

# 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 25 May 2026**



Day	Time	In the Hub
Monday 25	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 Monthly Birthday Celebrations - Come down for some cake. – FREE
	2.00pm – 4.00pm	<b>Rainbow Room Monthly Social</b> – LGBTIQA+ connection event – Relationships Australia joining us to share about their relationships support services for the LGBTIQA+ community. Light refreshments included. Drop in or RSVP 3631 7568 – 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 26	8.00am – 9.00am	<b>Morning Meditation</b> – all welcome – FREE
	9.15am – 11.30pm	<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
Wednesday 27	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 28	8.00am – 9.00am	<b>Chair Yoga</b> – all welcome \$5pp
	<b>NOT RUNNING</b>	<b>Lawn Bowls</b> – Casual lawn bowls ideal for learning and enjoying the lawn – FREE
	<b>NOT RUNNING</b>	<b>Community Catch up</b> – Come along and join in conversation and games (Cards, board games etc) – FREE
	10.00am – 11.00am	<b>Justice of the Peace Service</b> – drop-in service – 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 29	9.30am – 12.00pm	<b>Bright 'N' Sparks Dementia Choir</b> – Community choir for those living with cognitive decline and their carers and friends – FREE
	4.00pm – 6.00pm	<b>Unlock Your Creative Workshop (Week 2)</b> – Bookings essential, call Helen 0493 110 220 – \$250 for 5 week course
Saturday 30	10.00am – 11.00pm	<b>Cooking demonstration – Winter Warmers.</b> Limited places, book now – FREE
	5.00pm – 6.30pm	<b>Alcoholics Anonymous</b> – 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](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)

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