

# Brighton Wellness Hub

Brighton Wellness Hub (Corner Nineteenth Avenue, Brighton)

Supporting our community to age in health and wellness

**What's on at the Hub? 19<sup>th</sup> June 2023**



Day	Time	In the Hub
Monday 19	8.45am – 9.45am 10.00am – 12.00pm 10.30am – 11.30am	<b>Bossy Boots – Line Dancin fun - \$10pp</b> <b>Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc)</b> <b>Justice of the Peace – Drop-in service. No appointment required.</b>
Tuesday 20	8.00am – 9.00am 10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm	<b>Cancelled - Armchair Yoga – all welcome \$5p/p</b> <b>Needle and Hooks – Knitting and Crochet group - FREE</b> <b>Mah-Jong - come along to this beginner's class. (free)</b> <b>You + Yoga – Flow Class (beginners/intermediates) \$10pp please call Claire to book 3631 7869</b>
Wednesday 21	3.00pm – 5.30pm	<b>Brighton Wellness Hub – Walking Football group - All Welcome - FREE</b>
Thursday 22	8.00am – 9.00am 9.00-11.00am 10.00-11.30am	<b>Armchair Yoga – all welcome \$5p/p</b> <b>Lawn Bowls - come along a learn how to bowl – fun and friendly environment.</b> <b>Community Catch - come along and enjoy a cuppa and conversation - FREE</b>
Friday 23	8.30am – 9.30am	<b>Tai Chi – Come along and join in \$10pp</b>

Please contact us to book your place for activities:

Phone: (07) 3631 7568 Email: [COH-Engagement@health.qld.gov.au](mailto:COH-Engagement@health.qld.gov.au)

Website: <https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>