand out in the crowd.	Burnie Brae Centre, Chermshire <i>Meet at activity space.</i>	Bring a piece of pre-washed cotton clothing.	\$6	Tue 21 May	1-4pm	Bookings essential. To book, phone Burnie Brae on 07 3624 2110.
Ukulele - Session 1: Learn the basic chords, strum patterns and structure of songs.	Bracken Ridge Hall, Bracken Ridge <i>Meet at the meeting room at the back of the hall.</i>	Bring a ukulele if you have one.	Free	Wed 17 Apr	9.30-11am	Bookings essential. To book, email Dale Voss (dale.v.music@gmail.com). For more information, phone Dale on 0422 323 242.
Ukulele - Session 2: Learn advanced chords and strumming. This requires attending Session 1 or having had some previous experience.				Wed 22 May		
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 belly dance belt if you have one.	Free	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	2-3pm	Bookings essential. To book, email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information, phone 07 3379 6963.

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#Cost per person per session

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Bollywood fitness: Move to the beats of Bollywood music. Suitable for all abilities.	Twilight Street Park, Kenmore <i>Meet near the basketball court.</i>		Free	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	9.15-10.15am	No bookings required. For more information, email Yoga Forever (yogaforeverbrisbane@gmail.com).
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.	Toowong Meeting Place, Josling St, Toowong <i>Meet at the hall.</i>	Bring an exercise band.	Free	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	11.30am-12.30pm	Bookings essential. To book, phone Jenny at Jen's Outdoor Gym on 0410 010 316.
	Indooroopilly Activity Hub, Indooroopilly <i>Meet at the main hall.</i>			Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	1-2pm	
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 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)	10.30-11.30am	No bookings required. For more information, phone Fitness 4 U on 0412 552 885.
	Dorrington Park, Ashgrove <i>Meet near the hockey club.</i>			Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)		
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 near the basketball court.</i>		Free	Every Tue 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	8-9am	Bookings essential. To book, visit Life. Be in it. Funworks (lifebeinitfunworks.com.au/queensl-and-events/). For more information, phone Glenn on 0403 221 676.
	Drevesen Park, Manly <i>Meet near the sea scouts hall.</i>			Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)		
Gentle fitness: This is a fun 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 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	9-10am	Bookings not required. For more information, phone Jane from Danger Fit on 0408 655 583.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
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 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	11.30am-12.30pm	Bookings essential. To book, visit The Community Place (bookwhen.com/thecommunityplace). For more information, phone The Community Place on 07 3857 1152.
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 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	11.30am-12.30pm	Bookings essential. To book, email Mt Gravatt PCYC (ichiphysio@gmail.com) or phone 0421 314 392.
				Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	1-2pm	
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 middle of the park.</i>		Free	Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	9.30-10.30am	Booking essential. To book, phone Jen's Outdoor Gym on 0410 010 316.
MoveFit: Maintain or increase your fitness with exercises to improve strength, mobility, flexibility and balance in a fun, welcoming group setting. Specifically targeted to suit active older adults and those just starting their journey to a fit and healthy lifestyle.	Upper Mt Gravatt Progress Hall, Mount Gravatt <i>Meet at main entrance of hall.</i>	Bring hand weights and a mat.	\$6	Every Tue 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	9.30-10.30am	Bookings essential. To book, visit LK Fitness (bookwhen.com/lizkingfitness). For more information, phone Liz on 0405 652 109.
	Coorparoo School of Arts Hall, Coorparoo <i>Meet at main entrance of hall.</i>			Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)		
	Wynnum Community Centre, Wynnum <i>Meet upstairs in Room 2.06 (room with stage).</i>		Free	Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)		

Description	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. Specifically targetted 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 of hall.</i>	Bring hand weights and a mat.	Free	Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5 and 12 Apr)	10.35-11.35am	Bookings essential. To book, visit LK Fitness (bookwhen.com/lizkingfitness). For more information, phone Liz on 0405 652 109.
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>Meet near Cafe 63.</i>		Free	Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	8-9am	Bookings essential. To book, email Amazing Fitness Professional (act@amazing-professional.com). For more information, phone Ama on 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 undercover pavilion area, right side of car park entrance.</i>	Bring an exercise mat.	Free	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	10.45-11.45am	No bookings required. For more information, phone Mona Health Coach on 0433 463 578.
Strength, agility and balance: Low impact body conditioning programs designed to target strength and improve overall endurance and fitness. Suitable for men and women and all fitness levels are catered for.	Bowman Park, Bardon <i>Meet near half basketball court.</i>	Bring a mat and dumbbells.	Free	Every Wed 31 Jan to 5 Jun (Excluding 3 and 10 Apr)	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®: Learn easy to follow choreography that focuses on balance, range of motion and coordination.	The Community Place, Stafford <i>Meet inside the hall.</i>			Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	9-10am	Bookings essential. To book, visit The Community Place (bookwhen.com/thecommunityplace). For more information, phone The Community Place on 07 3857 1152.
Zumba Gold®: An active workout for the young at heart that will help improve balance and range of motion. Learn simple and low-impact moves at your own pace in a welcoming and supportive atmosphere.	C.J. Greenfield Community Hall <i>Meet outside the hall.</i>		Free	Every Tue 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	11.30am-12.30pm	Bookings essential. To book, visit Zumba with Jessie (picktime.com/ZumbaJessie). For more information, phone 0414 348 111.

