

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 29 June 2026**



Day	Time	In the Hub
Monday 29	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 – LGBTIQ+ connection event – 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 30	8.00am – 9.00am	Morning Meditation – all welcome – FREE
	9.15am – 11.30pm	Needle and Hooks – Knitting and Crochet group – FREE
	NOT RUNNING	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
Wednesday 1	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 2	8.00am – 9.00am	Chair Yoga – all welcome \$5pp
	9.00am – 11.30am	Lawn Bowls – Casual lawn bowls ideal for learning and enjoying the lawn – FREE
	9.45am – 11.45am	Card Making with Anne – Make a greeting card – FREE *Bookings essential – call 3631 7568*
	10.00am – 11.30am	Community Catch up – Come along and join in conversation and games (Cards, board games etc) – FREE
	10.00am – 11.00am	Justice of the Peace Service – drop-in service – 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 3	NOT RUNNING	Bright 'N' Sparks Dementia Choir
Saturday 4	5.00pm – 6.30pm	Alcoholics Anonymous – 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

Website: <https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>

