


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



School Holidays Bring your grandkids along	Day	Time	In the Hub
	Monday 30	8.45am – 9.45am 10.00am – 12.00pm 2.00pm – 4.00pm 5:30pm – 6:30pm	Bossy Boots – Line Dancing' fun - \$10pp  Community Catch up – Come along and join in conversation and games Monthly Birthday Celebrations - Come down for some cake. – FREE. Rainbow Room Monthly Social Lawn Bowls – LGBTIQA+ connection event. Drop in or RSVP 3631 7568 - FREE Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.
	Tuesday 1	8.00am – 9.00am 9.15am – 10.30am 10.30am – 12.00pm 1.00pm – 3.00pm NOT RUNNING	Morning Meditation – all welcome – 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 – FREE. Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp
	Wednesday 2	8.00am (30 – 45 min) 3:00pm – 5.00pm	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Campus Café” – FREE. 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 9.00am – 11.30am 9.45am – 11.45am 10.00am – 11.30am 10.00am – 11.00am	Chair Yoga – all welcome. **Prerecorded lesson while Claire away – FREE Lawn Bowls – Casual lawn bowls ideal for learning and enjoying the lawn – FREE Card Making with Anne – Make a greeting card – FREE *Bookings essential – call 3631 7568* Community Catch up – Come along and join in conversation and games (Cards, board games etc) – FREE. 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

For questions, requests or to register for an event:

Phone: (07) 3631 7568

Email: COH-Engagement@health.qld.gov.au

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