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Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Zumba Gold®: An active workout for the young at heart that will help improve balance and range of motion. Learn simple and low-impact moves at your own pace in a welcoming and supportive atmosphere.	Elorac Place Community Centre, Ellen Grove <i>Meet at centre hall, use left hand side gate to enter.</i>		Free	Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	11.30am- 12.30pm	Bookings essential. To book, visit Zumba with Jessie (picktime.com/ZumbaJessie). For more information, phone 0414 348 111.
Zumba Gold®: Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.	O'Callaghan Park, Zillmere <i>Meet at youth space court adjacent to PCYC Zillmere car park.</i>	Bring a towel.	Free	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	8.30- 9.30am	Bookings essential. To book, email Energetic Music (kellie@energeticmusic.com). For more information, phone Kellie on 0418 855 946.
Zumba Gold®: Move at your own pace and style with easy to follow dance moves to Latin rhythms targeted to suit active older adults and those just starting their journey to a fit and healthy lifestyle.	Upper Mt Gravatt Progress Hall, Mount Gravatt <i>Meet at main entrance of hall.</i>	Bring light hand weights (optional).	\$6	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	11.15am- 12.15pm	Bookings essential. To book, visit LK Fitness (bookwhen.com/lizkingfitness). For more information, phone Liz on 0405 652 109.
	Acacia Ridge Hall, Acacia Ridge <i>Meet at main entrance of hall.</i>			Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5 and 12 Apr)	9.30- 10.30am	
Zumba Gold®: Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Learn easy-to-follow choreography that focuses on balance, range of motion and coordination.	Preston Road Park, Carindale <i>Meet near the dog park and the children's playground.</i>		Free	Every Mon 22 Jan to 3 Jun (Excluding 1, 8, 15, 22, and 29 Apr, 6 May)	9-10am	No bookings required. For more information, phone Linda from Be Happy Party on 0428 419 157.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Zumba Gold®: Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Learn easy-to-follow choreography that focuses on balance, range of motion and coordination.	Lota Camping Reserve, Lota <i>Meet near the playground at the corner of Esplanade Road and Alexander Street.</i>		Free	Every Tue 23 Jan to 4 Jun (Excluding 2, 9, 16, 23 and 30 Apr)	8-9am	No bookings required. For more information, phone Linda from Be Happy Party on 0428 419 157.
	Carindale Recreation Reserve, Carindale <i>Meet near playground at the corner of Cadogan and Bedivere Streets.</i>			Every Tue 23 Jan to 4 Jun (Excluding 2, 9, 16, 23 and 30 Apr)	10-11am	
	Wynnum Community Centre, Wynnum <i>Meet upstairs in Room 2.06 (room with stage).</i>			Every Thu 25 Jan to 6 Jun (Excluding 4, 11, 18 and 25 Apr, 2 May)	8-9am	Bookings essential. To book, visit Be Happy Party (eventbrite.com.au/e/free-zumba-gold-at-wynnum-municipal-hall-tickets-136269763531). For more information, phone Linda on 0428 419 157.
	Greenways Esplanade Park, Parkinson <i>Meet near the children's playground.</i>			Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5, 12, 19, 26 Apr, 3 May)	8.30-9.30am	No bookings required. For more information, phone Linda from Be Happy Party on 0428 419 157.
	Calamvale District Park, Calamvale <i>Meet near the amenity block.</i>			Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5, 12, 19, 26 Apr, 3 May)	10-11am	

