



Sandwell Activities - Timetable

Our activities are free of charge, except where indicated.

Monday

10:00am - 1:00pm
Information & Advice
Drop-in Sessions
Wesley Church,
291 High Street,
West Bromwich,
B70 8ND

1:00pm - 3:00 pm Pre-
booking required
Chair Based gentle
exercise
Jack David house Beddoe
Close, Great Bridge,
Tipton, West Midlands,
DY4 7HZ.

**Contact us for dates and
details**
Coffee mates, More than a
club
Cradley heath Library
Upper High Street
B64 5JU

Tuesday

10:00am - 11:00 noon
Pre-booking required
Chair Based gentle
exercise
Jack David house
Beddoe Close, Great Bridge,
Tipton, West Midlands,
DY4 7HZ.

Contact us for and details
Pre-booking required
Exercise & Balance at
Brass house
Brass house Community
Centre, Brass house Lane,
Smethwick B66 1BA

11:00am - 12:00pm Pre-
booking required
The Stroke Community
Wellbeing Project
12 week program provides
support for people in their
stroke recovery
Portway Lifestyle Centre
Newbury Lane, Oldbury
B69 1HE

Wednesday

11:00am - 12:00 noon
Stepping Into Digital -
Oldbury
Oldbury Library
Council House
Freeth Street
Oldbury

Contact us for details
12:30pm - 2:00pm
Stepping Into Digital -
Smethwick

11:00pm - 12:00 noon
(Arrive at 10:45am)
Sandwell Mecca Bingo
Oldbury
£2.50 per session
Mecca Bingo Oldbury,
50 Halesowen St,
Oldbury, B69 2AN

**Once a month, contact us for
details**
Rowley Regis Pop Up Cinema

**Once a month, contact us for
details**
Wednesbury Dementia Cafe
Wednesbury Museum & Art
Gallery
Holyhead Road, Wednesbury
WS10 7DF

Thursday

10:30am - 12:00 noon
Sandwell Hope Church
Bowls Club
£3 per session, light
refreshments included
Hope Church,
Rounds Green Christian
Fellowship, St James
Road, Oldbury,
B69 2DX.

10:00am - 12:00 noon
Sandwell Lions Hall
Bowls
£3 per session, light
refreshments included
St James Church, Shelslet
Avenue, Lion Farm
Estate, Oldbury B69 1BG.

Sunday

**11am on the First Sunday
of each month,**
Sandwell Veterans
Breakfast Club
Waggon and Horses,
17A Church Street,
Oldbury,
B69 3AD

Information & Advice and Activities
enquiries telephone or email
0121 437 0033
Info@ageuksandwell.org.uk
activities@ageuksandwell.org.uk
Monday to Friday
9.30 - 4.30

Information & Advice Home visits
(Limited number of appointments
available to housebound Sandwell
residents only)
Appointments to be booked in
advance
Monday to Thursday
9.30 - 1pm