

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 10 June 2024



Day	Time	In the Hub
Monday 10	<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 Dancin’ Fun - \$10.00pp.</p> <p>Community Catch up - come along and have a cuppa and catch up with our community – FREE.</p> <p>Mosaic with Helena –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 11	<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>Yoga (Therapeutic Yoga) \$10pp - call Ewa 0424 293 393</p> <p>Yoga (Hatha/Vinyasa Yoga) \$10pp - call Ewa 0424 293 393</p>
Wednesday 12	<p>8.00am – 9.00am</p> <p>9.00am – 12.30pm</p> <p>3.00pm – 5.30pm</p>	<p>Fitter for Life - \$10.00pp.</p> <p>Event Alert World Elder Abuse Day – Free Community Event. Caxton Legal presenting.</p> <p>Brighton Wellness Hub – Walking Football Group – all welcome FREE.</p>
Thursday 13	<p>8.00am – 9.00am</p> <p>9.00am – 11.30am</p> <p>10.00am – 12.00pm</p> <p>10.00am – 11.00am</p>	<p>Chair Yoga – all welcome \$5.00pp.</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 and catch up with our community - FREE.</p> <p>JP Service – Drop in</p>
Friday 14	<p>8.15am – 9.15am</p> <p>10.30 am - 11.30am</p>	<p>Tai Chi – Come along and join in \$10.00pp.</p> <p>Brighton Wellness Hub - Brisbane North Dementia Choir - 10-week program \$10.00pp.</p> <p>Please call Katie to book your spot 3631 7568.</p>

Please contact us to book your place for activities:

Brighton Wellness Hub

Phone: (07) 3631 7568 Email: COH-Engagement@health.qld.gov.au
Website: <https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>