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 16 November 2026





Day	Time	In the Hub
Monday 16	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
	1.00pm – 3.00pm	**Carer Support Group** – friendly group for conversation and a cuppa amongst carers - FREE
Tuesday 17	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 18	7.30am (30 – 45 min)	**Brighton Walkers -** Heart Foundation walking group meet at the Brighton Health Campus Café – FREE
	9:30am – 11:30am	**My Health For Life info session** – Learn how to make and stick to your health goals with this free coaching service – 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 19	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
	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 20	9.30am – 12.00pm	**Bright 'N' Sparks Dementia Choir** - Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 21	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

my health for life
info session



BRIGHTON WELLNESS HUB

FREE

Come learn about this free initiative helping people understand their health better to protect against chronic conditions. Program includes 6 free, personalised health coaching sessions to reach your health goals. Turn healthier choices into habits that last with qualified health professionals

When: Wednesday 18th November 2026
Time: 9:30am – 11.00am info session

Register here:

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



Google Maps

For more information or to book, please call 3631 7568

health + wellbeing Queensland

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