

Wellbeing Activities - Timetable

Monday

 Indoor Activity

11am - 12pm

Coffee Mates

Cradley Heath library

(On the third Monday of
each month)

 Indoor Activity

11am - 12pm

Men's Apna

Wellness

Smethwick Library

(Available to Punjabi Sihks)

 Indoor Activity

12pm - 1pm

Women's Apna

Wellness

Smethwick Library

(Available to Punjabi Sihks)

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


 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:

wellbeing@ageuksandwell.org.uk

