

Wellbeing Activities - Timetable

Monday



10:30am - 11:30am Walk & Talk

Sheldon Country Park

📞 Telephone group _i

14:00 - 15:00pm Gardening chat

Tuesday



11am - 12pm

Pilates

Oscott Community
Centre



Outdoors

14:00 - 15:00pm

Walk & Talk

Lightwoods Park

Wednesday



11am - 12pm

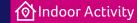
Sit, Move & Be Fit

Kenrick Centre, Harborne



14:00 - 16:00pm Bereavement support

Thursday



11am - 12:30pm

Friendship group

Erdington Library



11am - 12:30pm

Sit, Move & Be Fit (Adapted)

Ann Marie Howes Centre



Outdoors

11am - 12pm

Walk & Talk (Adapted)

Kings Heath Park



14:00 - 15:00pm

Quiz

Friday



11am - 12pm

Walking Netball

Old Oscott Community
Centre



11am - 12:30pm

Friendship group

Kings Heath Library

1ndoor Activity

11am - 13:00pm

Friendship group

Bartley Green Library

Sunday



11:30am - 12:30pm Sunday Chat



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