

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)

Monday Continued

 Indoor Activity

12:30pm - 2:30pm

Monday Mates

Darts, pool,
snooker and more

Cradley Heath
Sports and Social
Club

Tuesday

 Outdoors

2pm - 3pm

Walk & Talk

Lightwoods Park,
Smethwick

 Indoor Activity

2pm - 3pm

Coffee Mates

Hot drink and chat
Hamstead Library

Wednesday

 Indoor Activity

10:40am - 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

To book for any of our activities contact
0121 437 0033
email for information:
wellbeing@ageuksandwell.org.uk

