

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 20 July 2026



Day	Time	In the Hub
Monday 20	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 (Table Tennis, cards, board games etc) – FREE
Tuesday 21	8.00am – 9.00am	Golden Zumba – Beginner friendly rhythmic workout – \$10pp
	9.15am – 11.30pm	Needle and Hooks – Knitting and Crochet group – FREE
	1.00pm – 3.00pm	Mah-Jong – Come along to this beginner's class – FREE
	6.30pm – 7.30pm	Women's Narcotics Anonymous – Open to any women with a desire to stop using (children welcome) – FREE
Wednesday 22	8.00am (30 – 45 min)	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE
	10.00am – 11.00am	Healthy Ageing info session with LiveUp – Everything you need for healthy ageing - FREE
	3:00pm – 5.00pm	Walking Football - suitable for all levels of ability and fitness – call Robert for more info 0422 344 253 – FREE
	6:00pm – 7:00pm	Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE
Thursday 23	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
	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 24	8.00am – 8.30am	Chair Zumba – Low-impact rhythmic workout perfect for those with balance issues or limited mobility - \$5pp
	9.30am – 12.00pm	Bright 'N' Sparks Dementia Choir - Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 25	5.00pm – 6.30pm	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>



liveup

Healthy ageing information session



BRIGHTON WELLNESS HUB

FREE

LiveUp is a free, government funded digital initiative that helps older Australians stay independent at home by providing healthy ageing resources. Learn more about their:

- Evidence-based library of healthy ageing information
- Guidance on low-cost assistive products
- LiveUp Navigators who provide phone support 1800 951 971 and more!



Register here:

When:

Wednesday 22nd July
10:00 am – 11:00 am + questions

Where:

Brighton Wellness Hub
(Crn Nineteenth Ave, Brighton 4017)



Google Maps



For more information or to book, please call 3631 7568



LiveUp is funded by the Australian Government
Department of Health, Disability and Ageing

**Metro North
Health**



**Queensland
Government**