


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 7 October 2024



Day	Time	In the Hub
Monday 7		 Public Holiday Hub Closed
Tuesday 8	8.00am – 9.00am 10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm	Chair Yoga – all welcome \$5pp Needle and Hooks – Knitting and Crochet group - FREE. Mah-Jong – Come along to this beginner's class – FREE. Asana & Pranayama Practice Yoga (Therapeutic Yoga) \$10pp - call Ewa 0424 293 393
Wednesday 9	7:30am (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 10	8.00am – 9.00am 9.00am – 11.30am 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. Community Catch up - come along and have a cuppa & catch up with our community – FREE. JP Service – Drop in – FREE.
Friday 11	8.15am – 9.15am 9.30am – 12.00pm	Tai Chi – Come along and join in \$10pp. Bright 'N' Sparks 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>