

Exercise Activity for Life Activity Sheets by Postcode B62



Please contact the organisation / venue for further information

Organisation: Age Concern Halesowen

Address: Green Lane Centre, Green Lane, B62 9LN

Telephone: 0121 561 5341 Contact: Centre Manager

Email: ac_h@hotmail.co.uk

Website: http://www.ageconcernsh.co.uk/

Activity Day Time

Luncheon Club for Over 60's Daily 10.00am- 2.00pm

Organisation: Carters Lane Baptist Church

Address: Carters Lane Centre, Quinton, Halesowen, B62 0BX

Telephone: 0121 550 4678

Website: http://www.carterslanebc.org.uk

Activity	Day	Time
Lunch Club	Monday (Monthly)	12.30pm
Singing Group	Monday (Monthly)	7.30pm
Exercise Group 50+	Tuesday	1.45pm-2.45pm
Line Dancing	Wednesday	12.30pm-1.30pm
50+ Club Fortnightly, a friendly social gro	Thursday up.	2.00pm-3.00pm

Organisation: Hurst Green Methodist Church

Address: Narrow Lane, Halesowen B62 9PE

Telephone: 0121 422 1987 Contact: Colin Shaw

Activity Day Time

Extend Exercise Class Tuesday 9.30am - 10.30am

Refreshments available Tutor: Melissa Rose







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Organisation: Blackheath Live at Home

Address: Hurst Green Methodist Church, Narrow Lane, Halesowen B62 9PE

Telephone: 0121 561 7941 Contact: Peter King

Email: blackheath.liveathome@mha.org.uk

Website: www.mha.org.uk

Activity	Day	Time
Music and Movement for over 60's Refreshments available	Thursday	10.30am - 11.30am
Lunch Club for over 60's Food & Friendship Approximate cost: £5.25	Thursday	11.30am - 1.30pm

Organisation: Leasowes Community College

Address: Kent Road, Halesowen, B62 8PJ

Telephone: 01384 816496 Contact: Kath Adams

Email: kathy.adams@dudley.gov.uk

Website: http://www.leasowes.dudley.sch.uk/beyond/adult-education.asp

http://www/dudley.gov.uk/adultlearning

Activity	Day	Time
Photography	Tuesday	7.00pm-9.00pm
Pottery	Tuesday	7.00pm-9.00pm
Water Colour Painting All levels	Wednesday	7.00pm-9.00pm
Water Colour Painting	Friday	2.30pm-4.30pm



