

# ACTIVITY TIMETABLE

Our activities are free of charge, except where indicated

Pre-booking required for all activities



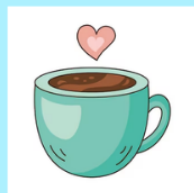
## Monday



### Information & Advice

10:00 - 13:00

Wesley Church  
West Bromwich



### Coffee Mates

(On the third Monday of each month)

11:00 - 12:00

Cradley Heath Library

## Tuesday

### The Stroke Community Stroke Exercise & Recovery Group

11:00 - 12:00

Oldbury

### Stepping Into Digital

11:00 - 12:00

Staffs Water Community Hub  
Wednesbury

### Stepping Into Digital

13:00 - 14:00

West Smethwick Park  
Pavilion

### Dementia Café (Monthly)

10:30 - 12:30

Wednesbury Museum & Art  
Gallery Wednesbury

## Wednesday

### Sandwell Mecca Bingo

10:45 - 12:00

£3 per session (includes a hot drink and  
2 games of bingo)

Mecca Bingo Oldbury

### Walk & Talk (Women's Group)

11:00 - 12:00

West Smithwick Park

### Stepping Into Digital

11:00 - 12:00

Oldbury Library

### Stepping Into Digital

13:00 - 14:00

The Brasshouse Smethwick

### Walk & talk (Women's Group)

13:45 - 14:45

Hydes Pool, Wednesbury

## Thursday

### Walk & Talk

11:00 - 12:00

West Smethwick Park

### Walk & Talk (Women's Group)

11:00 - 12:00

Britannia Park

### Sandwell Hope Church Bowls Club

10:15 - 12:30

£2 per session (light refreshments  
included)

Hope Church Oldbury

## Sunday



### Sandwell Veterans Breakfast Club

11:00 am

On the first Sunday of  
each month

Waggon and Horses  
Oldbury

To book or find out more information please call us on 0121 437 0033 or email [info@ageuksandwell.org.uk](mailto:info@ageuksandwell.org.uk). Age UK Birmingham and Sandwell, Stratford House, Stratford Pl, Birmingham B12 0HT. Registered charity number 1080517