

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 3 February 2025



Day	Time	In the Hub
Monday 3	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.
	5:30pm – 6:30pm	Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 4	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	Yoga for Eternity - call Ewa 0424 293 393 - Asana & pranayama yoga for healthy body and mind. BYO floor mat - \$10pp
	6.00pm – 7.00pm	Breathwork – call Ewa 0424 293 393 - Drop in and learn new technics to master your own breath - \$5pp
Wednesday 5	7:30am (30 – 45 min)	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE.
Thursday 6	8.00am – 9.00am	Chair Yoga – all welcome \$5pp
	9.00am – 11.30am	Lawn Bowls – Casual lawn bowls ideal for learning and enjoying the lawn – FREE
	9.45am – 11.45am	Card Making with Anne – Make a greeting card – FREE *Bookings essential – call 3631 7568*
	10.00am – 11.30am	Community Catch up – Come along and join in conversation and games (Cards, board games etc) – FREE.
	10.00am – 11.00am	Justice of the Peace Service – Drop in – FREE
Friday 7	9.30am – 12.00pm	Bright 'N' Sparks Dementia Choir @ the Brighton Wellness Hub – \$10pp (carers free).

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>

