

# 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 11 November 2024**



Day	Time	In the Hub
Monday 11	8.45am – 9.45am 10.00am – 12.00pm 2.00pm – 4.00pm 5:30pm – 6:30pm	<b>Bossy Boots</b> – Line Dancing' fun - \$10pp <b>Community Catch up</b> – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE. <b>Rainbow Room</b> – LGBTIQA+ Peer Supporter Drop-in service – FREE. <b>Brahma Kumaris Meditation</b> – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 12	8.00am – 9.00am 10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm	<b>Chair Yoga</b> – all welcome \$5pp <b>Needle and Hooks</b> – Knitting and Crochet group - FREE. <b>Mah-Jong</b> – Come along to this beginner's class – FREE. <b>Asana &amp; Pranayama Practice Yoga</b> (Therapeutic Yoga) \$10pp - call Ewa 0424 293 393
Wednesday 13	7:30am (30 – 45 min) 8:00am – 9:00am 3:00pm – 5.00pm	<b>Brighton Walkers</b> - Heart Foundation walking group “meet at the Brighton Café” – FREE. <b>Fitter for Life</b> – Build skills to improve your physical health \$10pp. <b>Walking Football</b> - suitable for all levels of ability and fitness – call Sam for more info 3208 2677
Thursday 14	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am 10.00am – 11.00am	<b>Chair Yoga</b> – all welcome \$5pp <b>Lawn Bowls</b> - come along and learn how to bowl – fun and friendly environment – FREE. <b>Community Catch up</b> - come along and have a cuppa & catch up with our community – FREE. <b>JP Service</b> – Drop in – FREE.
Friday 15	8.15am – 9.15am 9.30am – 12.00pm	<b>Tai Chi</b> – Come along and join in \$10pp. <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: 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>