

Exercise Activity for Life Activity Sheets by Postcode



Please contact the organisation / venue for further information

Organisation: Lye Community Centre

Address: Cross Walks, Lye, Stourbridge DY9 8BH

Telephone: 01384 813960 Contact: Pauline Smith

Activity Time Day **Ladies English ESOL** Monday 9.30am - 12.30pm 9.00am - 3.00pm **Sewing Class Tuesday Friendship Craft Activities Mondays** 11.00am - 12.30pm

Contact: Chirstine Squires - 07835 228091

Other courses and classes availble - please contact the centre for more information

Crystal Bowls Club Organisation:

Stevens Park, Wollescote Road, Wollescote, Stourbridge DY9 7JG Address:

Telephone: 01384 371106 Contact: Ann Darby

Email: jthdarby37@gmail.com

Activity Time Day

Outdoor Flat Green Bowling Monday to Saturday **Various**

Early April to late September.

The club caters for all levels of ability.

Friends of Wollescote Park Organisation:

Stevens Park, Wollescote Road, Wollescote, Stourbridge DY9 7EY Address:

Telephone: 07989 172297

Activity Time Day

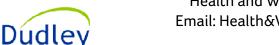
Sensory Garden Group Tuesdays 10.00am-12.00pm (Noon)

Meet at wooden hut No experience required

next to Tennis Courts Gardening gloves recommended

Drop-Ins welcome. Tea & coffee provided.

Health and Wellbeing - Tel: 01384 343535 Email: Health&Wellbeing@ageukdudley.org.uk







Exercise Activity for Life Activity Sheets by Postcode



DY9

Please contact the organisation / venue for further information

Organisation: Foley Arms

Address: Hagley Road, Stourbridge, DY9 0RQ

Telephone: **01562 883783** Contact: **Pauline Rollason**

Activity Day Time

Café Tuesday Tuesday 11.30am - 1.00pm

Very informal coffee and chat group

Organisation: Lye Library

Address: Chapel Street, Lye, Stourbridge, DY9 8BT

Telephone: 01384 812835 Email: lye.library@dudley.gov.uk

Activity Day Time

Lye Down with a Good Wednesday (last in month) 7.30pm - 9.30pm

Book

Reading group

Organisation: Dudley Mind & Friends of Wollescote Park

Address: Stevens Park, Wollescote Road, Wollescote, Stourbridge DY9 7EY

Telephone: 01384 442938 Contact: Jill

Email: jill.hogan@dudleymind.org.uk

Activity Day Time

Growing in the Park Mondays & Wednesdays 10.00am-12.00pm (Noon)

Meet inside Walled Garden No experience required

To left of Hall, through gate. Gardening gloves recommended

Tools & equipment provided. Strong shoes/boots

Kitchen garden, shared produce.

Learn new skills and make new friends.



