

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 14 October 2024



Day	Time	In the Hub
Monday 14	8.45am – 9.45am	Bossy Boots – Line Dancing' fun - \$10pp
	10.00am – 11.30am	Sophisticated Folk choir performance – FREE.
	2.00pm – 4.00pm	Rainbow Room – LGBTIQA+ Peer Supporter Drop-in service – FREE.
	5:30pm – 6:30pm	Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 15	8.00am – 9.00am	Chair Yoga – all welcome \$5pp
	10.00am – 11.30am	Needle and Hooks – Knitting and Crochet group - FREE.
	1.00pm – 3.00pm	Mah-Jong – Come along to this beginner's class – FREE.
	4.30pm – 5.30pm	Asana & Pranayama Practice Yoga (Therapeutic Yoga) \$10pp - call Ewa 0424 293 393
Wednesday 16	7:30am (30 – 45 min)	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE.
	NOT RUNNING	Fitter for Life
Thursday 17	8.00am – 9.00am	Chair Yoga – all welcome \$5pp
	9.00am – 11.30am	Lawn Bowls - come along and learn how to bowl – fun and friendly environment – FREE.
	10.00am – 11.30am	Community Catch up - come along and have a cuppa & catch up with our community – FREE.
	10.00am – 11.00am	JP Service – Drop in – FREE.
Friday 18	8.15am – 9.15am	Tai Chi – Come along and join in \$10pp.
	9.30am – 12.00pm	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>