

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 2 September 2024



Day	Time	In the Hub
Monday 2	8.45am – 9.45am 10.00am – 12.00pm 2.00pm – 4.00pm	Bossy Boots – Line Dancing' fun - \$10pp Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE. Rainbow Room – LGBTIQA+ Peer Supporter Drop-in service – FREE.
Tuesday 3	8.00am – 9.00am 10.00am – 11.30am 10:00am – 12:00pm 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. Carers Queensland - NDIS Local Area Coordination in the Community Program – FREE. Mah-Jong – Come along to this beginner's class – FREE. Asana & Pranayama Practice Yoga (Therapeutic Yoga) \$10pp - call Ewa 0424 293 393 Asana & Pranayama Practice Yoga (Hatha/Vinyasa Yoga) \$10pp - call Ewa 0424 293 393
Wednesday 4	8.00am (30 – 45 min) 8:00am – 9:00am	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE. Fitter for Life – Build skills to improve your physical health \$10pp.
Thursday 5	8.00am – 9.00am 9.00am – 11.30am CANCELLED 10.00am – 11.30am 10.00am – 11.00am	Chair Yoga – all welcome \$5pp Lawn Bowls - come along and learn how to bowl – fun and friendly environment – FREE. Card making with Anne – bookings are required – call Rebecka 3631 7568 – FREE. Community Catch up - come along and have a cuppa & catch up with our community – FREE. JP Service – Drop in – FREE.
Friday 6	8.15am – 9.15am 9.30am – 12.00pm	Tai Chi – Come along and join in \$10pp. Brisbane North Dementia Choir @ the Brighton Wellness Hub – 10-week program \$10pp. Please call Rebecka 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>