

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 23 February 2026**



Day	Time	In the Hub
Monday 23	8.45am – 9.45am 10.00am – 12.00pm 2.00pm – 4.00pm 5:30pm – 6:30pm	<p>*Practice* Bossy Boots – Line Dancing' fun with Norma (*Free this week)</p> <p> Community Catch up – Come along and join in conversation and games Monthly Birthday Celebrations - Come down for some cake. – FREE.</p> <p> Rainbow Room Monthly Social – LGBTIQA+ connection event – Mardi Gras theme. Sausage sizzle included. Drop in or RSVP 3631 7568 – FREE</p> <p>Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.</p>
Tuesday 24	8.00am – 9.00am 9.15am – 10.30pm 10.30am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm	<p>Morning Meditation – all welcome – FREE</p> <p>Needle and Hooks – Knitting and Crochet group – FREE</p> <p>New Parents Group – Educational program for new parents – FREE *Bookings essential*</p> <p>Mah-Jong – Come along to this beginner's class – FREE</p> <p>Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp</p>
Wednesday 25	7:30am (30 – 45 min) 9.00am – 11.00am	<p>Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE.</p> <p>Brain Injury Group: Simulated Work Environments and Task Practice Workshop – For people with Acquired Brain Injury and their carers/friends. Bookings required, call 0479 124 938 - \$37pp</p>
Thursday 26	8.00am – 9.00am NOT RUNNING 10.00am – 11.00am 7.00pm – 8.30pm	<p>Chair Yoga – all welcome \$5pp</p> <p>Lawn Bowls + Community Catch up</p> <p>Justice of the Peace Service - Drop in – FREE</p> <p>Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE</p>
Friday 27	9.30am – 12.00pm	Bright 'N' Sparks Dementia Choir – Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 28	5.00pm – 6.30pm	Alcoholics Anonymous – 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

Website: <https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>