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Description	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: cardiovascular, muscular conditioning, flexibility and balance.	Captain Burke Park, Kangaroo Point <i>Meet by the playground.</i>		Free	Every Mon 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)	9.30-10.30am	No bookings required. For more information, phone Axa from Zumba Fitness with Mel on 0456 539 062.
	City Botanic Gardens, Brisbane City <i>Meet by the rotunda.</i>			Every Mon 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)	12.30-1.30pm	
	Arthur Davis Park, Sandgate <i>Meet by the playground.</i>			Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	4.30-5.30pm	No bookings required. For more information, phone Mel from Zumba Fitness with Mel on 0422 746 999.
	Banyo Memorial Park, Banyo <i>Meet at Banyo Beehive.</i>			Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	9.30-10.30am	No bookings required. For more information, phone Haza from Zumba Fitness with Mel on 0416 824 421.
MIND AND BODY						
Balance better and stay moving with Tai Chi and Qigong: Good balance requires mental and physical fitness. This proven falls-prevention program is adapted for all levels of ability and will help you feel relaxed, refreshed and calm.	Old Friary, Kenmore Hills <i>Meet at the back of the building.</i>		\$6	Every Mon 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)	7.45-8.45am	No bookings required. For more information, phone Julian from Australian Academy of Tai Chi and Qigong on 0439 073 860.
	Walton Bridge Reserve, The Gap <i>Enter opposite Jevons Street on police station side of the park. Look for Active and Healthy sign on city side of bridge.</i>			Every Mon 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)	9.30-10.30am	No bookings required. For more information, phone Jan from Australian Academy of Tai Chi and Qigong on 0414 569 492.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Balance better and stay moving with Tai Chi and Qigong: Good balance requires mental and physical fitness. This proven falls-prevention program is adapted for all levels of ability and will help you feel relaxed, refreshed and calm.	The Lake Parklands, Forest Lake <i>Meet at the observation deck near the car park, off Forest Lake Boulevard.</i>		Free	Every Tue 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	7-8am	No bookings required. For more information phone Julian from Australian Academy of Tai Chi and Qigong on 0439 073 860.
	Akuna Street Park, Kenmore <i>Meet near the playground and foot bridge to Sutling Street.</i>		\$6	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	9-10am	
	Moora Park, Shorncliffe <i>Meet at the shelter at end of car park at Lower Moora Park.</i>			Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	9.30-10.30am	No bookings required. For more information phone Jan from Australian Academy of Tai Chi and Qigong on 0414 569 492.
	Fletcher Parade Park (nos.161-231), Bardon <i>Meet at Bardon Lions Park, Fletcher Pde opposite Alexandra Street.</i>			Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	8.30-9.30am	
	Keong Park, Stafford <i>Meet near the Meals on Wheels, off Teevan Street.</i>			Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	9.30-10.30am	No bookings required. For more information, phone Rod from Australian Academy of Tai Chi and Qigong on 0400 335 645.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Balance better and stay moving with Tai Chi and Qigong: Good balance requires mental and physical fitness. This proven falls-prevention program is adapted for all levels of ability and will help you feel relaxed, refreshed and calm.	Newstead Park, Newstead <i>Meet near the play area at the corner of Newstead Terrace.</i>		Free	Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5 and 12 Apr)	8.30-9.30am	No bookings required. For more information, phone Rod from Australian Academy of Tai Chi and Qigong on 0400 335 645.
	St David's Neighbourhood Centre, Coopers Plains <i>Meet at the entry on Rookwood Avenue.</i>			Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5 and 12 Apr)	10-11am	No bookings required. For more information, phone Anita from Australian Academy of Tai Chi and Qigong on 0488 737 606.
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 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)	1.30-2.30pm	Bookings essential. To book, visit The Community Place (bookwhen.com/thecommunityplace). For more information, phone The Community Place on 07 3857 1152.
Chair yoga: Enjoy being supported by the chair as you stretch and strengthen your body both seated and standing. Being mindful of the breathing techniques and finally coming into relaxation.	Bracken Ridge Hall, Bracken Ridge <i>Meet at the hall.</i>		Free	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	1-2pm	No bookings required. For more information, phone Adrianna from Yogado on 0478 198 194.
				Every Sat 27 Jan to 8 Jun (Excluding 30 Mar, 6 and 13 Apr)	9.30-10.30am	
Chair yoga: Don't want to practice on the floor? Outdoor chair assisted yoga is perfect for those who wish to enjoy the benefits of yoga but don't want to roll around on the ground. We strengthen what we stretch and focus on breathing as well.	Wittonga Park, The Gap <i>Meet under the trees toward the left side of the Belclare Street entrance.</i>	Bring a strong, stable chair with a flat seat (not a camping chair).	Free	Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5 and 12 Apr)	9-10am	No bookings required. For more information, phone Wild Peace Unlimited on 0438 708 474.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Chair yoga dance: Gentle and fun movement to keep active and healthy. 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 Community Centre, Wynnum <i>Meet upstairs in Room 2.10 (room without stage).</i>	Bring a mat.	Free	Every Mon 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)	9.15-10.15am	Bookings essential. To book, visit Chair Yoga Dance with Vicki (events.humanitix.com/chair-yoga-dance-with-vicki-8xkosj1b). For more information, email Vicki (salisburyv@optusnet.com.au) or phone 0421 421 921.
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 by the hall.</i>	Bring belt or strap.	Free	Every Wed 31 Jan to 5 Jun (Excluding 3 and 10 Apr)	8.15-9.15am	No bookings required. For more information, phone Tatiana on 0439 643 586.
Expressive dance and art (inspired by Dance 5Rhythms): Learn to express your body through gentle movement and stretching of the body followed by art therapy.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>	Comfortable clothes to move in. No art experience necessary.	Free	Tue 6 Feb, 20 Feb, 5 Mar, 19 Mar, 16 Apr, 30 Apr, 14 May, 28 May, 11 Jun	11.30am-12.30pm	Bookings essential. To book, email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information, phone 07 3379 6963.
Flexibility and core conditioning: Increase the flexibility throughout your entire body focussing 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 near the outdoor gym near the river.</i>	Bring a yoga mat.	Free	Every Tue 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	9.30-10.30am	Bookings essential. To book, phone Davide on 0413 214 017.
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.				Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5 and 12 Apr)		
Gentle mobility yoga: Come along and join a mindful movement practice designed to improve mobility and build strength 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 23 Jan to 4 Jun (Excluding 2 and 9 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.

