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 18 November 2024

Day	Time	In the Hub
Monday 18	8.45am – 9.45am	**Bossy Boots –** Line Dancing' fun - $10pp
	10.00am – 12.00pm	**Community Catch up –** Come along and join in conversation and games (Table Tennis, cards, board games etc) – 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 19	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 20	7:30am (30 – 45 min)	**Brighton Walkers** - Heart Foundation walking group "meet at the Brighton Café" – FREE.
	8:00am – 9:00am	**Fitter for Life –** Build skills to improve your physical health $10pp.
	10:30am – 11:30am	**Gather My Crew app information session –** FREE
	3:00pm – 5.00pm	**Walking Football -** suitable for all levels of ability and fitness – call Sam for more info 3208 2677
Thursday 21	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 22	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

Queensland Government