

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 15 September 2025



Day	Time	In the Hub
Monday 15	8.45am – 9.45am 10.00am – 12.00pm 5:30pm – 6:30pm	Bossy Boots – Line Dancing' fun - \$10pp Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE. Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE
Tuesday 16	8.00am – 9.00am 9.15am – 10.30am NOT RUNNING 1.00pm – 3.00pm 4.30pm – 5.30pm	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 Yoga Nidra – Suellen covering class while Claire away. BYO floor mat - \$10pp
Wednesday 17	8.00am (30 – 45 min) 3:00pm – 5.00pm	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE. Walking Football - suitable for all levels of ability and fitness – call Sam for more info 3208 2677 - \$15 annual registration
Thursday 18	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am 10.00am – 11.00am 12.00pm – 1.00pm 1.30pm – 2.30pm 4.30pm – 5.30pm	Chair Yoga – all welcome – Prerecorded class FREE 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 PalliLEARN - Self-Care info session - FREE PalliLEARN - How to have conversations about grief and dying – FREE Yoga Nidra – Relaxation yoga with ancient origins. Suitable for all. BYO mat and cushion - \$10pp
Friday 19	9.30am – 12.00pm	Bright 'N' Sparks Dementia Choir @ 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
Website: <https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>