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Gentle yoga: Gentle yoga flow suitable for seniors. All levels catered for.	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 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	9.30-10.30am	No bookings required. For more information, phone Glenis on 0421 319 549.
Gentle yoga: Moving, breathing, stretching and relaxation for like-minded people within the community to take care of your health physically, mentally, emotionally. Suitable for beginners to advanced yoga participants.	Cannon Hill Community Centre, Cannon Hill <i>Meet at reception.</i>	Bring a yoga mat, insect repellent, hand sanitiser and pen.	Free	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 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.
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 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	1-2pm	Bookings essential. To book, visit The Community Place (bookwhen.com/thecommunityplace). For more information, phone The Community Place on 07 3857 1152.
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 7 May to 28 May	10am-1pm	No bookings required. For more information, phone Cathay Community Association on 07 3275 3688.
Meditation and sound healing: Learn techniques to self sooth, de-stress and reset the body.	Sherwood Neighbourhood Centre, Sherwood <i>Meet at reception.</i>	Comfortable clothing and yoga mat.	Free	Tue 6 Feb, 20 Feb, 5 Mar, 19 Mar, 16 Apr, 30 Apr, 14 May, 28 May, 11 Jun	10-11am	Bookings essential. To book, email Sherwood Neighbourhood Centre (admin@sherwoodnc.org). For more information phone 07 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.	Free	Every Thu 1 Feb to 6 Jun (Excluding 4, 11 and 25 Apr)	7.30-8.30am	No bookings required. For more information, phone Tatiana on 0439 643 586.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Pilates: Pilates stretches and strengthens simultaneously through abdominal based exercises.	Moora Park, Shorncliffe <i>Meet at bottom carpark on the lawn by the gazebo at Lower Moora Park.</i>	Bring a mat	\$6	Every Mon 22 Jan to 25 Mar	6.30-7.30am	No bookings required. For more information phone Sharon from Precision Pilates on 0439 996 049.
	Every Mon 15 Apr to 3 Jun (Excluding 6 May)			7-8am		
	Kalinga Park, Kalinga <i>Meet in the car park.</i>		Free	Every Tue 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	9.30-10.30am	
	Nudgee Beach Reserve, Nudgee Beach <i>Meet on the basketball court.</i>			Every Thu 1 Feb to 28 Mar	6.30-7.30am	
				Every Thu 18 Apr to 6 Jun (Excluding 25 Apr)	7-8am	
Pilates in the park: Improve your strength and core stability for a healthier lifestyle. Beginners to intermediate.	J.C. Slaughter Falls - Mt Coot-tha Reserve <i>Meet at the large picnic shelter at the end of the road.</i>	Bring a mat.	Free	Every Thu 1 Feb to 6 Jun (Excluding 4, 11, 18 and 25 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.
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. Specifically targeted to suit active older adults and those just starting their journey to a fit and healthy lifestyle.	Wynnum Community Centre, Wynnum <i>Meet upstairs in Room 2.06 (room with stage).</i>	Mat essential. Stretchy band/theraband and yoga block optional.	\$6	Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	10.35-11.35am	Bookings essential. To book visit LK Fitness (bookwhen.com/lizkingfitness). For more information phone Liz on 0405 652 109.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
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, Indooroopilly <i>Meet in the large meeting room on level 1.</i>	Swiss/fit ball, yoga mat, small dumbbells and a resistance band.	Free	Every Mon 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)	9.30- 10.30am	Bookings essential. To book, phone Jen's Outdoor Gym on 0410 010 316.
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 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 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 at the corner of Cansdale Street.</i>			Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	8.30- 9.30am	
	Hawthorne Park, Hawthorne <i>Meet near the children's playground.</i>			Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5 and 12 Apr)	9.30- 10.30am	
Tai Chi Qigong: Enjoy Tai Chi stretching and breathing exercises to relax and energise the mind and body. Suitable for all abilities.	Brisbane City Hall, Brisbane City <i>Meet at basement of City Hall. Enter via Adelaide Street and come down in the lift for sign in.</i>		\$8	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	8.30- 9.30am	Bookings essential. To book, email BRIZCHI (jenj51@hotmail.com). For more information, phone 0402 714 494.
	Burnie Brae Park, Chermside <i>Meet beside the off leash dog area.</i>		Free	Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5 and 12 Apr)	7.30- 8.30am	No bookings required. For more information, phone BRIZCHI on 0402 714 494.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts	
Tai Chi and Qigong: Enjoy Qigong and Tai Chi in the park, gentle exercise to improve circulation, breathing and joint mobility.	Guyatt Park, St Lucia <i>Meet by the pavilion.</i>		Free	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	9-10am	No bookings required. For more information, phone Julia from Minds on 0412 362 338.	
	Downfall Creek Bushland Centre <i>Meet at the basketball court.</i>			Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5 and 12 Apr)			
Tai Chi Qigong in the park: This dynamic activity is invigorating, works with both your body and your mind, and will help you feel relaxed, refreshed and calm. Join any week and all welcome!	Keating Park, Indooroopilly <i>Meet at the picnic shelter.</i>		\$6	Every Mon 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)	9.30-10.30am	No bookings required. For more information, phone Julian from Australian Academy of Tai Chi and Qigong on 0439 073 860.	
	Kookaburra Park - West, Karana Downs <i>Meet near the 1st car park on left. Follow path past swings to shelter at end of playground.</i>		Free	Every Mon 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)		No bookings required. For more information, phone Roz from Australian Academy of Tai Chi and Qigong on 0403 152 281.	
	Wilson Park, Norman Park <i>Meet near the playground.</i>			Every Tue 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	8-9am	No bookings required. For more information, phone Mary from Australian Academy of Tai Chi and Qigong 0400 347 700.	
	Huxtable Park, Chermside West <i>Meet near footbridge below scout hall on Redbourne Terrace.</i>			\$6	Every Tue 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	8.30-9.30am	No bookings required. For more information, phone Rod from Australian Academy of Tai Chi and Qigong on 0400 335 645.
	Teralba Park, Everton Park <i>Use Osborne Road entrance.</i>				Every Tue 23 Jan to 4 Jun (Excluding 2 and 9 Apr)		No bookings required. For more information, phone Paul from Australian Academy of Tai Chi and Qigong on 0415 335 063.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Tai Chi Qigong in the park: This dynamic activity is invigorating, works with both your body and your mind, and will help you feel relaxed, refreshed and calm. Join any week and all welcome!	C.B. Mott Park, Holland Park <i>Meet near the playground.</i>		Free	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	7-8am	No bookings required. For more information, phone Inka from Australian Academy of Tai Chi and Qigong on 0420 454 425.
	Wynnum Wading Pool Park, Wynnum <i>Meet near the car park, off Florence Street.</i>				8.30-9.30am	No bookings required. For more information, phone Paul from Australian Academy of Tai Chi and Qigong on 0415 335 063.
	Anstead Bushland Reserve, Anstead <i>Meet near shelter shed.</i>		\$6	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	9-10am	No bookings required. For more information, phone Roz from Australian Academy of Tai Chi and Qigong on 0403 152 281.
	Rocks Riverside Park, Seventeen Mile Rocks <i>Meet on the riverbank just beyond main car park, near Shed No. 5.</i>					Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)
	Aspley Rest Park, Carseldine <i>Meet near the carpark via Graham Road, walk 200m along bike path.</i>		Free	Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	8.30-9.30am	No bookings required. For more information, phone Paul from Australian Academy of Tai Chi and Qigong on 0415 335 063.
	Woolcock Park, Red Hill <i>Meet opposite the playground, near the footbridge. Enter via Hawthorn Terrace entrance.</i>		\$6	Every Sun 28 Jan to 2 Jun (Excluding 31 Mar, 7 and 14 Apr)	8-9am	No bookings required. For more information, phone Rod from Australian Academy of Tai Chi and Qigong on 0400 335 645.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Tai Chi Qigong in the park: This dynamic activity is invigorating, works with both your body and your mind, and will help you feel relaxed, refreshed and calm. Join any week and all welcome!	Robinson Park, Fairfield <i>Meet near the playground, off Sydney Street.</i>		Free	Every Sun 28 Jan to 2 Jun (Excluding 31 Mar, 7 and 14 Apr)	8-9am	No bookings required. For more information, phone Julian from Australian Academy of Tai Chi and Qigong on 0439 073 860.
TAISO: 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 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)	11.45am-12.45pm	No bookings required. For more information, phone the Community Place on 07 3857 1152.
	The Community Place, Kalinga <i>Meet inside the hall.</i>			Every Tue 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	1-2pm	
Yoga: Enjoy yoga in the park and get some fresh air under the blue sky and the shade of the trees. Relax the mind and body through stretching and breathing exercises.	Bundara Park, Keperra <i>Meet under the tree in the centre of the park.</i>	Bring a yoga mat.	Free	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	8-9am	No bookings required. For more information, phone Domenica on 0430 275 744.
Yoga: Enjoy yoga in the park. Stretching and breathing exercises relax the mind and body. Suitable for all abilities.	Biami Yumba Park, Fig Tree Pocket <i>Meet by the playground.</i>	Bring a yoga mat.	Free	Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	9.30-10.30am	No bookings required. For more information, email Kajal from Yoga Forever (yogaforeverbrisbane@gmail.com).
	Boyd Terrace Park, Brookfield <i>Meet by the playground.</i>			Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5 and 12 Apr)	9.15-10.15am	
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>	Bring a yoga mat and yoga block or kneeling pad if you have one.	Free	Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	8.30-9.30am	Bookings essential. To book, email Mt Gravatt PCYC (mtgravatt@pcyc.org.au) or phone 07 3420 4655.

