

ACTIVE & HEALTHY

*"Health is Important,
Don't Take It For Granted"*



WALKING GROUPS

Get involved in the many walking groups in the South Burnett. Start your own group or walk as an individual with the Heart Foundation app.

Visit: walking.heartfoundation.org.au or phone 13 11 12 to get started today.

Group Name	When	Where	Contact
Warrior Fitness Walking Group	Tuesday 8am	Wondai Info. Centre Meet at the carpark	Josie 0437 877 805
Proston Walking Group	Thursday 4.30pm	Rodney Street Picnic Table behind community hall	Kathy 07 4168 9288
Hivesville Tai Chi Strollers	Tuesday 3.30pm	Hivesville Sports Ground	Kathy 07 4168 9288

DOG PARKS

Get out and about with your four-legged friends at South Burnett's of-leash dog areas! You'll find many great spaces across the region for you and your dog to enjoy.

Visit southburnett.qld.gov.au/dog-off-leash-areas/dog-parks/1 for more locations and information.

Town	Park Name	Address
Kingaroy	Memorial Park	233 Haly Street, KINGAROY
Nanango		Cnr Drayton Street & Mt Stanley Road, NANANGO
Wondai	Sunstrup Park	South Street WONDAI

PARK RUN

Whether you walk, jog or run, parkrun is a positive, welcoming and inclusive 5km event held every Saturday morning at 7am. There is no time limit, or no one finishes last.

Visit parkrun.com.au

Town	Park Name	Address
Proston	Railway Park	Rodney Street, PROSTON
Nanango	Ros Gregor Trail	13906 D'Aguilar Highway, NANANGO
Wondai	KKRT	80 Haly Street, WONDAI

SWIMMING POOL

southburnett.qld.gov.au/facilities-recreation/aquatic-centres

Town	Address	Activities	Contact
Blackbutt	Cr Sutton & Margaret St		Pool Manager 4163 0531
Kingaroy	Cr William & Alford St	Master Swim Squat Water Aerobics	Pool Manager 4162 1863
Murgon	101 Gore St	Lap Swimming Water Aerobics Deep Water Running	Pool Manager 4168 1754
Nanango	10 Henry St	Lap Swimming Aqua Exercises	Pool Manager 4163 1143
Wondai	101 Mackenzie St	Aqua Aerobics Hydro Riders	Pool Manager 4169 0087

OUTDOOR GYMS

Take a break from indoors and breathe in the fresh air during your next workout. Get it for free with exercise equipment in the South Burnett

Town	Park Name	Address
Blackbutt	Blackbutt Showgrounds	Bowman Road, BLACKBUTT
Kingaroy	Lions Park	Cnr Kingaroy & Baron Street, KINGAROY
Nanango	Ros Gregor Trail	13906 D'Aguilar Highway, NANANGO
Proston	Railway Park	Rodney Street, PROSTON
Wondai	Dingo Creek Park	Bunya Highway, WONDAI

SPORTING CLUBS

Keep active by joining other local seniors for a weekly game of bowls or golf, friendship and fun!

Activity	Town	Address	Contact
Golf	Murgon	192 Lamb Street MURGON	4168 1608
	Wondai	14058 Bunya Highway WONDAI	4168 5585
	Proston	Proston Boondooma Road, BRIGOODA	4168 9367
	Kingaroy	Bunya Highway, KINGAROY	4162 1720
	Nanango	D'Aguilar Highway NANANGO	4163 1463
	Blackbutt	51 Langton Road BLACKBUTT	4163 0180
Bowls	Murgon	103 Macalister Street, MURGON	4168 1043
	Wondai	14058 Bunya Highway, WONDAI	4168 5585
	Proston	Murphy's Way, PROSTON	0427 454 900
	Durong	Durong Road, DURONG	4168 0175
	Kingaroy	Bunya Highway, KINGAROY	4162 1720
	Nanango	2 Henry Street, NANANGO	4163 3363

VOLUNTEERING

No matter where you're from or what skills you have, if you have a desire and enthusiasm to help, or perhaps even would just like to get out of the house for a few hours, perhaps volunteering is for you! Volunteering gives you an opportunity to give back to the community while building upon your own self development.

Activity	Town	Address	Contact
Visitor Information Centres	Murgon	CBD Lamb Street MURGON	4189 9555
	Wondai	80 Haly Street WONDAI	4189 9555
	Kingaroy	128 Haly Street, KINGAROY	4189 9555
	Nanango	41 Henry Street NANANGO	4189 9555
Museums	Murgon	QLD Dairy & Heritage Museum 2 Sommerville Street, MURGON	4169 5001
	Wondai	80 Mackenzie Street, WONDAI	4189 9555
	Boondooma	Boondooma Homestead 8262 Mundubbera Durong Road,	4168 0159
Art Galleries	Wondai	40 Haly Street, WONDAI	4168 5926
	Kingaroy	126 Haly Street, KINGAROY	0488 793 419

SOCIAL CLUBS

A chance to meet socialise and meet new friends.

Activities	Where	When	Contact
Social Cards	Kingaroy Library	Tuesday, 10am	SBRC Library 4189 9256
	Nanango Library	Friday, 10am	
Mahjong	Kingaroy Library	Wednesday, 10am	
Bridge	Kingaroy Library	Tuesday, 9.30am	
Book Club	Proston Library	10am, 3 rd Wednesday of Month	
	Wondai Library	10am – 12noon Last Thursday of Month	
Social Crochet	Kingaroy Library	9.30am, every Friday	
	Nanango Library	9.00am-11.00am, every Wednesday	
Stitch & Chat	Wondai Library	2.00pm, first Wednesday of each month	

TECH HELP FOR SENIORS

Introduction to computers, email, internet, tablet, and mobile device use and much, much more.
Bookings Essential.

Where	When	Contact
Kingaroy Library	2.30pm to 3.30pm, every Monday	South Burnett Libraries 4189 9256
Nanango Library	2.30pm - 3.30pm, every Tuesday & Friday	
Proston Library	By appointment	
Wondai Library	9.00am, every Wednesday	

HISTORY

Have you ever wanted to research your family history and haven't known where to start? Come along and learn more about family history databases.

Activities	Where	When
Genealogy	Kingaroy Library	10.00am, second Monday of each month

MEN'S SHED

Men's sheds are non-profit organisations that improve the health of men. Members work on meaningful projects at their own pace, in their own time and in the company of others. A key focus is to advance the wellbeing and health of members and to encourage social inclusion.

Activities	Where	When	Contact
Murgon	75 Macalister Street MURGON	Mon, Wed, Thurs & Sat 7.30am to 12.30pm	0407 409 335
Proston	5-23 Rodney Street, PROSTON	Mon to Sat 8am to 12.00pm	0429 937 584
Kingaroy	3 Geoff Ralph Drive, KINGAROY	Tue, Wed & Sat 8am to 12noon	0435 826 573
Nanango	Mt Stanley Road, NANANGO	Mon, Wed & Sat 8.30am to 12.30pm	0433 607 420
Yarraman	29-35 Mill Street, YARRAMAN	Mon, Wed & Sat 8am to 1pm	0418 158 167