

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 4 November 2024



Day	Time	In the Hub
Monday 4	8.45am – 9.45am 10.00am – 12.00pm 2.00pm – 4.00pm 5:30pm – 6:30pm	Bossy Boots – Line Dancing' fun - \$10pp Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE. Rainbow Room – LGBTIQ+ Peer Supporter Drop-in service – FREE. Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 5 Melbourne Cup Wear a fancy hat & outfit!	8.00am – 9.00am 10.00am – 11.30am 10.00am – 12.00pm 1.00pm – 3.00pm 4.30pm – 5.30pm	Chair Yoga – all welcome \$5pp Needle and Hooks – Knitting and Crochet group - FREE. Carers Queensland - NDIS Local Area Coordination in the Community Program – FREE. Mah-Jong – Come along to this beginner's class – FREE. Asana & Pranayama Practice Yoga (Therapeutic Yoga) \$10pp - call Ewa 0424 293 393
Wednesday 6	7:30am (30 – 45 min) 8:00am – 9:00am 3:00pm – 5.00pm	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE. Fitter for Life – Build skills to improve your physical health \$10pp. Walking Football - suitable for all levels of ability and fitness – call Sam for more info 3208 2677
Thursday 7	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 8	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>