


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 4 May 2026**



Day	Time	In the Hub
Monday 4	 Labour Day Public Holiday – HUB CLOSED	
Tuesday 5	NOT RUNNING 9.15am – 11.30pm 10.30am – 11.30am 1.00pm – 3.00pm	Morning Meditation 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
Wednesday 6	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 7	8.00am – 9.00am 9.00am – 11.30am 9.45am – 11.45am 10.00am – 11.30am 10.00am – 11.00am 1.00pm – 2.00pm 4.45pm – 5.45pm 7.00pm – 8.30pm	Chair Yoga – all welcome \$5pp Lawn Bowls – Casual lawn bowls ideal for learning and enjoying the lawn – FREE Card Making with Anne – Make a greeting card – FREE *Bookings essential – call 3631 7568* Community Catch up – Come along and join in conversation and games (Cards, board games etc) – FREE Justice of the Peace Service – drop-in service – FREE Death Café – Get comfortable talking about death. Afternoon tea inc. Bookings essential - 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 8	9.30am – 12.00pm 6.00pm – 8.00pm	Bright 'N' Sparks Dementia Choir – Community choir for those living with cognitive decline and their carers and friends – FREE Unlock Your Creative Workshop (Week 1) – Bookings essential, call Helen 0493 110 220 – \$320 for 8 week course
Saturday 9	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>

Unlock Your Right Brain

Many people are predominantly **left-brain** focused.

It's simply the way our society functions and how most of us are educated.

The left side of the brain is analytical, logical, and verbal and it's also where stress is often held.

The right side of the brain however, is creative, intuitive, and visual. It is the quieter, more peaceful side of our thinking.

Alison



Kareen



Lesson 1

Lesson 5

By learning how to use the right brain in balance with the left, through learning how to draw, you gain a practical tool to help calm the nervous system, reduce stress, improve sleep, and build confidence.

8-WEEK COURSE

Commencing Friday 8th May

6-8pm

Brighton Wellness Hub

Cnr Nineteenth Ave And Hornibrook Hwy

**No
Talent
Required**

Your Creative Coach

Helen Joy

with 2 decades of
teaching people to draw
Portrait by a student in 2020



To book - Log onto:

www.rightbraingenius.com/pages/workshop