

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 10 August 2026



Day	Time	In the Hub
Monday 10	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 11	NOT RUNNING 9.15am – 11.30pm 1.00pm – 3.00pm	Golden Zumba Needle and Hooks – Knitting and Crochet group – FREE Mah-Jong – Come along to this beginner's class – FREE
Wednesday 12	8.00am (30 – 45 min) HUB CLOSED – EKKA PUBLIC HOLIDAY 🎡	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE
Thursday 13	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 – Relaxation yoga with ancient origins. Suitable for all. BYO mat and cushion - SPECIAL AUGUST PRICE \$5pp Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
Friday 14	NOT RUNNING 9.30am – 12.00pm	Chair Zumba Bright 'N' Sparks Dementia Choir - Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 15	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>