Description	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.	Bulimba Memorial Park, Bulimba <i>Meet under the trees near Eton and Stuart Streets.</i>	Bring a mat and/or towel.	Free	Every Tue 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	8-9am	No bookings required. For more information, phone Natalie from Bliss Active on 0400 228 762.
Yoga and meditation: Classes are designed to promote general wellbeing, overall health with calming techniques to help ease any stress or tension in the mind and body.	Elorac Place Community Centre, Ellen Grove <i>Meet at centre hall, use left hand side gate to enter.</i>	Bring a yoga mat or towel.	Free	Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)	10.30-11.30am	No bookings required. For more information, email Lily May Yoga (lilymayyoga@gmail.com).
Yoga for seniors: Brings function, flexibility and balance through a modified supportive practice. Classes can be modified to suit anyone.	Forest Lake Community Hall, Forest Lake <i>Meet inside the hall.</i>	Bring a yoga mat.	Free	Every Tue 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	9-10am	No bookings required. For more information, phone Nichola from YogandU 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.	Calamvale District Park, Calamvale <i>Meet near the dog off leash area to the left of Formby Street parking area.</i>	Bring a yoga mat and blocks if desired.	Free	Every Mon 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)	9.30-10.30am	No bookings required. For more information, phone Cassie from Foxinsox Yoga on 0431 594 388.
	Sunnybank Community Centre, Sunnybank <i>Meet at reception.</i>				2-3pm	Bookings essential. To book, email Foxinsox Yoga (foxinsox17@yahoo.com.au). For more information, phone Cassie on 0431 594 388.
	Drevesen Park, Manly <i>Meet under shade trees between sea scouts and rotunda.</i>				9.30-10.30am	No bookings required. For more information, phone Cassie from Foxinsox Yoga on 0431 594 388.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts	
SPORTS							
Beginners lawn bowls: An introduction to the sport of lawn bowls. A sport which helps to build leg and core strength, stability and coordination in a friendly social environment.	Graceville Bowls Club, Graceville <i>Meet at the clubhouse, off Wylie Street .</i>	Flat soled shoes or bare feet.	Free	Every Fri 19 Apr to 24 May	3-4.30pm	Bookings essential. To book, phone or text David on 0407 894 727 or email Graceville Bowls Club (dschonfe@bigpond.net.au).	
Come and try lawn bowls: A bowling session with tuition provided by accredited coaches who encourage all participants to have a go. This is an organised bowling session with the focus on how to play the great game of bowls.	St Lucia Bowls Club, St Lucia <i>Meet at the clubhouse, off Carr Street.</i>	Flat soled shoes and collared long sleeve shirt.	Free	Every Sun 14 Apr to 28 Apr and 5 May to 19 May	12.30-2pm	Bookings essential. To book, email St Lucia Bowls Club (membership@stluciabowls.org). For more information, phone Vaughan on 0419 475 763.	
GOLD tennis: This all abilities social and fun coaching session is led by qualified tennis coaches. Come along and re-ignite your passion for tennis.	Morningside Tennis Centre, Morningside <i>Meet at the clubhouse.</i>	Tennis racquet, if you have one.	Free	Every Tue 23 Jan to 4 Jun (Excluding 2 and 9 Apr)	9-10am	Bookings essential. Bookings open 2 days prior to session. To book, phone Morningside Tennis Centre on 07 3899 8110.	
	Shaw Park Tennis Centre, Wooloowin <i>Meet at the clubhouse.</i>			Every Wed 24 Jan to 5 Jun (Excluding 3 and 10 Apr)			Bookings essential. Bookings open 2 days prior to session. To book, phone Shaw Park Tennis Centre on 07 3266 1660.
	Roy Emerson Tennis Centre, Milton <i>Meet at the clubhouse.</i>			Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5 and 12 Apr)			Bookings essential. Bookings open 2 days prior to session. To book, phone Emmerson Tennis Centre on 07 3367 8585.
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.	Gaythorne Bowls Club, Gaythorne <i>Meet in front of the clubhouse.</i>	Wear flat soled enclosed footwear.	Free	Tue 5 Mar and 12 Mar	6-8pm	Bookings essential. To book, phone Gaythorne Bowls Club on 07 3855 2725.	
				Wed 1 May, 8 May	9-11am		

