

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 18 May 2026



Day	Time	In the Hub
Monday 18	8.45am – 9.45am 10.00am – 12.00pm 5:30pm – 6:30pm	Line Dancin' Denise – Beginner and senior friendly line dancing - \$10pp Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE
Tuesday 19	8.00am – 9.00am 9.15am – 11.30pm 10.30am – 11.30am 1.00pm – 3.00pm	Morning Meditation – all welcome – FREE 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 20	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 21	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am 10.00am – 11.00am 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 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 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 22	9.30am – 12.00pm 4.00pm – 6.00pm	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 – \$250 for 5 week course
Saturday 23	9.30am – 12.00pm 5.00pm – 6.30pm	Cool, Calm & Collected. Creative meditation workshop – No experience needed. Contact Verna to book 0433 891 612 – FREE 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>



COOL, CALM, COLLECTED

CREATIVE MEDITATION WORKSHOP

FREE IN
BRIGHTON

SAT 23rd MAY,
9.30am–12.00noon
(to include refreshments)

World events and daily life
can affect our happiness

Chill out and **CREATIVELY** calm the
mind in this fun, spiritually
engaging, peaceful morning, to
empower and bring a cool, fresh
perspective to life and living!

SCAN ME



ALL WELCOME

Meditation experience unnecessary
Wheelchair Access

Brighton Wellness Hub
Nineteenth Avenue, 4017

Bookings recommended
Text/Phone 0433 891 612 (Verna)