

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 27 April 2026



Day	Time	In the Hub
Monday 27	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 – Lesbian Visibility theme. Light refreshments and sausage sizzle 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 28	8.00am – 9.00am	Morning Meditation – all welcome – FREE
	9.15am – 10.30pm	Needle and Hooks – Knitting and Crochet group – FREE
	9.30am – 2.30pm	Hearing Australia – Hearing checks. Bookings preferred but not required - 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 29	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 30	8.00am – 9.00am	Chair Yoga – all welcome \$5pp
	NOT RUNNING	Lawn Bowls + Community Catch up
	10.00am – 11.00am	Justice of the Peace Service - Drop in – 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 1	9.30am – 12.00pm	Bright 'N' Sparks Dementia Choir – Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 2	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>



Rediscover the sounds you love

Book a free* 15-minute hearing check
and take the first step today

Hearing checks available here on:

FREE! Tuesday 28th April- book your spot today!

*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

 134 432  hearing.com.au

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