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 23 November 2026





Day	Time	In the Hub
Monday 23	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 24	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 25	7.30am (30 – 45 min)	**Brighton Walkers -** Heart Foundation walking group meet at the Brighton Health Campus Café – FREE
	9.00am – 10.30am	**NDIS education with Carers QLD:** ***Amplify your voice for upcoming International Day of People with Disability.*** All welcome. RSVP or just turn up – FREE
	3:00pm – 5.00pm	**Final Walking Football -** suitable for all levels of ability and fitness – call Robert for more info 0422 344 253 – FREE
Thursday 26	8.00am – 9.00am	**Chair Yoga** – all welcome $5pp
	NOT RUNNING	**Lawn Bowls**
	NOT RUNNING	**Community Catch up**
	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 27	9.30am – 12.00pm	**Bright 'N' Sparks Dementia Choir** - Community choir for those living with cognitive decline and their carers and friends – FREE
Saturday 28	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

ndis CarersQLD

Delivering the NDIS in your community

BRIGHTON WELLNESS HUB

FREE information sessions for those already on the NDIS, their carers and family, or those wanting to learn more about the Scheme.
Call Rebecka on 3631 7568 to find out more.

Date	Topic
Friday July 3	How the NDIS works & Connections to Community
Wednesday August 19	Am I eligible & how do I apply?
Wednesday September 16	Using my NDIS Plan for an improved quality of life. Independence, employment, community participation – explore your goals.
Friday October 2	Changing your NDIS Plan. Circumstances changed? Come and chat today.
Wednesday November 25	NDIS has improved my life – Amplify your voice for upcoming International Day of People with Disability

Time: 9am – 10:30am

Google Maps

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



Please turn page over >

CarersQLD

Metro North Health

Queensland Government