

# 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 13 July 2026**



Day	Time	In the Hub
Monday 13	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 (Table Tennis, cards, board games etc) – FREE
Tuesday 14	8.00am – 9.00am	<b>Golden Zumba</b> – Beginner friendly rhythmic workout – \$10pp
	9.15am – 11.30pm	<b>Needle and Hooks</b> – Knitting and Crochet group – FREE
	1.00pm – 3.00pm	<b>Mah-Jong</b> – Come along to this beginner's class – FREE
	6.30pm – 7.30pm	<b>Women's Narcotics Anonymous</b> – Open to any women with a desire to stop using (children welcome) – FREE
Wednesday 15	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
	6:00pm – 7:00pm	<b>Brahma Kumaris Meditation</b> – Pop in for peace, come for as long or as little as you like – FREE
Thursday 16	8.00am – 9.00am	<b>Chair Yoga</b> – all welcome. Prerecorded practice while Claire away *FREE
	9.00am – 11.30am	<b>Lawn Bowls</b> – Casual lawn bowls ideal for learning and enjoying the lawn – FREE
	10.00am – 11.30am	<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 17	8.00am – 8.30am	<b>Chair Zumba</b> – Low-impact rhythmic workout perfect for those with balance issues or limited mobility - \$5pp
	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
Saturday 18	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>