

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 28 September 2026



Day	Time	In the Hub
Monday 28	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 – ADIS service visiting. Drop in or RSVP 3631 7568 – FREE
Tuesday 29	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 30	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 Hub Evaluation Launch – The results are in from the Hub Evaluation surveys – 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 1	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 2	9.00am – 10.30am NOT RUNNING	NDIS education with Carers QLD: <i>Changing an NDIS plan when circumstances change</i> . All welcome. RSVP or just turn up – FREE Bright 'N' Sparks Dementia Choir
Saturday 3	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>



Hub Evaluation Launch

BRIGHTON WELLNESS HUB

How is the Brighton Wellness Hub doing?

We've heard from you, now find out the results.

With lead researcher, Dr John Rosenberg, from the
University of Sunshine Coast.

When: Wednesday 30th September 2026
Time: 9:30am – 10:30am

Where: [Brighton Wellness Hub](#)
(Cnr Nineteenth Ave and Hornibrook
Highway, Brighton, 4017)



Google Maps



All welcome to attend



**Metro North
Health**



**Queensland
Government**