

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 March 2026



Day	Time	In the Hub
Monday 9	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 10	8.00am – 9.00am 9.15am – 10.30pm 10.30am – 11.30am 1.00pm – 3.00pm 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 – FREE Gentle Flow Yoga – Suitable for all. BYO floor mat – Michelle covering class while Claire away - \$10pp
Wednesday 11	8.00am (30 – 45 min) 3:00pm – 5.00pm	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE Walking Football - suitable for all levels of ability and fitness – call Robert for more info 0422 344 253 – FREE
Thursday 12	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am 10.00am – 11.00am 4.45pm – 5.45pm 7.00pm – 8.30pm	Chair Yoga – Claire away so prerecorded class on the big screen – FREE Lawn Bowls – Casual lawn bowls ideal for learning and enjoying the lawn – FREE Community Catch up – Come along and join in conversation and games (Bingo today) – FREE. Justice of the Peace Service - Drop in – FREE Yoga Nidra – Relaxation yoga with ancient origins. Suitable for all. BYO mat and cushion - \$10pp Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
Friday 13	9.30am – 12.00pm	Bright 'N' Sparks Dementia Choir – Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 14	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>





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