

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 March 2026



Day	Time	In the Hub
Monday 23	8.45am – 9.45am 10.00am – 12.00pm 5:30pm – 6:30pm	Line Dancin' Denise – Beginner and senior friendly line dancing - \$10pp 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 24	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 - \$10pp
Wednesday 25	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 26	8.00am – 9.00am NOT RUNNING 10.00am – 11.00am 4.45pm – 5.45pm 7.00pm – 8.30pm	Chair Yoga – all welcome \$5pp Lawn Bowls + Community Catch up 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 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>





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