

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 26 January 2025



Day	Time	In the Hub
Monday 26	Australia Day	
Tuesday 27	8.00am – 9.00am 9.15am – 10.30pm 10.30am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm	Morning Meditation – Pop in for peace, come for as long or as little as you like – 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. Bring a plate for race day afternoon tea – FREE Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp
Wednesday 28	7:30am (30 – 45 min)	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE
Thursday 29	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am 10.00am – 11.00am 7.00pm – 8.30pm	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 Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
Friday 30	9.30am – 12.00pm	Bright 'N' Sparks Dementia Choir – Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 31	5.00pm – 6.30pm	Alcoholics Anonymous – Open to anyone with a desire to stop drinking - 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>

