


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 27 July 2026



Day	Time	In the Hub
Monday 27	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 – LGBTIQA+ connection event – Visit by QC (Qld Council for LGBTIQA+ Health). Drop in or RSVP 3631 7568 – FREE
Tuesday 28	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 29	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 30	8.00am – 9.00am	Chair Yoga – all welcome \$5pp
	NOT RUNNING	Community Catch up + Lawn Bowls
	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 31	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 1	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>