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 7 December 2026





Day	Time	In the Hub
Monday 9	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 10	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 11	7.30am (30 – 45 min)	**Brighton Walkers -** Heart Foundation walking group meet at the Brighton Health Campus Café – FREE
	9:30am – 11:30am	**Community Cultural Yarns** – Aboriginal & Torres Strait Islander cultural sharing. Welcome to all who are kind & curious – 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 12	8.00am – 9.00am	**Chair Yoga** – all welcome $5pp
	9.00am – 12.00pm	**Community Christmas Party** – all welcome – bring a plate to share in the merriment - FREE
	9.00am – 11.30am	**Lawn Bowls** – Casual lawn bowls ideal for learning and enjoying the lawn – FREE
	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 13	9.30am – 12.00pm	**Bright 'N' Sparks Dementia Choir** - Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 12	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

EVERYONE IS INVITED TO
THE BRIGHTON WELLNESS HUB'S 2026

COMMUNITY *Christmas* PARTY

THURSDAY **10** DECEMBER

9AM - 12NOON

BRING A PLATE TO SHARE

IT'S LIKE COMMUNITY CATCH UP, BUT WITH MORE FOOD AND FESTIVITIES!

LET'S CELEBRATE!