

# Wellbeing Activities - Timetable

## Monday

 Indoor Activity

**11am - 12pm**

**Coffee Mates**

Cradley Heath library  
(On the third Monday of  
each month)

**11am - 12pm**

**Men's Apna  
Wellness**

Smethwick Library  
(Available to Punjabi Sihks)

**12pm - 1pm**

**Women's Apna  
Wellness**

Smethwick Library  
(Available to Punjabi Sihks)

**2:30pm - 3:30pm**

**Sound bathing**

Thimblemill Library

## Tuesday


 Indoor Activity

**11am - 12pm**

**Coffee Mates**

Smethwick Library

## Wednesday

 Indoor Activity

**10:45am - 12pm**

**Bingo**

Sandwell Mecca Bingo  
£3 per session  
including two games  
and a hot drink

## Thursday

 Indoor Activity

**10am - 12pm**

**Bowls**

Lion Farm Estate,  
Oldbury

 Indoor Activity

**10.15am - 12:30pm**

**Bowls**

Hope Church, Oldbury

 Indoor Activity

**10am - 11:30am**

**Women's Walking**

**Cricket**

Thimblemill REC,  
Smethwick

 Outdoors

**11am - 12pm**

**Walk & Talk**

West Smethwick Park

## Sunday

 Indoor Activity

**11am**

**Sandwell**

**Veterans**

**Breakfast Club**

Waggon & Horses,  
Oldbury

(On the first Sunday of  
each month)

## Coming soon...

 Indoor Activity

**11am - 12pm**

**Gym Session**

Holly Lodge High School,  
Holly Lane, Smethwick

To book for any of our activities  
contact

0121 437 0033

email for information:

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