

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 24 August 2026



Day	Time	In the Hub
Monday 24	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 25	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 26	8.00am (30 – 45 min) 3:00pm – 5.00pm 6:00pm – 7:00pm	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – 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 27	8.00am – 9.00am NOT RUNNING NOT RUNNING 10.00am – 11.00am 4.45pm – 5.45pm 7.00pm – 8.30pm	Chair Yoga – all welcome \$5pp Lawn Bowls Community Catch up 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 28	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 30	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>