# 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 2 November 2026**







| Day | Time | In the Hub |
|---|---|---|
| Monday 2 | 8.45am – 9.45am | **Line Dancin' Denise –** Beginner and senior friendly line dancing - $10pp |
| | 10.00am – 12.00pm | **Community Catch up –** Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE |
| Tuesday 3<br>Melbourne Cup<br>Wear a fancy hat and frock | 8.00am – 9.00am | **Golden Zumba –** Beginner friendly rhythmic workout – $10pp |
| | 9.15am – 11.30pm | **Needle and Hooks –** Knitting and Crochet group – FREE |
| | 1.00pm – 3.00pm | **Mah-Jong –** Come along to this beginner's class – FREE |
| Wednesday 4 | 7.30am (30 – 45 min) | **Brighton Walkers -** Heart Foundation walking group meet at the Brighton Health Campus Café – FREE |
| | 9:30am – 11:30am | **Death Café** – Chat about death and dying over cake and a cuppa. Limited places, bookings required – FREE |
| | 3:00pm – 5.00pm | **Walking Football -** suitable for all levels of ability and fitness – call Robert for more info 0422 344 253 – FREE |
| Thursday 5 | 8.00am – 9.00am | **Chair Yoga** – all welcome $5pp |
| | 9.00am – 11.30am | **Lawn Bowls** – Casual lawn bowls ideal for learning and enjoying the lawn – FREE |
| | 9.45am – 11.45am | **Card Making with Anne** – Make a greeting card – FREE *Bookings essential – call 3631 7568* |
| | 10.00am – 11.30am | **Community Catch up** – Come along and join in conversation and games (Cards, board games etc) – FREE |
| | 10.00am – 11.00am | **Justice of the Peace Service** – drop-in service – FREE |
| | 7.00pm – 8.30pm | **Alcoholics Anonymous** – Open to anyone with a desire to stop drinking - FREE |
| Friday 6 | 9.30am – 12.00pm | **Bright 'N' Sparks Dementia Choir** - Community choir for those living with cognitive decline and their carers and friends – FREE |
| Saturday 7 | 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**

# Death Cafe

## Let's get comfortable talking about death

**Come join us at the Brighton Wellness Hub for a Death Café where we will drink tea, eat cake, and discuss death. Over coffee and cake, we hope to increase awareness of death and to help people make the most of their (finite) lives.**



**Register for one of the 2026 dates below:**

| | | | |
|---|---|---|---|
| 5th February<br>1.00-3.00pm | 7th May<br>1.00-3.00pm | 5th August<br>9.30-11.30am | 4th November<br>9.30-11.30am |

**Where: Brighton Wellness Hub**

(Cnr Nineteenth Ave, Brighton 4017)

**Register through Eventbrite for a free ticket by clicking here or using the QR Code.**

*Numbers are limited to 20 people per event*

The Death Cafes will be hosted by the Brighton Wellness Hub and facilitated by Kylie Whyte, Grief & Bereavement Co-Ordinator, Metro North Palliative Care.

Metro North Health | Queensland Government