

Wellbeing Activities - Timetable

Monday

 Indoor Activity

11am - 12pm

Coffee Mates

Hot drink and chat

Cradley Heath Library

On the third Monday of
each month

 Indoor Activity

11am - 12pm

Apna Wellness


Hot drink and chat

Smethwick Library

On the second Monday
of each month

(Available to Punjabi
Sikhs)

Tuesday

 Outdoors

2pm- 3pm

Walk & Talk

Lightwoods Park,
Smethwick

 Indoor Activity

2pm - 3pm

Coffee Mates

Hot drink and chat

Hamstead Library

Wednesday

 Indoor Activity

10:45am - 12pm

Bingo

Sandwell Mecca
Bingo

£4 per session
including three
games and a hot
drink

Thursday

 Indoor Activity

10am - 12pm

Bowls


Lion Farm Estate,
Oldbury

 Indoor Activity

10am-12.30pm

Bowls

Hope Church,
Oldbury

 Outdoors

11am - 12pm

Walk & Talk

West Smethwick
Park

Friday

 Indoor Activity

11:30am- 12:30pm

**Women's
Walking Netball**

WBA Community
Sports Hall

To book for any of our activities
contact

0121 437 0033

email for information:

wellbeing@ageuksandwell.org.uk

