

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 24 February 2025



Day	Time	In the Hub
Monday 24	8.45am – 9.45am 10.00am – 12.00pm 2.00pm – 4.00pm 5:30pm – 6:30pm	<p>Bossy Boots – Line Dancing' fun - \$10pp</p> <p> Community Catch up – Come along and join in conversation and games Monthly Birthday Celebrations - Come down for some cake. – FREE.</p> <p>Rainbow Room Monthly Social BBQ – LGBTQIA+ connection event. Drop in or RSVP 3631 7568 - FREE</p> <p>Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.</p>
Tuesday 25	8.00am – 9.00am 9.30am – 12.30pm 10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm 6.00pm – 7.00pm	<p>Chair Yoga – all welcome \$5pp</p> <p>New Parents Group – Educational program for new parents – FREE *Bookings essential*</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 26	7:30am (30 – 45 min)	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE.
Thursday 27	8.00am – 9.00am NOT RUNNING NOT RUNNING 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 28	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>

