

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? Week Beginning 26 February 2024



Day	Time	In the Hub
Monday 26	8.45am – 9.45am 10.00am – 12.00pm 2.00pm – 4.00pm	Bossy Boots – Line Dancing' fun - \$10pp Community Catch up Monthly Birthday Celebration – Come along and join in conversation and games (Table Tennis, cards, board games etc) Rainbow Room – LGBTIQA+ Peer Supporter Drop-in service.
Tuesday 27	10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm 6.00pm – 7.15pm	Cancelled Chair Yoga – all welcome \$5pp Needle and Hooks – Knitting and Crochet group - FREE. Mah-Jong – Come along to this beginner's class – FREE. Asana & Pranayama Practice Yoga (Therapeutic Yoga) \$10pp - call Ewa 0424 293 393 Asana & Pranayama Practice Yoga (Hatha/Vinyasa Yoga) \$10pp - call Ewa 0424 293 393
Wednesday 28	7.30am (30 – 45 min) 3.00pm – 5.30pm	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” FREE Brighton Wellness Hub – Walking Football Group – All Welcome - cancelled
Thursday 29	8.00am – 9.00am	Chair Yoga – all welcome \$5pp Cancelled Lawn Bowls - come along and learn how to bowl – fun and friendly environment. Cancelled Community Catch up - come along and have a cuppa & catch up with our community.
Friday 1	8.15am – 9.15am 9.30am – 12.00pm	Tai Chi – Come along and join in \$10pp Brisbane North Dementia Choir @ the Brighton Wellness Hub – 4/7 Week program - Free Trail. Please call Katie to book your spot 3631 7568

Please contact us to book your place for activities:

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

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