


# 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 28 October 2024**



Day	Time	In the Hub
Monday 28	8.45am – 9.45am	<b>Bossy Boots</b> – Line Dancing' fun - \$10pp
	10.00am – 12.00pm	 <b>Community Catch up</b> – Come along and join in conversation and games Monthly Birthday Celebrations - Come down for some cake. – FREE.
	2.00pm – 4.00pm	<b>Rainbow Room</b> – LGBTIQ+ Monthly social meet up – FREE.
	5:30pm – 6:30pm	<b>Brahma Kumaris Meditation</b> – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 29	8.00am – 9.00am	<b>Chair Yoga</b> – all welcome \$5pp
	10.00am – 11.30am	<b>Needle and Hooks</b> – Knitting and Crochet group - FREE.
	1.00pm – 3.00pm	<b>Mah-Jong</b> – Come along to this beginner's class – FREE.
	4.30pm – 5.30pm	<b>Asana &amp; Pranayama Practice Yoga</b> (Therapeutic Yoga) \$10pp - call Ewa 0424 293 393
Wednesday 30	7:30am (30 – 45 min)	<b>Brighton Walkers</b> - Heart Foundation walking group “meet at the Brighton Café” – FREE.
	8:00am – 9:00am	<b>Fitter for Life</b> – Build skills to improve your physical health \$10pp.
Thursday 31	8.00am – 9.00am	<b>Chair Yoga</b> – all welcome \$5pp
	NOT RUNNING	<b>Lawn Bowls</b>
	10.00am – 11.00am	<b>Community Catch up</b> <b>JP Service</b> – Drop in – FREE.
Friday 1	8.15am – 9.15am	<b>Tai Chi</b> – Come along and join in \$10pp.
	9.30am – 12.00pm	<b>Bright 'N' Sparks Dementia Choir</b> @ 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:**

# Brighton Wellness Hub

Phone: (07) 3631 7568      Email: [COH-Engagement@health.qld.gov.au](mailto:COH-Engagement@health.qld.gov.au)  
Website: <https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>