

DY3

Please contact the organisation / venue for further information

Organisation: Lower Gornal Youth Centre

Address: Temple Street, Gornal DY3 2PE

Telephone: 01384 277287

Contact:

Janet Dale

Activity	Day	Time
Gentle exercise - Movement to Music	Tuesday & Thursday	10.00am - 12.00pm

Organisation: Sedgley Community Centre

Address: Ladies Walk, Sedgley DY3 3UA

Telephone: 01902 678490

Activity	Day	Time
Active Seniors Strength & Balance Exercise Ring 07512 546480 or email activeseniorsclass@gmail.com Contact Angela Amphlett or Kim Sproston	Tuesday	9.45am - 10.45am (for more active person) 11.00am - 12.00pm (for beginners)
Fifty Plus Group Activities include Bingo, Games, Quizzes, Dancing & Speakers Cost: £1.00 per session Contact: Mr. S. Dodd Telephone: 01902 671472	Monday	2.00pm - 4.00pm
Line Dancing Classes Established class. Not suitable for beginners. Perfect for anyone who knows their Monteray turns from their Coaster steps. Very sociable class with a lover of chocolate. Good sense of humour essential! Contact: Anne-Marie - 07830 448243 Email: anne-marierobinson@hotmail.com	Thursday	8.30pm - 10.00pm

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Organisation: **All Saint's Church Hall**

Address: **Vicar Street, Sedgley DY3 3SD**

Telephone: **01902 540289**

Contact: **Gayle Griffiths (10.00am - 12.00pm)**

Email: **admin@allsaintssedgley.co.uk**

Activity	Day	Time
Art	Monday	10.00am - 12.00pm
Gentle Exercise Class Tutor: Tracie Woodall	Wednesday	11.30am - 12.30pm
Tap Dancing (Mixed ability)	Monday	8.00pm - 9.00pm
Zumba	Tuesday Wednesday	6.00pm - 8.00pm 6.00pm - 8.00pm
Yoga	Thursday	7.30pm - 8.30pm
Hatha Yoga Suitable for all ability levels Tutor -Kay Morris	Friday	1.30pm - 2.30pm
Tai Chi	Friday Saturday (1st of month)	7.00pm - 10.00pm
Townswomen Guild Find out how to lose weight, sidestep illness, look and feel younger whilst having fun too!	Thursday (1st of month)	9.30am - 12.30pm

Tutor: Mike Horton - 07826 122887

hortonmf@supanet.com

www.westmidlandsnordicwalking.co.uk

Singing by Heart

Mondays

1.15pm refreshments

A dementia friendly singing
group

2.00pm singing

Margaret Hollis 07586 571814

margaret.hollis@salvationarmy.org.uk

DY3

Please contact the organisation / venue for further information

Organisation: **The Dormston Sports & Arts Centre**

Address: **Mill Bank, Sedgley DY3 1SN**

Telephone: **01384 816388**

Contact: **Helen Richards**

Email: aeadmin@dormston.dudley.sch.uk

Website: www.dormstonschool.co.uk

Activity	Day	Time
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Art - Watercolours for Beginners

Art for All

Art Masterclass - Acrylics

Art Masterclass - Masterclass

Portrait Painting

Cake Decorating & Sugarcraft (Beginners & Improvers)

Cake Decorating - Cup cakes workshop

Fashion Sewing (Beginners & Improvers)

Flower Arranging (Beginners & Improvers)

Flower Arranging (Bridal & Sympathy Workshops)

Sewing - Pattern cutting Beginners

Jewellery Makeup - Bead Weaving

Gardening - Vegetables in Containers

**Please contact Dormston Sports and Art
Centre for further details**

Get Cooking - Indian Masterclass

Health & Wellbeing

Belly Dancing

Pilates

Zumba

How to Use your Ipad/I-Phone

Computer Courses

- Beginners & Improvers

Sign Language

French

Spanish

Guitar

- Beginners & Improvers

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Please contact the organisation / venue for further information

Organisation: Sedgley Evening Townswomens Guild

**Address: Sedgley and Ditric Community Centre, Ladies Walk, Sedgley
Dudley, DY3 3US**

Telephone: 01902 681297

Contact: Jan Holford (Chairperson)

Email: karenm_moore@sky.com

Web: <http://www.the-tg.com/Guild/sedgley-evening/380.aspx>

Activity	Day	Time
Meeting - speaker and entertainment	Monday (3rd of month)	7.15pm

There are also group activities taking place on other days in the afternoons and evenings. These include:

Walking group, arts and crafts group, guild outings, dining group - lunch and dinner outing, theatre trips, social studies group, choir

Organisation: Friends of Alder Coppice

Address: Northway, Sedgley, DY3 3RL

Email: biggs2@virginmedia.com

Contact: Simon Biggs

Activity	Day	Time
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25 acre woodland

Always available for walking.

