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 30 November 2026





Day	Time	In the Hub
Monday 30	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 Monthly Birthday Celebrations - Come down for some cake. – FREE
	2:00pm – 4:00pm	**Rainbow Room Monthly Social –** LGBTIQA+ connection event – With visit from Diverse Voices. Drop in or RSVP – FREE
Tuesday 1	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 2	7:30am (30 – 45 min)	**Brighton Walkers -** Heart Foundation walking group meet at the Brighton Health Campus Café – 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 3	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 4	NOT RUNNING	**Bright 'N' Sparks Dementia Choir**
Saturday 5	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!