

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 13 May 2024



Day	Time	In the Hub
Monday 13	<p>8.45am – 9.45am</p> <p>10.00am – 12.00pm</p> <p>1.00pm – 3.00pm</p> <p>2.00pm – 4.00pm</p>	<p>Bossy Boots – Line Dancing' fun - \$10pp</p> <p>Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) FREE</p> <p>Mosaic with Helena – FREE – come join our lovely Volunteer who will share her love of mosaic with you. FREE</p> <p>Rainbow Room – LGBTIQA+ Peer Supporter Drop-in service.</p>
Tuesday 14	<p>8.00am – 9.00am</p> <p>10.00am – 11.30am</p> <p>1.00pm – 3.00pm</p> <p>4.30pm – 5.30pm</p> <p>6.00pm – 7.15pm</p>	<p>Chair Yoga – all welcome \$5pp</p> <p>Needle and Hooks – Knitting and Crochet group - FREE.</p> <p>Mah-Jong – Come along to this beginner's class – FREE.</p> <p>Therapeutic Yoga \$10pp - call Ewa 0424 293 393</p> <p>Hatha/Vinyasa Yoga \$10pp - call Ewa 0424 293 393</p>
Wednesday 15	<p>8.00am (30 – 45 min)</p> <p>3.00pm – 5.30pm</p>	<p>Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” FREE</p> <p>Brighton Wellness Hub – Walking Football Group – All Welcome FREE</p>
Thursday 16	<p>8.00am – 9.00am</p> <p>9.00am – 11.30am</p> <p>10.00am – 11.30am</p> <p>9.00am – 11.00am</p>	<p>Chair Yoga – all welcome \$5pp</p> <p>Lawn Bowls - come along and learn how to bowl – fun and friendly environment. FREE</p> <p>Community Catch up - come along and have a cuppa & catch up with our community. FREE</p> <p>JP Service – Drop in</p>
Friday 17	<p>8.15am – 9.15am</p> <p>9.30 am - 11.30am</p>	<p>Tai Chi – Come along and join in \$10pp</p> <p>Bright “N Sparks Brisbane North Dementia Choir - \$10 per participant, carers FREE.</p>

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>