

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 24 November 2025



Day	Time	In the Hub
Monday 24	8.45am – 9.45am	Bossy Boots – Line Dancing' fun - \$10pp
	10.00am – 12.00pm	 Community Catch up – Come along and join in conversation and games Monthly Birthday Celebrations - Come down for some cake. – FREE.
	2.00pm – 4.00pm	Rainbow Room Monthly Social – LGBTIQ+ connection event. Drop in or RSVP 3631 7568 – FREE
	5:30pm – 6:30pm	Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 25	8.00am – 9.00am	Morning Meditation – all welcome – FREE
	9.15am – 10.30pm	Needle and Hooks – Knitting and Crochet group - FREE
	10.30am – 11.30am	New Parents Group – Educational program for new parents – FREE *Bookings essential*
	1.00pm – 3.00pm	Mah-Jong – Come along to this beginner's class – FREE
	4.30pm – 5.30pm	Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp
Wednesday 26	7:30am (30 – 45 min)	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE.
Thursday 27	8.00am – 9.00am	Chair Yoga – all welcome \$5pp
	NOT RUNNING	Lawn Bowls – Casual lawn bowls ideal for learning and enjoying the lawn – FREE
	NOT RUNNING	Community Catch up – Come along and join in conversation and games (Cards, board games etc) – FREE.
	10.00am – 11.00am	Justice of the Peace Service – Drop in – FREE
Friday 28	7.00pm – 8.30pm	Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
	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>