

# 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 9 February 2026**

Day	Time	In the Hub
Monday 9	8.45am – 9.45am 10.00am – 12.00pm 5:30pm – 6:30pm	<b>*Practice* Bossy Boots</b> – Line Dancing' fun with Norma (*Free this week) <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 10 Safer Internet Day	8.00am – 9.00am 9.15am – 10.30pm 10.30am – 11.30am 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 11	7:30am (30 – 45 min) 10.00am – 11.00am	<b>Brighton Walkers</b> - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE. <b>Scam Awareness Presentation</b> – Learn how to identify, avoid and deal with scams. FREE
Thursday 12	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am 10.00am – 11.00am 7.00pm – 8.30pm	<b>Chair Yoga</b> – all welcome \$5pp <b>Lawn Bowls</b> – Casual lawn bowls ideal for learning and enjoying the lawn – FREE <b>Community Catch up</b> – Come along and join in conversation and games (Bingo today) – FREE. <b>Justice of the Peace Service - Drop in</b> – FREE <b>Alcoholics Anonymous</b> – Open to anyone with a desire to stop drinking - FREE
Friday 13	9.30am – 12.00pm	<b>Bright 'N' Sparks Dementia Choir</b> – Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 14 Valentine's Day ❤️	5.00pm – 6.30pm	<b>Alcoholics Anonymous</b> – Open to anyone with a desire to stop drinking - 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>



# HOW TO SPOT AND AVOID SCAMS.



with guest speaker Bob Walker

## BRIGHTON WELLNESS HUB

### Scam Awareness Information Session



Join Bob Walker from the Office of Fair Trading for an information session about how to identify, avoid and get help with scams.

[Register now](#) for your free ticket



**When: Wednesday 11<sup>th</sup> February**

**Time: 10.00 – 11.00am**



Google Maps

**Where: Brighton Wellness Hub**

(Crn Nineteenth Ave, Brighton 4017)



**For more information, please call 3631 7568**

**Metro North**  
Health



**Queensland**  
Government

Department of Justice  
Office of Fair Trading