

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 11th March, 2024



Day	Time	In the Hub
Monday 11	8.45am – 9.45am 10.00am – 12.00pm 2.00pm – 4.00pm	Bossy Boots – Line Dancing' fun - \$10pp Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) Rainbow Room – LGBTIQA+ Peer Supporter Drop-in service.
Tuesday 12	8.00am – 9.00am 10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm 6.00pm – 7.15pm	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 13	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
Thursday 14	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am	Chair Yoga – all welcome \$5pp Lawn Bowls - come along and learn how to bowl – fun and friendly environment. Community Catch up - come along and have a cuppa & catch up with our community.
Friday 15	8.15am – 9.15am 9.30am – 12.00pm	Tai Chi – Come along and join in \$10pp Brisbane North Dementia Choir @ the Brighton Wellness Hub – 5/7 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>