

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 20 May 2024



Day	Time	In the Hub
Monday 20	<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 21	<p>8.00am – 9.00am</p> <p>10.00am – 11.30am</p> <p>10.00am – 12.00pm</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>Carers Queensland - Local Area Coordinators in the Community Program – NDIS support</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 22	<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</p>
Thursday 23	<p>8.00am – 9.00am</p> <p>9.00am – 11.30am</p> <p>10.00am – 11.30am</p>	<p>Chair Yoga – all welcome \$5pp</p> <p>Lawn Bowls - come along and learn how to bowl – fun and friendly environment.</p> <p>Community Catch up - come along and have a cuppa & catch up with our community.</p> <p>No JP Service</p>
Friday 24	<p>8.15am – 9.15am</p> <p>10.30 am - 11.30am</p> <p>9.30 am 11.00 am</p>	<p>Tai Chi – Come along and join in \$10pp</p> <p>Bright “N Sparks – Brisbane North Dementia Choir, \$10 per participants, carers FREE</p> <p>Dementia Australia – FREE drop-in service – come and see what supports are available.</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>