Three way marked routes are available.

Yellow: A short route between Northway and Swallowfields Road

Red: A medium route which winds through the middle of the woods between Northway and Swallowfields Road.

Blue: The longest route which winds around the edge of the woods.

No walk should take longer than approximately 40 minutes.

There is a conversation crescent of benches, which is an arc of benches designed to encourage conversation, available in the woodland. These can be accessed via the Northway entrance.

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Organisation: **Age UK Dudley - Sedgley Community Hub & Café**

Address: **6 Ettymore Road, Sedgley, DY3 3SG**

Telephone: **01902 883847**

Contact: **Marie Wilkinson / Jan Cottam**

Website: <https://www.ageuk.org.uk/dudley/our-services/sedgley-hub/>

Activity	Day	Time
Community Café Hot and cold drinks Breakfast and lunchtime meals Cakes and light snacks	Monday to Friday	9.30am - 3.30pm
Movie Afternoon Film, tea/coffee, cake or icecream - £2.50	Mondays	1pm -3.30pm
Knit & Natter	Tuesdays	Mornings
Love to Sing Singing group £1.50 includes hot drink Open to all. Perfect for anyone with memory loss, dementia and their carers.	Fridays	1.30pm - 2.30pm
Mindfulness	Various	Various
Gardening Club	Various	Various
Community Health Checks Call Wellness Coaches to find out more and book your appointment 01384 732402 / 0800 061 4962	Various	Various

Other Age UK Dudley Services available here:

Footcare

Information and Advice

LPA - Lasting Power of Attorney

Plus rooms to hire

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Organisation: **Jules Fitness 4 Fun**

Address: **Himley Road Methodist Church, Gornal, [DY3 2TS](#)**

Telephone: **07900 732632**

Contact: **Julie**

Email: julesfitness4fun@yahoo.co.uk

Website: julesfitness4fun.my-free.website

Activity	Day	Time
Friendly & Fun Fitness Class Suitable for all fitness levels	Monday	7.15pm - 8.00pm

Organisation: **Sedgley Bridge Club**

Address: **Sedgley & District Community Centre, Ladies Walk, Sedgley,
Dudley, [DY3 3UA](#)**

Telephone: **01902 673107**

Contact: **Bob Ferris**

Email: boobjanjo@yahoo.co.uk

Website: www.bridgewebs.com/sedgley

Activity	Day	Time
Social Bridge Relaxed bridge with Chicago style scoring	Wednesday	1.30pm
Competitive Duplicate Bridge	Thursday	12.45pm
Free and Easy Bridge Learn how to play or improve your game	Friday	1.15pm

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Organisation: **Sedgley Community Church**

Address: **Bilston Street, Sedgley, DY3 2TS**

Telephone: **07729 315419**

Email: info@sedgleycommunity_church.org

Website: www.sedgleycommunitychurch.org

Contact: **Hazel Valarino**

Activity	Day	Time
Open House Join us for refreshments and a place to meet new people, find new friends, share real life stories, enjoy music and more.	Tuesdays (1st of month)	12.30pm - 2.30pm

Organisation: **Hope House**

Address: **7 Zoar Street, Lower Gornal, DY3 2PA**

Telephone: **01384 936363**

Email: maggieharris@springschurch.co.uk

Contact: **Maggie Harris**

Activity	Day	Time
Drop in Free tea, coffee and cake	Mondays & Tuesdays	9am - 2pm
Craft Sessions (free)	Mondays Tuesdays	10.30am - 12pm 11.30am - 1pm

Organisation: **Gornal Library**

Address: **Abbey Road, Dudley DY3 2PG**

Telephone: **01384 815560/812755**

Contact: **James Windsor**

Activity	Day	Time
Computer Sessions 1:1 Basic skills support (bookable)	Every day (closed Wed.pm) Fridays	9.30am - 1pm & 2pm-5pm 11am - 12 noon
Drop In Computer Support	Mondays	10am - 12 noon