

## 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 - 1:30pm**

#### 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

**10:45am - 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

To book for any of our activities contact  
**0121 437 0033**  
email for information:  
**[wellbeing@ageuksandwell.org.uk](mailto:wellbeing@ageuksandwell.org.uk)**

