

# 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



Telephone

**4pm - 5pm**

**Nature Mates**

Nature  
conversations

## 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

**10am - 12pm**

**Sip and Chat**

Hot drink and chat

Brasshouse  
Community Centre

To book for any of our activities contact

0121 437 0033

email for information:

[wellbeing@ageuksandwell.org.uk](mailto:wellbeing@ageuksandwell.org.uk)

