

# 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 6 May 2024**



Day	Time	In the Hub
Monday 6		<b>Public Holiday Hub Closed</b>
Tuesday 7	8.00am – 9.00am 10.00am – 11.30am 10.00am – 12.00pm 1.00pm – 3.00pm 4.30pm – 5.30pm 6.00pm – 7.15pm	<b>Chair Yoga – all welcome \$5pp</b> <b>Needle and Hooks – Knitting and Crochet group - FREE.</b> <b>Carers Queensland - Local Area Coordinators in the Community Program – NDIS support</b> <b>Mah-Jong – Come along to this beginner’s class – FREE.</b> <b>Therapeutic Yoga \$10pp - call Ewa 0424 293 393</b> Hatha/Vinyasa Yoga \$10pp - call Ewa 0424 293 393
Wednesday 8	8.00am (30 – 45 min) 3.00pm – 5.30pm	<b>Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” FREE</b> <b>Brighton Wellness Hub – Walking Football Group – All Welcome FREE</b>
Thursday 9	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am 9.00am – 11.00am	<b>Chair Yoga – all welcome \$5pp</b> <b>Lawn Bowls - come along and learn how to bowl – fun and friendly environment. FREE</b> <b>Community Catch up - come along and have a cuppa &amp; catch up with our community. FREE</b> <b>JP Service – Drop in</b>
Friday 10	8.15am – 9.15am 10.30 am - 11.30am	<b>Tai Chi – Come along and join in \$10pp</b> <b>Bight “N” Sparks – Brisbane North Dementia Choir \$10 per participant, carers are FREE.</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>