

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 10 March 2025



Day	Time	In the Hub
Monday 10	8.45am – 9.45am 10.00am – 12.00pm 5:30pm – 6:30pm	Bossy Boots – Line Dancing' fun - \$10pp Community Catch up – Come along and join in conversation and games (Bingo games today!) – FREE. Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 11	8.00am – 9.00am 9.30am – 12.30pm 10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm 6.00pm – 7.00pm	Chair Yoga – all welcome \$5pp New Parents Group – Educational program for new parents – FREE *Bookings essential* Needle and Hooks – Knitting and Crochet group - FREE. Mah-Jong – Come along to this beginner's class – FREE. Yoga for Eternity - call Ewa 0424 293 393 - Asana & pranayama yoga for healthy body and mind. BYO floor mat - \$10pp Breathwork – call Ewa 0424 293 393 - Drop in and learn new technics to master your own breath - \$5pp
Wednesday 12	8.00am (30 – 45 min) 3:00pm – 5.00pm	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE. Walking Football - suitable for all levels of ability and fitness – call Sam for more info 3208 2677 - \$15 annual registration
Thursday 13	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am 10.00am – 11.00am	Chair Yoga – all welcome \$5pp Lawn Bowls – Casual lawn bowls ideal for learning and enjoying the lawn - FREE Community Catch up – Come along and join in conversation and games (Cards, board games etc) – FREE. Justice of the Peace Service – Drop in – FREE
Friday 14	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>

