

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 17 June 2024



Day	Time	In the Hub
Monday 17	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 – LGBTIQA+ Peer Supporter Drop-in service.
Tuesday 18	8.00am – 9.00am 10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm 6.00pm – 7.15pm	Chair Yoga – all welcome \$5pp Needle and Hooks – Knitting and Crochet group - FREE. Mah-Jong – Come along to this beginner’s class – FREE. Yoga (Therapeutic Yoga) \$10pp - call Ewa 0424 293 393 Yoga (Hatha/Vinyasa Yoga) \$10pp - call Ewa 0424 293 393
Wednesday 19	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 20	8.00am – 9.00am 9.00am – 11.30am 10.00am – 12.00pm 10.00am – 11.00am	Chair Yoga – all welcome \$5.00pp. Lawn Bowls - come along and learn how to bowl – fun and friendly environment – FREE. Community Catch up - come along and have a cuppa and catch up with our community - FREE. JP Service – Drop in
Friday 21	8.15am – 9.15am 10.30 am - 11.30am	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.

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>