

# WELLBEING TRAIL

## KEY to trail activities

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|----|--|-----|
| 1  | <b>The BIG Picnic</b><br>Samford Commons, John Scott Park                                | F10 |
| 2  | <b>Tinker Town</b><br>Kids Community Collect, John Scott Park                            | F10 |
| 3  | <b>Mind your Mind</b><br>Healthy Minds, Ground flr, Farmers Hall                         | G11 |
| 4  | <b>Roll, Dive, Rock &amp; Catch</b><br>Pilates Lifestyle, Upper flr, Farmers Hall        | G11 |
| 5  | <b>Stronger, Faster, Better!</b><br>The Performance Place, Farmers Hall                  | G11 |
| 6  | <b>Try it! Rugby League</b><br>Samford Stags, John Scott Park                            | F10 |
| 7  | <b>Wellbeing Unfulfilled</b><br>Samford Museum, Station St                               | E10 |
| 8  | <b>Fitbit Cardio Tennis and Kids' Active Zone</b><br>Southern Cross Tennis, Farmers Hall | G11 |
| 9  | <b>Snappy Fitness</b><br>Snap Fitness, Cnr Main St & Cash Ave                            | G11 |
| 10 | <b>Ear Ear for Hearing</b><br>Impact Hearing, Shop 18/B19 Main St                        | F11 |
| 11 | <b>Mind the Pressure!</b><br>Chemmart, Shop 3 Mary Ring Drive                            | F12 |
| 12 | <b>Wet, Sweat and Tread</b><br>Swimfit Central, School Rd                                | G14 |
| 13 | <b>Labyrinths of the Mind</b><br>Anglican Church, 12 Mt Samson Rd                        | H9  |
| 14 | <b>Bonsai Garden</b><br>Cnr Mt Samson Rd & Serendipity St                                | H8  |
| 15 | <b>Walk the Eco Corridor</b><br>Samford Parklands, Mt Samson Rd                          | D3  |
| 16 | <b>Reformer Pilates</b><br>Pilates Emporium, Shop 6 Mary Ring Dr                         | F12 |
| 17 | <b>Parachutes, Rockets and Giant Jenga</b><br>Ferry Grove Girl Guides, John Scott Park   | F10 |

Physical activities    General wellbeing

## Getting around the trail

You can walk, cycle, ride the mini train or catch a FREE bus between points on the trail.

There's a walking track from the Eco Corridor at Samford Parklands through to John Scott Park in the village.

The bus is kindly provided by **Grace Lutheran College** Rothwell and the mini train is courtesy of **Samford Rotary**.

## Key to symbols

- Parking Area
- Cafe or Eatery
- Public Toilets
- Bus Stop (FREE event bus)
- Mini Train Stop & Route
- Footpath or Walking Trail

## THE BIG PICNIC



1

### The BIG Picnic

John Scott Park, Cnr Main & Station St, Samford. Hosted by Samford Commons



Samford has long been a destination for family picnics. The Big Picnic commemorates the picnic that never was when the 1947 picnic train didn't make it to Samford. The passengers on that fateful day were heading to Closeburn to enjoy food, picnic races and entertainment. Commemorate lives lost... bring your own picnic or order a picnic lunch from one of our Samford eateries. Enjoy old fashioned games and relax in John Scott Park with your friends and family.

**Bring your stamped Wellbeing Trail passport to go in the \$1000 value prize draw!**

2

### Tinker Town

John Scott Park, Cnr Main & Station St, Samford  
Host: Ellena, Kids Community Collect

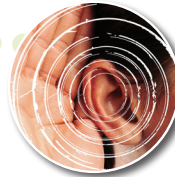
There are many health benefits associated with free and unstructured play. Unleash your creativity by interacting with a variety of everyday, back to basics materials. **Kids take away a decoration made from reclaimed materials.**



10

### Ear Ear for Hearing

Shop 18/B19 Main St, Samford  
Host: Dendra, Impact Hearing



Can you hear a bee buzzing 50 paces away, or hear conversation in background noise? Do you have ringing in your ears after loud sounds? Have fun with noise, sound and having your hearing checked! **Free hearing screening and a goodies bag.**

3

### Mind your mind!

Ground floor, Farmers Hall, 30 Main St, Samford  
Host: Peter, Samford Village Healthy Minds

