

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 6 April 2026**



Day	School Holidays	Time	In the Hub
Monday 6		EASTER MONDAY 	HUB CLOSED
Tuesday 7		8.00am – 9.00am	Morning Meditation – all welcome – FREE
		9.15am – 10.30am	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 8		8.00am (30 – 45 min)	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – 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 9		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 (bingo today) – FREE	
	10.00am – 11.00am	Justice of the Peace Service – drop-in service – FREE	
	4.45pm – 5.45pm	Yoga Nidra – Relaxation yoga with ancient origins. Suitable for all. BYO mat and cushion - \$10pp	
	7.00pm – 8.30pm	Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE	
Friday 10	NOT RUNNING	Bright 'N' Sparks Dementia Choir	
Saturday 11	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>