

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 3 August 2026



Day	Time	In the Hub
Monday 3	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 4	8.00am – 9.00am 9.15am – 11.30pm 1.00pm – 3.00pm	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
Wednesday 5	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 Death Café – Get comfortable talking about death. Afternoon tea inc. Bookings essential - 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 6	8.00am – 9.00am 9.00am – 11.30am 9.45am – 11.45am 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 Card Making with Anne – Make a greeting card – FREE *Bookings essential – call 3631 7568* 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 – Relaxation yoga with ancient origins. Suitable for all. BYO mat and cushion - <u>SPECIAL AUGUST PRICE</u> \$5pp Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
Friday 7	8.00am – 8.30am 9.30am – 12.00pm	Chair Zumba – Low-impact rhythmic workout perfect for those with balance issues or limited mobility - \$5pp Bright 'N' Sparks Dementia Choir - Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 8	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>



BRIGHTON WELLNESS HUB

Yoga Nidra

Deep relaxation yoga with ancient origins.

Wear comfortable clothing and bring your water bottle.

Please bring a mat and towel/blanket/pillow for positioning.

Profits are donated to charity to support those living on the streets.

When: Thursdays
Time: 4.45pm – 5.45pm
Cost: \$10.00 pp

Where: [Brighton Wellness Hub](#)

(Cnr Nineteenth Ave and Hornibrook
Highway, Brighton, 4017)



Google Maps



All welcome to attend

For enquiries, SMS Suellen 0439 381 492