


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>

