

# 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 4 August 2025**



Day	Time	In the Hub
Monday 4	8.45am – 9.45am 10.00am – 12.00pm 5:30pm – 6:30pm	<b>Bossy Boots</b> – Line Dancing' fun – *Janene away, FREE practice <b>Community Catch up</b> – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE. <b>Brahma Kumaris Meditation</b> – Pop in for peace, come for as long or as little as you like – FREE
Tuesday 5	8.00am – 9.00am 9.15am – 10.30am 10.30am – 12.00pm 1.00pm – 3.00pm 4.30pm – 5.30pm	<b>Morning Meditation</b> – all welcome – FREE <b>Needle and Hooks</b> – Knitting and Crochet group - FREE <b>New Parents Group</b> – Educational program for new parents – FREE *Bookings essential* <b>Mah-Jong</b> – Come along to this beginner's class – FREE <b>Gentle Flow Yoga</b> – Suitable for all. BYO floor mat - \$10pp
Wednesday 6	8.00am (30 – 45 min) 3:00pm – 5.00pm	<b>Brighton Walkers</b> - Heart Foundation walking group “meet at the Brighton Café” – FREE <b>Walking Football</b> - suitable for all levels of ability and fitness – call Sam for more info 3208 2677 - \$15 annual registration
Thursday 7	8.00am – 9.00am 9.00am – 11.30am 9.45am – 11.45am 10.00am – 11.30am 10.00am – 11.00am 1.30pm – 3.30pm	<b>Chair Yoga</b> – all welcome \$5pp <b>Lawn Bowls</b> – Casual lawn bowls ideal for learning and enjoying the lawn – FREE <b>Card Making with Anne</b> – Make a greeting card – FREE *Bookings essential – call 3631 7568* <b>Community Catch up</b> – Come along and join in conversation and games (Cards, board games etc) – FREE <b>Justice of the Peace Service</b> – Drop in – FREE <b>Death Café</b> – In Dying to Know Week come discuss death (not a counselling service). Bookings required - FREE
Friday 8	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>