

# 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 17 February 2025**



Day	Time	In the Hub
Monday 17	8.45am – 9.45am 10.00am – 12.00pm 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>Brahma Kumaris Meditation</b> – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 18	8.00am – 9.00am 9.30am – 12.30pm 10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm 6.00pm – 7.00pm	<b>Chair Yoga</b> – all welcome \$5pp <b>New Parents Group</b> – Educational program for new parents – FREE *Bookings essential* <b>Needle and Hooks</b> – Knitting and Crochet group - FREE. <b>Mah-Jong</b> – Come along to this beginner's class – FREE. <b>Yoga for Eternity</b> - call Ewa 0424 293 393 - Asana & pranayama yoga for healthy body and mind. BYO floor mat - \$10pp <b>Breathwork</b> – call Ewa 0424 293 393 - Drop in and learn new technics to master your own breath - \$5pp
Wednesday 19	7:30am (30 – 45 min)	<b>Brighton Walkers</b> - Heart Foundation walking group “meet at the Brighton Café” – FREE.
Thursday 20	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> – Casual lawn bowls ideal for learning and enjoying the lawn - FREE <b>Community Catch up</b> – Come along and join in conversation and games (Cards, board games etc) – FREE. <b>Justice of the Peace Service</b> – Drop in – FREE
Friday 21	9.30am – 12.00pm	<b>Bright 'N' Sparks Dementia Choir</b> @ the Brighton Wellness Hub – \$10pp (carers free).
Saturday 22	10.00am – 12.00pm	<b>Vegetarian Cooking Class</b> – call Penny 0401 638 667 or go to pennybenjamin.com.au (shop+workshop) - \$6pp

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>