Learn how to use your brain more effectively, to control your thoughts and emotions to live a satisfying life. An interactive session. **Free mindfulness training Mp3 and go in the draw for free 1-on-1 coaching session (Value: \$190)**



11

### Mind the pressure!

Shop 3/4 Mary Ring Drive, Samford  
Host: Terry White Chemmart Samford

Get your blood pressure checked by the expert pharmacists at award winning Terry White Chemmart Pharmacy and discover how blood pressure impacts our lives. The silent killer – a quick assessment may save your life. **Go in the draw for a \$200 hamper.**

4

### Roll, dive and rock with Pilates

Upper floor, Farmers Hall, 30 Main St  
Host: Dorothy, Pilates Lifestyle and Wellbeing

You can roll like a ball, dive like a swan, rock and catch or thread the needle, to build your mind and body into a strong, lean exciting machine! **A free follow up class at Pilates Lifestyle and Wellbeing for all.**



12

### Wet, Sweat & Tread

Swimfit, School Rd, Samford  
Host: Catherine, Swimfit Central

Fun fitness circuit. Prize for the fastest kid and adult. Get wet – try some funky Aqua moves. Sweat – make a pedal powered smoothie! Tread – test your coordination and balance. **One week free pool entry, healthy sample bag for kids.**



5

### Stronger, Faster, Better!

Upper floor, Farmers Hall, 30 Main St  
Host: Neale, The Performance Place

Test out your physical abilities! How high or far can you jump? How quickly can you move? Learn how to improve performance and reduce your risk of injury. **Free Athlete Performance Consultation, other giveaways!**



13

### Labyrinths of the Mind

Anglican Church, 12 Mt Samson Rd, Samford  
Host: Chris, Samford Anglican Church

Journey through the winding rope labyrinth while reflecting on life and the world, or simply enjoy finding your way from start to finish and back again. **A relaxing, contemplative, guided experience.**

6

### Try it! Rugby league

John Scott Park, Main St, Samford  
Host: Steve, Samford Stags

Fun activities in the sport of rugby league. Learn skills and be part of safe games for all ages. Its try time! **Free league info pack.**



14

### Bonsai Garden

Cnr Mt Samson Rd & Serendipity Rd, Samford  
Host: Venn, Bonsai Garden

Relax and enjoy meandering through one of Samford's treasures. The Zen garden, bonsai art and natural environment invite joy, wonder and reflection.

7

### Wellbeing Unfulfilled

Samford Museum, Station St, Samford  
Host: Geoff, Samford District Historical Museum

Hear the story of the tragic train crash of 1947 at Samford. See video interviews with people involved and those who helped at the scene. View a short film about a family story of the crash.



15

### Walk the Eco Corridor

Samford Parklands, Mt Samson Rd  
Host: Peter, Samford Eco Corridor

A revegetation project using local plant species to create a wildlife corridor along the South Pine River. Take a guided tour on the hour or simply relax and enjoy the tranquil space and numerous birds. **Connect with nature and relax your mind.**



8

### Fitbit Cardio Tennis for Adults and Kids' Active Zone

Village Courts, behind Farmers Hall, Samford  
Host: Jamie, Southern Cross Tennis

Tennis workout program catering to all adult fitness levels. Bringing together a variety of cardio workouts, a range of fun tennis drills, all to a high-energy soundtrack. Also Kids Active Zone – a big hit! **Free pass to Adult Coaching or Cardio Tennis session.**



16

### Reformer Pilates

Shop 6, Mary Ring Drive, Samford  
Host: Christine, Pilates Emporium

Being in control of your body helps you be in control of your life. Feel your muscles burn in this 40 minute reformer class with state of the art equipment. Sessions at 12pm, 1pm and 2pm only. **3 free class passes.**



9

### Snappy Fitness

Snap Fitness, Cnr Station St & Main St, Samford  
Host: Carissa, Snap Fitness

Fun and interactive strength and cardio circuit, suitable for all ages and fitness levels. Perfect for the whole family to connect while being active; will also challenge fitness enthusiasts. **Fitness pack & goodies, 1 month free membership.**



17

### Parachutes, Rockets & Giant Jenga

John Scott Park, Cnr Main & Station St, Samford  
Host: Sandra, Ferny Hills Girl Guides

Play games with a parachute or play giant Jenga. Build character and self-control while having heaps of fun and adventure! **Free DIY rocket craft pack.**