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
WALKING/RUNNING						
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, on the left-hand side as you enter Victoria Barracks from Petrie Terrace.</i>		Free	Wed 27 Mar, 24 Apr, 22 May	9.30am-12.30pm	Bookings essential. To book, visit Army Museum South Brisbane (armymuseumsouthqueensland.com.au). For more information, phone 0429 954 663.
WATER ACTIVITIES						
Aqua aerobics: A moderate impact whole body workout; however participants are free to work at their own pace.	Jindalee Pool, Jindalee <i>Meet at reception.</i>		Pool entry fee	Every Mon 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)	11.30am-12.30pm	Bookings not required. For more information, phone Melanie from BFit4Life on 0415 651 290.
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 1 and 2.</i>	Bring swimwear and towel (no cap/ goggles needed).	Pool entry fee	Every Mon 22 Jan to 27 May (Excluding 1 and 8 Apr, 6 May)	9.30-10.30am	No bookings required. For more information, phone Ithaca Pool on 07 3369 2624.
				Every Wed 31 Jan to 29 May (Excluding 3 and 10 Apr)		
Aqua aerobics: Using minimum impact movements, participants will develop strength, mobility and movement in a fun environment. Participants will have 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>Meet at the indoor pool group fitness area.</i>		Pool entry fee	Every Mon 22 Jan to 3 Jun (Excluding 1 and 8 Apr, 6 May)	1-2pm	No bookings required. For more information, phone Runcorn Pool on 07 3054 4382.
				Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)		
Aqua yoga: This is a low impact form of exercise that supports the body while still providing function and movement due to water resistance. It reduces weight bearing and gives more support.	Dunlop Park Memorial Swimming Pool, Corinda <i>Meet beside pool.</i>	Sun safe swimwear.	Pool entry fee	Every Thu 25 Jan to 6 Jun (Excluding 4, 11 and 25 Apr)	11am-12 noon	No bookings required. For more information, phone Nichola from YogandU on 0406 574 454.

