

Wellbeing Activities - Timetable

Monday

 **Outdoors**

10:30am - 11:30am

Walk & Talk

Sheldon Country Park

 **Telephone group**

14:00 - 15:00pm
Gardening chat

Tuesday

 **Indoor Activity**

11am - 12pm

Pilates

Oscott Community
Centre

 **Outdoors**

14:00 - 15:00pm
Walk & Talk
Lightwoods Park

Wednesday

 **Indoor Activity**

11am - 12pm

Sit, Move & Be Fit

Kenrick Centre,
Harborne

 **Telephone group**

14:00 - 16:00pm
**Bereavement
support**

Thursday

 **Indoor Activity**

11am - 12:30pm

Friendship group

Erdington Library

 **Indoor Activity**

11am - 12:30pm
**Sit, Move & Be Fit
(Adapted)**
Ann Marie Howes Centre

 **Outdoors**

11am - 12pm
**Walk & Talk
(Adapted)**
Kings Heath Park

 **Telephone group**

14:00 - 15:00pm
Quiz

Friday

 **Indoor Activity**

11am - 12pm

Walking Netball

Old Oscott Community
Centre

 **Indoor Activity**

11am - 12:30pm
Friendship group
Kings Heath Library

 **Indoor Activity**

11am - 13:00pm
Friendship group
Bartley Green Library

Sunday

 **Telephone group**

11:30am - 12:30pm

Sunday Chat



To book for any of our activities contact
0121 437 0033
email for information:
wellbeing@ageukbirmingham.org.uk