

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 19 May 2025



Day	Time	In the Hub
Monday 19	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 (Table Tennis, cards, board games etc) – FREE. Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 20	8.00am – 9.00am 10.00am – 11.30am 10.30am – 12.00pm 1.00pm – 3.00pm 4.30pm – 5.30pm	Morning Meditation – all welcome – FREE Needle and Hooks – Knitting and Crochet group - FREE. New Parents Group – Educational program for new parents – FREE *Bookings essential* Mah-Jong – Come along to this beginner's class – FREE. Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp
Wednesday 21	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 22	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 23	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>