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

#Cost per person per session

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Deep water running: This is an aquatic workout that uses all major muscle groups. Suitable for all fitness levels - everyone just works at their own pace. Participants wear a buoyancy belt so there is no need to worry about being in deep water, however basic swimming skills are required.	Jindalee Pool, Jindalee <i>Meet at reception.</i>		Pool entry fee	Every Fri 2 Feb to 7 Jun (Excluding 29 Mar, 5 and 12 Apr)	9.30-10.30am	Bookings essential. To book, email BFit4Life (bfit4life@optusnet.com.au). For more information, phone Melanie on 0415 651 290.
Kayak explore: Enjoy a relaxing paddle while exploring Brisbane's waterways. Gather some friends or come on your own to meet new like-minded people. All equipment and instructions are provided, perfect for beginners or those with experience. NOTE: Paddling is a low-impact activity but due to the nature of paddle sports a reasonable level of fitness and health is required to participate.	Shorncliffe Public Boat Ramp, Shorncliffe <i>Meet by the boat ramp off Sinbad Street.</i>	Wear enclosed shoes/water shoes (not crocs or any shoes than can fall off) and clothes suitable to paddle in and get wet. Towel and a change of clothes.	\$6	Thu 22 Feb	8.30-11.30am	Bookings essential. To book, visit Paddle Queensland (paddleqld.asn.au/event-calendar/). For more information, phone 0414 960 728.
	Nudgee Beach Reserve, Nudgee Beach <i>Meet at the boat ramp.</i>			Mon 11 Mar	9am-12 noon	
Stand-up paddle boarding: Learn the basics of stand-up paddle boarding. This lesson includes safety and awareness, paddle techniques and activity tips.	Bayside Park, Manly <i>Meet in the park beside the amenities block.</i>	Towel, swimwear, sunscreen and water.	\$6	Sat 23 Mar	7.30-8.30am 8.30-9.30am	Bookings essential. To book, visit Sunshine Coast Surf Schools (scsurfschools.com.au/book-now/details/218732/active-healthy-brisbane-program-sup/). For more information, phone Leighton on 0412 563 191.
Stand-up paddle boarding: Come and have some fun with stand-up paddleboarding. All equipment is provided, no experience necessary.	Arthur Davis Park, Sandgate <i>Meet at Sandgate Beach between Seventh and Eighth Avenues.</i>	Wear clothes you can get in the water with, sun cream, towel and change of clothing.	\$6	Sat 10 Feb, 9 Mar, 11 May	8-9am	Bookings essential. To book, visit Surf Connect Watersports Centre (surfconnect.com/products/brisbane-city-council-activities-bcc-2). For more information, phone 07 3137 0500.
Windsurfing: Come and try windsurfing. All equipment is provided, no experience necessary.					10-11am	
Fish Wise™: You will have a ball learning the basics or brushing up on past fishing skills. Learn to tie a fishing knot, cast a rod and hopefully land a fish. All equipment and bait is supplied.	Bald Hills Boat Ramp, Bald Hills <i>Meet at the gazebo near the waterfront.</i>	Bring a pair of sunglasses.	\$6	Wed 31 Jan	6-9am	Bookings essential. To book, visit 2 Bent Rods (2bentrods.com.au/events). For more information, phone Sam on 0403 713 820.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Fish Wise™: You will have a ball learning the basics or brushing up on past fishing skills. Learn to tie a fishing knot, cast a rod and hopefully land a fish. All equipment and bait is supplied.	Moora Park, Shorncliffe <i>Meet near the gardens in front of toilets at Lower Moora Park.</i>	Bring a pair of sunglasses.	\$6	Fri 22 Mar	6-9am	Bookings essential. To book, visit 2 Bent Rods (2bentrods.com.au/events). For more information, phone Sam on 0403 713 820.
	Nudgee Beach Reserve, Nudgee Beach <i>Meet at the ramp leading to the beach.</i>			Fri 26 Apr	8-11am	

GOLD 'n' KIDS activities

ARTS AND CREATIVE						
Clay animation: Come and get animated! Ever wondered how to create clay animation? Using the latest software you will make your own characters and then learn how to bring them to life on the big screen.	Cannon Hill Community Centre, Cannon Hill <i>Meet in the foyer of the centre.</i>		\$6	Fri 12 Jan	10am-12 noon	Bookings essential. To book visit Basil Grumble (bazilgrumble.com/whats-on/). For more information phone 0411 246 487.
Egg-cellent Easter games: Hop along to this egg-cellent workshop filled with fun. Easter is a time for celebration and we'd like to celebrate with you in an active and healthy way. Super bunny sack races, bunny's burrow obstacle courses, egg and spoon races and costume relays make this an energetic games session not to be missed!	Robertson Park, Taringa <i>Meet at the playground near the carpark on Indooroopilly Road .</i>		Free	Sat 23 Mar	10am-12 noon	
Intro to ukulele: Learn the basic chords, strum patterns and structure of songs.	Bracken Ridge Hall, Bracken Ridge <i>Meet at the meeting room at the back of the hall.</i>	Bring your own ukulele if you have one.	Free	Wed 17 Jan Wed 3 Apr	9.30-11am	Bookings essential. To book email Dale Voss (dale.v.music@gmail.com). For more information Dale on phone 0422 323 242.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
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>	Old clothes, apron and old towel.	\$6	Sat 20 Jan	10am-12 noon	Bookings essential. To book visit Basil Grumble (bazilgrumble.com/whats-on/). For more information phone 0411 246 487.
Street art fun: Come along and create a vibrant painting that will look like a professional. You will get great results using stencils with guided techniques to make a fabulous artwork.	Burnie Brae Centre, Chermside <i>Meet at activity space.</i>		\$6	Sat 13 Jan	9.30am-12.30pm	Bookings essential. To book phone Burnie Brae on 07 3624 2110.
FITNESS AND STRENGTH						
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.	Yeronga Memorial Park, Yeronga <i>Meet at the playground on School Road next to the pool.</i>		Free	Thu 4 Apr	10am-12 noon	Bookings essential. To book visit Basil Grumble (bazilgrumble.com/whats-on/). For more information phone 0411 246 487.
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.	Oriel Park, Ascot <i>Meet near the playground.</i>			Thu 18 Jan		
The Tiny Seed: Based on the themes of perseverance and hope from Eric Carle's book <i>The Tiny Seed</i> . Get active and healthy with stories and interactive games while learning some valuable lessons about the environment. This session will remind you to nurture the plants, animals and people in our lives.	Dorrington Park, Ashgrove <i>Meet at the playground.</i>			Sat 13 Jan		

