

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 31 August 2026**



Day	Time	In the Hub
Monday 31	8.45am – 9.45am 10.00am – 12.00pm 2.00pm – 4.00pm	Line Dancin' Denise – Beginner and senior friendly line dancing - \$10pp Community Catch up – Come along and join in conversation and games Monthly Birthday Celebrations - Come down for some cake. – FREE Rainbow Room Monthly Social – LGBTIQA+ connection event – Free sausage sizzle included. Drop in or RSVP 3631 7568 – FREE
Tuesday 1	8.00am – 9.00am 9.15am – 11.30pm 1.00pm – 3.00pm 4.30pm – 5.30pm	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 Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp
Wednesday 2	8.00am (30 – 45 min) 9.00am – 12.00pm 3:00pm – 5.00pm 6:00pm – 7:00pm	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE Grief skills workshop – Learn how to support someone grieving – Limited places, please register 3049 5733 – 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 3	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 - \$10pp Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
Friday 4	9.30am – 12.00pm	Bright 'N' Sparks Dementia Choir - Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 5	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>

Supporting others in their grief

FREE WORKSHOP

Are you supporting someone who is grieving the death of someone important to them?

Not sure how you can help them?

Looking for tips on what to say and what to do?



If you answered yes, this workshop is for you.
We will answer these questions and more.



When: 2/9/2026

Time: 0900-1200

Where: Brighton Wellness Hub
(Cnr Nineteenth Ave, Brighton 4017)

Scan QR code to register or click [here](#)

Places are limited to 32 people so get in quick!

The workshop will be facilitated by Kylie Whyte, Grief and Bereavement Co-Ordinator. We will also be joined by someone who is grieving. They will share what support has helped them.

For more information call 3049 5733.