

# 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 13 April 2026**



Day	Time	In the Hub
Monday 13	8.45am – 9.45am	<b>Line Dancin' Denise</b> – Beginner and senior friendly line dancing - \$10pp
	10.00am – 12.00pm	<b>Community Catch up</b> – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE
	5:30pm – 6:30pm	<b>Brahma Kumaris Meditation</b> – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 14	8.00am – 9.00am	<b>Morning Meditation</b> – all welcome – FREE
	9.15am – 10.30pm	<b>Needle and Hooks</b> – Knitting and Crochet group – FREE
	10.30am – 11.30am	<b>New Parents Group</b> – Educational program for new parents – FREE *Bookings essential*
	1.00pm – 3.00pm	<b>Mah-Jong</b> – Come along to this beginner's class – FREE
	4.30pm – 5.30pm	<b>Gentle Flow Yoga</b> – Suitable for all. BYO floor mat – Michelle covering class while Claire away - \$10pp
Wednesday 15	8.00am (30 – 45 min)	<b>Brighton Walkers</b> - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE
	3:00pm – 5.00pm	<b>Walking Football</b> - suitable for all levels of ability and fitness – call Robert for more info 0422 344 253 – FREE
Thursday 16	8.00am – 9.00am	<b>Chair Yoga</b> – all welcome \$5pp
	9.00am – 11.30am	<b>Lawn Bowls</b> – Casual lawn bowls ideal for learning and enjoying the lawn – FREE
	10.00am – 11.30am	<b>Community Catch up</b> – Come along and join in conversation and games – FREE
	10.00am – 11.00am	<b>Justice of the Peace Service</b> - Drop in – FREE
	4.45pm – 5.45pm	<b>Yoga Nidra</b> – Relaxation yoga with ancient origins. Suitable for all. BYO mat and cushion - \$10pp
	7.00pm – 8.30pm	<b>Alcoholics Anonymous</b> – Open to anyone with a desire to stop drinking - FREE
Friday 17	10.00am – 11.00am	<b>Cooking demonstration – Healthy Snacks that Taste Like Treats.</b> Limited places, book now – FREE
	<b>NOT RUNNING</b>	<b>Bright 'N' Sparks Dementia Choir</b>
Saturday 18	5.00pm – 6.30pm	<b>Alcoholics Anonymous</b> – Open to anyone with a desire to stop drinking - FREE

School Holidays



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>

*Cooking demonstrations*  
with

*Penny Benjamin*



## BRIGHTON WELLNESS HUB

Limited spots available – [register now](#)



DATE	TIME	CLASS
FRIDAY 23 JANUARY	10-11AM	Air Fryers Made Easy
SATURDAY 7 MARCH	10-11AM	Cooking for one (or two)
FRIDAY 17 APRIL	10-11AM	Healthy Snacks that Taste Like Treats
SATURDAY 30 MAY	10-11AM	Winter Warmers

**Where: Brighton Wellness Hub**  
(Crn Nineteenth Ave, Brighton 4017)



Google Maps



**For more information, please call 3631 7568**