

# 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 16 February 2026**

Day	Time	In the Hub
Monday 16	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 17	8.00am – 9.00am 9.15am – 10.30pm 9.30am – 2.00pm 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>Hearing Australia</b> – Hearing Checks – put name on list at Check in Desk + one person tested will get lucky door prize! – 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 18	7:30am (30 – 45 min)	<b>Brighton Walkers</b> - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE.
Thursday 19	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 (Cards, board games etc) – 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 20	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 21	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>





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**FREE!** Tuesday 17th February - 9:30am - book your spot today!

\*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.



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[hearing.com.au](http://hearing.com.au)