

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 3 June 2024



Day	Time	In the Hub
Monday 3	8.45am – 9.45am 10.00am – 12.00pm 1.00pm – 3.00pm 2.00pm – 4.00pm	Bossy Boots – Line Dancin’ Fun - \$10.00pp. Community Catch up - come along and have a cuppa and catch up with our community - FREE. Mosaic with Helena –come join our lovely Volunteer who will share her love of mosaic with you – FREE. Rainbow Room – LGBTIQ+ Peer Supporter Drop-in service.
Tuesday 4	8.00am – 9.00am 10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm 6.00pm – 7.15pm	Chair Yoga – all welcome \$5.00pp. Needle and Hooks – knitting and crochet group - FREE. Mah-Jong – come along to this beginner’s class – FREE. Yoga (Therapeutic Yoga) \$10.00pp - call Ewa 0424 293 393 Yoga (Hatha/Vinyasa Yoga) \$10.00pp - call Ewa 0424 293 393
Wednesday 5	8.00am – 9.00am 8.00am (30 – 45 min) 3.00pm – 5.30pm	Fitter for Life - \$10.00pp. Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE. Brighton Wellness Hub – Walking Football Group – all welcome FREE.
Thursday 6	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am	Chair Yoga – all welcome \$5.00pp. Cancelled Lawn Bowls - come along and learn how to bowl – fun and friendly environment – FREE. Cancelled Community Catch up - come along and have a cuppa and catch up with our community - FREE. No JP Service
Friday 7	8.15am – 9.15am 9.30am – 12.00pm 4.00pm – 4.45pm	Tai Chi – come along and join in - \$10.00pp. Brighton Wellness Hub - Brisbane North Dementia Choir - 10-week program \$10.00pp. Please call Katie to book your spot 3631 7568. Mindful Meditation with Rachel - call 0415 820 150 to book your spot.

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>