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
MIND AND BODY						
Martial Arts: A fun-filled, easy session where you learn basic techniques of martial arts such as punching, defending and kicking. End with sharing life stories within the family to keep the history alive. This is a great bonding session for grandparents and children.	New Farm Park, New Farm <i>Meet near the playground and barbecues.</i>		Free	Thu 18 Jan	1.45-2.15pm	Bookings essential. To book email KMA Brisbane (davidkingtkd@gmail.com) or text David on 0410 645 552.
	Bulimba Memorial Park, Bulimba <i>Meet near the playground.</i>			Fri 12 Apr	1.45-2.15pm	
WALKING/RUNNING						
Orienteering: This involves using a map and compass to navigate from point to point in terrain. This will be a MapRun event which means that there will be no control flags hung out. Download the latest version of MapRun app on your smartphone before you arrive and your phone will register the checkpoints. Instructions will be given on the day.	Bowman Park, Bardon <i>Meet at the entrance, off corner of Simpsons Road and Chiswick Road, Bardon.</i>		\$5 or \$12 for a family	Thu 4 Apr	10.30-11.30am	Bookings not required. Registration is optional visit Orienteering Queensland (eventor.orienteeing.asn.au/Events). For more information, phone James on 0423 046 001.
WATER ACTIVITIES						
Fish Wise™: You will have a ball learning the basics or brushing up on past fishing skills. Learn to tie a fishing knot, cast a rod and hopefully land a fish. All equipment and bait is supplied.	Colmslie Reserve, Morningside <i>Meet at gazebo near fishing platform.</i>	Bring a pair of sunglasses.	\$6	9 Jan	8-11am	Bookings essential. To book, visit 2 Bent Rods (2bentrods.com.au/events). For more information, phone Sam on 0403 713 820.
	Moora Park, Shorncliffe <i>Meet at Lower Moora Park, near gardens in front of toilets.</i>			13 Jan	8-11am	
	Jindalee Boat Ramp Park, Jindalee <i>Meet at the gazebo near the car park.</i>			14 Apr	9am-12 noon	
				21 Jan	9am-12 noon	

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Fish Wise™: You will have a ball learning the basics or brushing up on past fishing skills. Learn to tie a fishing knot, cast a rod and hopefully land a fish. All equipment and bait is supplied.	Bald Hills Boat Ramp, Bald Hills <i>Meet at the gazebo near the waterfront.</i>	Bring a pair of sunglasses.	\$6	7 Apr	8.30-11.30am	Bookings essential. To book, visit 2 Bent Rods (2bentrods.com.au/events). For more information, phone Sam on 0403 713 820.
	Wynnum Jetty, off Wynnum Esplanade <i>Meet near entrance to jetty.</i>			12 Apr	10am-1pm	
Kayak explore: Enjoy some family time through paddling with your loved ones while exploring Brisbane's waterways. All equipment and instruction is provided, perfect for beginners or those with experience. NOTE: Paddling is a low-impact activity, but due to the nature of paddle sports a reasonable level of fitness and health is required to participate.	Nudgee Beach Reserve, Nudgee Beach <i>Meet next to the turning circle off O'Quinn Street near Nudgee Beach car park.</i>	Wear enclosed footwear or water shoes (not crocs or any footwear that can fall off) and clothes to paddle in and get wet. Bring a towel and a change of clothes.	\$6	Sat 13 Apr	11am-2pm	Bookings essential. To book visit Paddle Queensland (paddleqld.asn.au/event-calendar/). For more information phone 0414 960 728.
Kayaking: Have fun paddling as a team in two seat kayaks as you embark on one of the best ways to observe Brisbane's hidden beauty. The guided kayaking adventures are a great way to learn more about the local flora and wildlife of Brisbane waterways as well as having an experienced guide to help with kayaking skills. All associated kayaking and safety equipment are supplied.	Queen Victoria Boat Ramp, Lota <i>Meet at the boat ramp.</i>	Towel and change of clothes. Must wear enclosed shoes that can get wet.	Free	Tue 9 Apr	8-9.30am 10-11.30am	Bookings essential. To book visit Vertec Adventure (vertecadventure.com.au/contact-us/). For more information phone Nadine on 0492 982 454.

Description	Location	Specific requirements*	Cost #	Date/s	Time	Booking contacts
Sailing and kayaking: A combination of catamaran sailing with an experienced skipper along the shores of Wynnum plus supervised kayaking on sit-on-tops within a confined area. Suitable for all ages (generally 5+). Must fit one of our lifejackets (supplied).	Breakwater Park, Wynnum <i>Meet beside the picnic shelter on south side of Wynnum Creek, off Waterloo Esplanade.</i>	Wear sun protective clothes that can get wet, and footwear that you are prepared to get wet. If you wear glasses a glasses strap is recommended. Bring a towel and change of clothes for afterwards.	Free	Sat 13 Jan	9-11am	Bookings essential. Booking requests open on 13 Dec 2023. To book, visit Sails at Bayside (sailsatbayside.com.au/). For more information, phone Peter on 07 3137 0000.
					11:15am-1.15pm	
Stand-up paddle boarding: Learn the basics of stand-up paddle boarding. This lesson includes safety and awareness, paddle techniques and activity tips.	Bayside Park, Manly <i>Meet in the park beside the amenities block.</i>	Towel, swimwear, sunscreen and water.	\$6	Wed 10 Jan	7-8am	Bookings essential. To book, visit Sunshine Coast Surf Schools (scsurfschools.com.au/book-now/details/218732/active-healthy-brisbane-program-sup/). For more information phone Leighton on 0412 563 191.
				Mon 8 Apr	8-9am	
					9-10am	
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>Meet at Sandgate Beach between Seventh and Eighth Avenues.</i>	Wear clothes that can get wet, towel and change of clothes.	\$6	Sat 13 Jan, 13 Apr	7-8am	Bookings essential. To book, visit Surf Connect Watersports Centre (surfconnect.com/products/brisbane-city-council-activities-bcc-2). For more information, phone 07 3137 0500.

