

# 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 March 2026**



Day	Time	In the Hub
Monday 2	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 3	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 4	8.00am (30 – 45 min) 3:00pm – 5.00pm	<b>Brighton Walkers</b> - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE <b>Walking Football</b> - suitable for all levels of ability and fitness – call Robert for more info 0422 344 253 – FREE
Thursday 5	8.00am – 9.00am 9.00am – 11.30am 9.45am – 11.45am 10.00am – 11.30am 10.00am – 11.00am 4.45pm – 5.45pm 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>Card Making with Anne</b> – Make a greeting card – FREE *Bookings essential – call 3631 7568* <b>Community Catch up</b> – Come along and join in conversation and games (Cards, board games etc) – FREE <b>Justice of the Peace Service</b> – drop-in service – FREE <b>Yoga Nidra</b> – Relaxation yoga with ancient origins. Suitable for all. BYO mat and cushion - \$10pp <b>Alcoholics Anonymous</b> – Open to anyone with a desire to stop drinking - FREE
Friday 6	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 7	10.00am – 11.00am 5.00pm – 6.30pm	<b>Cooking demonstration: Cooking for One (or Two)</b> – Cooking class with nutritionist Penny Benjamin – FREE *bookings required* <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>



## BRIGHTON WELLNESS HUB

# Yoga Nidra

Deep relaxation yoga with ancient origins.

Wear comfortable clothing and bring your water bottle.

Please bring a mat and towel/blanket/pillow for positioning.

**When:** Thursdays in March 2026 (5+12+19+26)

**Time:** 4.45pm – 5.45pm

**Cost:** \$10.00 pp

**Where:** [Brighton Wellness Hub](#)

(Cnr Nineteenth Ave and Hornibrook  
Highway, Brighton, 4017)



Google Maps



**All welcome to attend**

For enquiries, SMS Suellen 0439 381 492