


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 29 September 2025



Day	Time	In the Hub
Monday 29	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 – 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 30	8.00am – 9.00am 9.15am – 10.30pm 10.30am – 11.30am 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 Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp
Wednesday 1	7:30am (30 – 45 min)	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE.
Thursday 2	8.00am – 9.00am 9.00am – 11.30am 9.45am – 11.45am 10.00am – 11.30am 10.00am – 11.00am	Chair Yoga – all welcome \$5pp 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 3	NOT RUNNING	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>