

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 2 February 2026

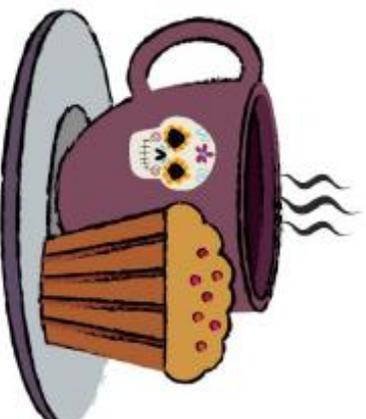


Day	Time	In the Hub
Monday 2	8.45am – 9.45am 10.00am – 12.00pm 5:30pm – 6:30pm	*Practice* Bossy Boots – Line Dancing' fun with Norma (*Free this week) Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE. Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 3	8.00am – 9.00am 9.15am – 10.30pm 1.00pm – 3.00pm 10.30am – 11.30am 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. Bring a plate for race day afternoon tea – FREE Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp
Wednesday 4	7:30am (30 – 45 min) 9.00am – 11.00am	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE. Brain Injury Group: Physical and Mental Fitness Workshop – For people with Acquired Brain Injury and their carers/friends. Bookings required, call 0479 124 938 - \$37pp
Thursday 5	8.00am – 9.00am 9.00am – 11.30am 9.45am – 11.45am 10.00am – 11.30am 10.00am – 11.00am 1.00pm – 3.00pm 7.00pm – 8.30pm	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 Death Café – Get comfortable talking about death. Afternoon tea inc. Bookings essential - FREE Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
Friday 6	9.30am – 12.00pm	Bright 'N' Sparks Dementia Choir – Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 7	5.00pm – 6.30pm	Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE

Death Café

Let's get comfortable talking about death

Come join us at the **Brighton Wellness Hub** for a Death Café where we will drink tea, eat cake, and discuss death. Over coffee and cake, we hope to increase awareness of death and to help people make the most of their (finite) lives.



Register for one of the 2026 dates below:

5 th February	7 th May	5 th August	4 th November
1.00-3.00pm	1.00-3.00pm	9.30-11.30am	9.30-11.30am

Where: Brighton Wellness Hub

(Cnr Nineteenth Ave, Brighton 4017)

Register through Eventbrite for a free ticket by [clicking here](#) or using the QR Code.

Numbers are limited to 20 people per event



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>

The Death Cafes will be hosted by the Brighton Wellness Hub and facilitated by Kylie Whyte, Grief & Bereavement Co-Ordinator, Metro North Palliative Care.

Metro North
Health



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