


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 30 September 2024



Day	Time	In the Hub
Monday 30	<p>8.45am – 9.45am</p> <p>10.00am – 12.00pm</p> <p>2.00pm – 4.00pm</p> <p>5:30pm – 6:30pm</p>	<p>Bossy Boots – Line Dancing' fun - \$10pp</p> <p> Community Catch up – Come along and join in conversation and games</p> <p>Monthly Birthday Celebrations - Come down for some cake. – FREE.</p> <p>Rainbow Room – LGBTIQ+ Monthly social meet up – FREE.</p> <p>Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.</p>
Tuesday 1	<p>8.00am – 9.00am</p> <p>10.00am – 11.30am</p> <p>10:00am – 12:00pm</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>Carers Queensland - NDIS Local Area Coordination in the Community Program – FREE.</p> <p>Mah-Jong – Come along to this beginner's class – FREE.</p> <p>Asana & Pranayama Practice Yoga (Therapeutic Yoga) \$10pp - call Ewa 0424 293 393</p> <p>Asana & Pranayama Practice Yoga (Hatha/Vinyasa Yoga) \$10pp - call Ewa 0424 293 393</p>
Wednesday 2	<p>7:30am (30 – 45 min)</p> <p>8:00am – 9:00am</p>	<p>Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE.</p> <p>Fitter for Life – Build skills to improve your physical health \$10pp.</p>
Thursday 3	<p>8.00am – 9.00am</p> <p>9.00am – 11.30am</p> <p>9:45am – 11:30am</p> <p>10.00am – 11.30am</p> <p>10.00am – 11.00am</p>	<p>Chair Yoga – all welcome \$5pp</p> <p>Lawn Bowls - come along and learn how to bowl – fun and friendly environment – FREE.</p> <p>Card making with Anne – bookings are required – call Rebecka 3631 7568 – FREE.</p> <p>Community Catch up - come along and have a cuppa & catch up with our community – FREE.</p> <p>JP Service – Drop in – FREE.</p>
Friday 4	<p>8.15am – 9.15am</p> <p>9.30am – 12.00pm</p>	<p>Tai Chi – Come along and join in \$10pp.</p> <p>Brisbane North Dementia Choir @ the Brighton Wellness Hub – 10-week program \$10pp.</p> <p>Please call Rebecka to book your spot 3631 7568</p>

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>