

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 30 March 2026



Day	Time	In the Hub
Monday 30	8.45am – 9.45am	Line Dancin' Denise – Beginner and senior friendly line dancing - \$10pp
	10.00am – 12.00pm	 Community Catch up – Come along and join in conversation and games Monthly Birthday Celebrations - Come down for some cake. – FREE.
	2.00pm – 4.00pm	 Rainbow Room Monthly Social – LGBTIQA+ connection event – Trans Visibility theme. Light refreshments included. Drop in or RSVP 3631 7568 – FREE
	5:30pm – 6:30pm	Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 31	8.00am – 9.00am	Morning Meditation – all welcome – FREE
	9.15am – 10.30pm	Needle and Hooks – Knitting and Crochet group – FREE
	10.30am – 11.30am	New Parents Group – Educational program for new parents – FREE *Bookings essential*
	1.00pm – 3.00pm	Mah-Jong – Come along to this beginner's class – FREE
	4.30pm – 5.30pm	Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp
Wednesday 1	8.00am (30 – 45 min)	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE
	10.00am – 11.00am	April No Falls – Learn how to identify falls risks, prevent falls and stay on your feet, register now for FREE
	3:00pm – 5.00pm	Walking Football - suitable for all levels of ability and fitness – call Robert for more info 0422 344 253 – FREE
Thursday 2	8.00am – 9.00am	Chair Yoga – all welcome \$5pp
	9.00am – 11.30am	Lawn Bowls – Casual lawn bowls ideal for learning and enjoying the lawn – FREE
	9.45am – 11.45am	Card Making with Anne – Make a greeting card – FREE *Bookings essential – call 3631 7568*
	10.00am – 11.30am	Community Catch up – Come along and join in conversation and games (Cards, board games etc) – FREE
	10.00am – 11.00am	Justice of the Peace Service – drop-in service – FREE
	7.00pm – 8.30pm	Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
Friday 3	GOOD FRIDAY  HUB CLOSED	
Saturday 4	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>



April No Falls info session

BRIGHTON WELLNESS HUB

Free information session

Learn how to identify falls risks, prevent falls and stay on your feet.

Brought to you by the QAS Falls Co-Response Team

- When:** Wednesday 1st April 2026
- Time:** 10:00am – 11:00am
- Register :** for a free ticket, click here >
[Eventbrite link to register](#)
or call Rebecka 3631 7568



Google Maps



Where: [Brighton Wellness Hub](#)

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

All welcome to attend



Queensland
Ambulance Service

Metro North
Health



Queensland
Government