




# Wellbeing Activities - Timetable

Our activities are free of charge, except where indicated.

## Monday

 **Outdoors**

**10:30am - 11:30am**  
Sheldon Country Park  
Winter Walk


 **Teleconference**

**10:30 - 11:30am**  
Sports Chat  
(Every other week)


 **Teleconference**

**2pm - 4pm**  
Weekly Chat

## Tuesday

 **Outdoors**

**2:30pm - 3:30am**  
Lightwoods Park  
(Bearwood)  
Walking Group


 **Outdoors**

**2pm - 3pm**  
Sutton Park  
Winter Walk

 **Teleconference**

**5:30pm - 6:30pm**  
Book Club

## Wednesday

 **Outdoors**

**10:30am - 12:15noon**  
Walking Football  
Hall Green (£2)


 **Teleconference**

**1:30 - 2:30pm**  
Sing-A-Long

## Thursday

 **Indoor Activity**

**11am - 12:30pm**  
Erdington Library  
Friendship Club

 **Outdoors**

**11am - 12noon**  
Kings Heath Park  
Walking Group

 **Teleconference**

**2pm - 3pm**  
Quiz

 **Teleconference**

**4pm - 5pm**  
Gardening Club

## Friday

 **Indoor Activity**

**11am - 12:30pm**  
Kings Heath Library  
Friendship Club

 **Indoor Activity**

**11am - 1pm**  
Bartley Green Library  
Friendship Club

## Sunday

 **Teleconference**

**3pm - 4pm**  
Sunday Chat

**COMING SOON**  
Pilates, Walking  
Rugby and more!

To book for any of our activities contact Davinder on 0121 437 0033 ext 1403, or Siobhán on 0121 437 0033 ext 1401 - You can also email for information:  
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