

# 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 27 May 2024**



Day	Time	In the Hub
Monday 27	<p><b>8.45am – 9.45am</b></p> <p><b>10.00am – 12.00pm</b></p> <p>1.00pm – 3.00pm</p> <p><b>2.00pm – 4.00pm</b></p>	<p><b>Bossy Boots</b> – Line Dancing' fun - \$10pp</p> <p><b>Community Catch up</b> – Come along and join in conversation and games (Table Tennis, cards, board games etc) <b>FREE</b></p> <p><b>Mosaic with Helena</b> – <b>FREE</b> – come join our lovely Volunteer who will share her love of mosaic with you.</p> <p><b>Rainbow Room</b> – <b>Monthly Catch up!</b> Join us in celebrating our 1-year anniversary of providing support as <b>LGBTIQA+ Peer Supporters!</b></p>
Tuesday 28	<p><b>8.00am – 9.00am</b></p> <p><b>10.00am – 11.30am</b></p> <p>1.00pm – 3.00pm</p> <p><b>4.30pm – 5.30pm</b></p> <p><b>6.00pm – 7.15pm</b></p>	<p><b>Chair Yoga</b> – all welcome <b>\$5pp</b></p> <p><b>Needle and Hooks</b> – Knitting and Crochet group - <b>FREE.</b></p> <p><b>Mah-Jong</b> – Come along to this beginner's class – <b>FREE.</b></p> <p><b>Therapeutic Yoga</b> <b>\$10pp</b> - call Ewa 0424 293 393</p> <p><b>Hatha/Vinyasa Yoga</b> <b>\$10pp</b> - call Ewa 0424 293 393</p>
Wednesday 29	<p><b>8.00am (30 – 45 min)</b></p> <p><b>10.00am – 11.30am</b></p> <p><b>3.00pm – 5.30pm</b></p>	<p><b>Brighton Walkers</b> - Heart Foundation walking group “meet at the Brighton Café” <b>FREE</b></p> <p><b>ADA Australia Free Health Information Session</b> - Learn how to advocate for yourself or your loved one in the aged care system.</p> <p><b>Brighton Wellness Hub</b> – Walking Football Group – All Welcome - <b>FREE</b></p>
Thursday 30	<p><b>8.00am – 9.00am</b></p>	<p><b>Chair Yoga</b> – all welcome <b>\$5pp</b></p> <p><b>Cancelled Lawn Bowls</b> - come along and learn how to bowl – fun and friendly environment.</p> <p><b>Cancelled Community Catch up</b> - come along and have a cuppa &amp; catch up with our community.</p> <p><b>Cancelled</b> – JP Service</p>
Friday 31	<p><b>8.15am – 9.15am</b></p> <p><b>9.30 am - 11.30am</b></p>	<p><b>Tai Chi</b> – Come along and join in \$10pp</p> <p><b>Bright “N” Sparks Brisbane North Dementia Choir</b>, \$10 per participant, carers are <b>FREE.</b></p>

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>