

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 12 October 2026**

MENTAL HEALTH MONTH

TOGETHER WE THRIVE!

October 2026



Day	Time	In the Hub
Monday 12	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 13	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 14	7.30am (30 – 45 min) 9.30am – 11.30am 3:00pm – 5.00pm	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE Community Cultural Yarns – Aboriginal & Torres Strait Islander cultural sharing. Welcome to all who are kind & curious – FREE Walking Football - suitable for all levels of ability and fitness – call Robert for more info 0422 344 253 – FREE
Thursday 15 *IUIH visit* >	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am 10.00am – 11.00am 3.45pm – 4.30pm 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 - \$donation Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
Friday 16	9.30am – 12.00pm	Bright 'N' Sparks Dementia Choir - Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 17	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>



Come along for a yarn with the
Aboriginal & Torres Strait Islander Health Team.
ALL WELCOME

Connect – Share – Learn

When: 2nd Wednesday of the month
Time: 9:30am – 11.30am

[Register here:](#)



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



Google Maps



For more information or to book, please call 3631 7568



Metro North
Health



Queensland
Government