


# 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 May 2025**



| Day          | Time  | In the Hub  |
|--------------|---|---|
| Monday 26    | 8.45am – 9.45am<br>10.00am – 12.00pm<br><br>2.00pm – 4.00pm<br>5.30pm – 6.30pm                  | <b>Bossy Boots</b> – Line Dancing' fun - \$10pp<br><br> <b>Community Catch up</b> – Come along and join in conversation and games<br>Monthly Birthday Celebrations - Come down for some cake. – FREE.<br><br><b>Rainbow Room Monthly Social</b> – LGBTIQ+ connection event. Drop in or RSVP 3631 7568 - FREE<br><b>Brahma Kumaris Meditation</b> – Pop in for peace, come for as long or as little as you like – FREE. |
| Tuesday 27   | 8.00am – 9.00am<br>10.00am – 11.30am<br>10.30am – 12.00pm<br>1.00pm – 3.00pm<br>4.30pm – 5.30pm | <b>Morning Meditation</b> – all welcome – FREE<br><b>Needle and Hooks</b> – Knitting and Crochet group - FREE.<br><b>New Parents Group</b> – Educational program for new parents – FREE *Bookings essential*<br><b>Mah-Jong</b> – Come along to this beginner's class – FREE.<br><b>Gentle Flow Yoga</b> – Suitable for all. BYO floor mat - \$10pp   |
| Wednesday 28 | 8.00am (30 – 45 min)<br>9.30am – 11.30am<br>3.00pm – 5.00pm                                     | <b>Brighton Walkers</b> - Heart Foundation walking group “meet at the Brighton Café” – FREE.<br><b>Death Café</b> – Discuss death and dying over a cuppa. Not a grief support session – FREE.<br><b>Walking Football</b> - suitable for all levels of ability and fitness – call Sam for more info 3208 2677 - \$15 annual registration   |
| Thursday 29  | 8.00am – 9.00am<br><b>NOT RUNNING</b><br><b>NOT RUNNING</b><br>10.00am – 11.00am                | <b>Chair Yoga</b> – all welcome \$5pp<br><b>Lawn Bowls</b> – Casual lawn bowls ideal for learning and enjoying the lawn – FREE<br><b>Community Catch up</b> – Come along and join in conversation and games (Cards, board games etc) – FREE.<br><b>Justice of the Peace Service</b> – Drop in – FREE  |
| Friday 30    | 9.30am – 12.00pm  | <b>Bright 'N' Sparks Dementia Choir</b> @ 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](mailto:COH-Engagement@health.qld.gov.au)  
Website: <https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>