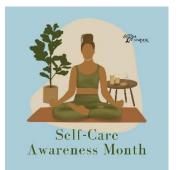
Brighton Wellness Hub

Brighton Wellness Hub (Corner Nineteenth Avenue, Brighton)
Supporting our community to age in health and wellness
What's on at the Hub? Week Beginning 14 July 2025



| Day | Time | In the Hub |
|--------------|----------------------|---|
| Monday 14 | 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 (Table Tennis, cards, board games etc) - FREE. |
| | 5:30pm – 6:30pm | Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE. |
| Tuesday 15 | 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. |
| | 4.30pm – 5.30pm | Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp |
| Wednesday 16 | 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 17 | 8.00am – 9.00am | Chair Yoga – all welcome \$5pp |
| | 9.00am – 11.30am | Lawn Bowls – Casual lawn bowls ideal for learning and enjoying the lawn - FREE |
| | 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 18 | 9.30am – 12.00pm | Bright 'N' Sparks Dementia Choir @ the Brighton Wellness Hub – \$10pp (carers free). |



For questions, requests or to register for an event:

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

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

