


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 20 January 2025



Day	Time	In the Hub
Monday 20	8.45am – 9.45am 10.00am – 12.00pm 5:30pm – 6:30pm	<p>*Practice* Bossy Boots – Line Dancing' fun with Norma (*Free this week)</p> <p> Community Catch up – Come along and join in conversation and games</p> <p>Monthly Birthday Celebrations - Come down for some cake. – FREE.</p> <p>Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.</p>
Tuesday 21	8.00am – 9.00am 10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm 6.00pm – 7.00pm	<p>Chair Yoga – all welcome \$5pp</p> <p>Needle and Hooks – Knitting and Crochet group - FREE.</p> <p>Mah-Jong – Come along to this beginner's class – FREE.</p> <p>Yoga for Eternity - call Ewa 0424 293 393 - Asana & pranayama yoga for healthy body and mind. BYO floor mat - \$10pp</p> <p>Breathwork – call Ewa 0424 293 393 - Drop in and learn new technics to master your own breath - \$5pp</p>
Wednesday 22	7:30am (30 – 45 min) 8:00am – 9:00am 3:00pm – 5.00pm	<p>Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE.</p> <p>Fitter for Life – Build skills to improve your physical health \$10pp.</p> <p>Walking Football - suitable for all levels of ability and fitness – call Sam for more info 3208 2677 - \$25 registration covers 2025</p>
Thursday 23	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am 10.00am – 11.00am	<p>Chair Yoga – all welcome \$5pp</p> <p>Lawn Bowls – Casual lawn bowls ideal for learning and enjoying the lawn - FREE</p> <p>Community Catch up - Come along and join in conversation and games (Cards, board games etc) – FREE.</p> <p>Justice of the Peace Service – Drop in – FREE.</p>
Friday 24	Nil	Nil

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>