

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 6 July 2026**



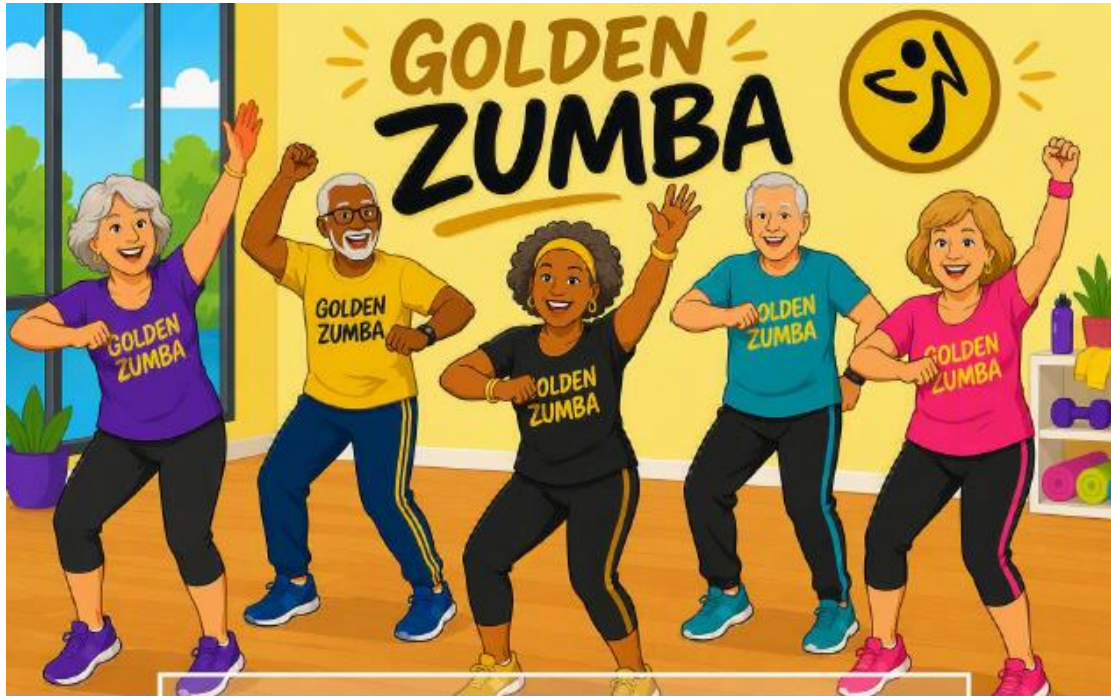
Day	Time	In the Hub
Monday 6	8.45am – 9.45am 10.00am – 12.00pm	Line Dancin' Denise – Beginner and senior friendly line dancing - \$10pp Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE
Tuesday 7	8.00am – 9.00am 9.15am – 11.30pm 1.00pm – 3.00pm 6.30pm – 7.30pm	Golden Zumba – Beginner friendly rhythmic workout – \$10pp Needle and Hooks – Knitting and Crochet group – FREE Mah-Jong – Come along to this beginner's class – FREE Women's Narcotics Anonymous – Open to any women with a desire to stop using (children welcome) – FREE
Wednesday 8	8.00am (30 – 45 min) 9.30am – 11.30am 3:00pm – 5.00pm 6:00pm – 7:00pm	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE Community Cultural Yarns – Aboriginal and Torres Strait Islander cultural sharing. Welcome to all who are kind and curious - FREE Walking Football - suitable for all levels of ability and fitness – call Robert for more info 0422 344 253 – FREE Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE
Thursday 9	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 – Prerecorded session with Suellen is away. Suitable for all. BYO mat and cushion – FREE this week Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
Friday 10	8.00am – 8.30am NOT RUNNING	Chair Zumba – Low-impact rhythmic workout perfect for those with balance issues or limited mobility - \$5pp Bright 'Bright 'N' Sparks Dementia Choir
Saturday 11	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>



BRIGHTON WELLNESS HUB

Zumba moves modified to a lower intensity. This rhythmic workout is perfect for improving balance, range of motion and coordination. Beginner friendly. Wear comfortable clothing and bring your water bottle.

When: **Tuesdays**
Time: **8:00am – 9:00am**
Cost: **\$10 per person, per session**

Where: **Brighton Wellness Hub**
(Crn Nineteenth Ave, Brighton 4017)



All welcome to attend!

For enquiries, call Oksana on 0434 705 578



BRIGHTON WELLNESS HUB

CHAIR ZUMBA

Low-impact rhythmic workout perfect for those with balance concerns or limited mobility. Wear comfortable clothing and bring your water bottle.

When: **Fridays**
Time: **8:00am – 8:30am**
Cost: **\$5 per person, per session**

Where: **Brighton Wellness Hub**
(Crn Nineteenth Ave, Brighton 4017)



All welcome to attend!

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