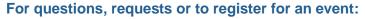
## **Brighton Wellness Hub**

Brighton Wellness Hub (Corner Nineteenth Avenue, Brighton)
Supporting our community to age in health and wellness
What's on at the Hub? Week Beginning 30 June 2025



Day	Time	In the Hub
Monday 30	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  Monthly Birthday Celebrations - Come down for some cake – FRFF
		Monthly Birthday Celebrations - Come down for some cake. – FREE.
	2.00pm – 4.00pm	Rainbow Room Monthly Social Lawn Bowls - LGBTIQA+ connection event. Drop in or RSVP 3631 7568 - FREE
	5:30pm – 6:30pm	Brahma Kumaris Meditation - Pop in for peace, come for as long or as little as you like - FREE.
Tuesday 1	8.00am – 9.00am	Morning Meditation – all welcome – FREE
	9.15am – 10.30am	Needle and Hooks - Knitting and Crochet group - FREE.
	10.30am - 12.00pm	New Parents Group – Educational program for new parents – FREE *Bookings essential*
	1.00pm - 3.00pm	Mah-Jong – Come along to this beginner's class – FREE.
	NOT RUNNING	Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp
Wednesday 2	8.00am (30 – 45 min)	Brighton Walkers - Heart Foundation walking group "meet at the Brighton Campus Café" – FREE.
	3:00pm – 5.00pm	Walking Football - suitable for all levels of ability and fitness – call Sam for more info 3208 2677 - \$15 annual registration
Thursday 3	8.00am – 9.00am	Chair Yoga – all welcome. **Prerecorded lesson while Claire away – FREE
	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 4	NOT RUNNING	Bright 'N' Sparks Dementia Choir @ the Brighton Wellness Hub – doesn't run on school holidays
	Monday 30  Tuesday 1  Wednesday 2  Thursday 3	Monday 30  8.45am - 9.45am 10.00am - 12.00pm  2.00pm - 4.00pm 5:30pm - 6:30pm  Tuesday 1  8.00am - 9.00am 9.15am - 10.30am 10.30am - 12.00pm 1.00pm - 3.00pm NOT RUNNING  Wednesday 2  8.00am (30 - 45 min) 3:00pm - 5.00pm  Thursday 3  8.00am - 9.00am 9.00am - 11.30am 9.45am - 11.45am 10.00am - 11.30am 10.00am - 11.00am



Phone: (07) 3631 7568 Email: COH-Engagement@health.qld.gov.au

Website: https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub

