



Clubs List

Updated July 2019

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This list contains the details of some of the clubs available in and around the Solihull area and the information is correct at the time of print. Inclusion on this list does not constitute a recommendation and we suggest you check details with the individual clubs. Other places you may wish to contact about clubs include libraries, local leisure and sports centres, colleges, listings in local newspapers and your local church.

Solihull Council has listings of clubs and organisations on their website www.solihull.gov.uk or call in to Solihull Connect.

Age UK Solihull holds the following clubs: The Red Lion Lunch Club in Knowle, The Taverner's Lunch Club at The Olton Tavern and The Marston Green Tavern Lunch Club. See the following pages for more information. Contact our Linking People Together Team on 0121 704 7846 before attending.

Other clubs that hold events across Solihull include the Women's Institute. You can contact the West Midland Federation of Women's Institute on 0121 784 1703 or www.thewi.org.uk to find details of your local club.

Friends in Retirement organise many activities including bowls, keep-fit, singing, dancing and art. They have groups across the borough. They can be contacted on 0121 705 1285 or www.friendsinretirement.co.uk

The University of the Third Age (U3A) is an organization that provides education, creative and leisure opportunities to people no longer in full-time employment. To find your local group contact their national headquarters on 0208 466 6139 or www.u3a.org.uk

Striders and Strollers hold Walks for Health in Solihull, Shirley, Dorridge, Chelmsley Wood and Kingshurst. For details of local walks contact Leisure Services on 0121 704 8201.

Contact the Elderly supports isolated older people. Volunteers collect older people who live near each other for tea at a member's or volunteer's house. For further details call Pamela Walker on 0121 603 1331 or email Pamela.walker@contact-the-elderly.org.uk

For those requiring more support. Solihull Adult Social Care has a number for Day Centres for older people. These services are only available following an assessment of need. For more information contact Adult Care Team on 0121 704 8007.

Section One – Solihull

Club	Day	Details
<p>Wednesday club Alderbrook School Blossomfield School Solihull B91 1SN</p>	<p>Wednesdays 12.30 – 2pm School Term time only</p>	<p>For older people. Speaker, outings and activities Contact Mrs Schofield 0121 704 2146</p>
<p>Silhill Bridge Club St Helens Church St Helens Road Solihull B91 2DA</p>	<p>Mondays & Thursdays 7pm Wednesdays 1.30pm</p>	<p>Anyone of a reasonable standard. Contact John Adams on 01564 782 232</p>
<p>Lions Club Ramada Hotel The Square Solihull B91 3RF</p>	<p>3rd Tuesday of the month at 7.30pm</p>	<p>All ages Contact Doug Cross 01564 770 755</p>
<p>Solihull Stroke Group Oliver Bird Hall Solihull B91 3RQ</p>	<p>Thursdays 10.00am – 12.00pm Term Time Only</p>	<p>Everyone affected by stroke - Contact Marion Disbury 01676 534 944</p>
<p>Cameo Club St Helens Church St Helens Road Solihull B91 2DA</p>	<p>1st Wedesday of each month at 2pm</p>	<p>Talks, film shows, rambles and social events - Contact Mrs Carole Davies 0121 711 1919</p>

<p>Lunch Club St Helens Church St Helens Road Solihull B91 2DA</p>	<p>Every Wednesday At 12.00</p>	<p>Lunch Club for over 55's Contact June Paddock 0121 705 2767</p>
<p>Macular society St Augustines Church Hall Herbert Road Solihull B91 3QE</p>	<p>1st Thursday of each month at 2pm</p>	<p>Outings, music, talks and general catch up Contact Dawn Dawson 01564 772 265</p>
<p>Walking Football Sessions for over 50's Tudor Grange Leisure Centre Blossomfield Road B91 1NB 0121 705 6371</p>	<p>Mondays, Tuesdays, Wednesdays and Thursdays 10.00 – 11.00am</p>	<p>Non contact sport with no running. £5 per session Contact Martin Howles (ex BCFC) 07719 999 519</p>
<p>National Rheumatoid Arthritis Society Women's Institute Warwick Road Solihull B91 3DQ</p>	<p>3rd Wednesday of every other month at 7pm No meeting June or Dec</p>	<p>Guest speakers and chat. Contact Mrs Cathy Twilton 0121 705 0894</p>
<p>Heart of England Nordic Walking Sessions in Solihull Parks</p>	<p>See website for details www.heartofenglandnordicwalking.co.uk</p>	<p>Four one hour starter sessions £30. Once completed join regular walks around Solihull Parks for £6 to £8 Contact Alison Sabine 07810 647 374</p>

<p>Park View Day Centre Monkspath Hall Road Solihull B91 3LU</p>	<p>Mondays - Fridays</p>	<p>Mixed Ages 18 Years or older with Learning Disability or Dementia. Contact Ester(Manager) 0121 704 7499</p>
<p>Star & Garter Club for Veterans & Partners Tudor Coppice Monkspath Hall Road Solihull B91 3DE</p>	<p>Mondays, Wednesdays & Fridays 10.00am – 4.00pm Also Tuesdays & Thursdays For People with Dementia</p>	<p>For good company, wonderful food with activities/entertainment in homely surroundings. 3 course lunch available £45 per day or £65 per day with transport. Contact 0121 711 6330</p>
<p>Gentle Chair Yoga The Core Theatre Square Solihull B91 3RG</p>	<p>Monday 9.45-10.45 Fridays 11.30am – 12.30pm (Buy tickets on the day at the box office) Changing area available for people with disabilities</p>	<p>Exercises that promote circulation, flexibility, balance and improve confidence. Suitable for all abilities, including people living with Parkinson’s or Dementia Contact 0121 704 6962</p>
<p>Tai Chi The Core Theatre Square Solihull B91 3RG</p>	<p>Fridays 09.00 – 10.00am</p>	<p>Gentle movement to improve balance, coordination & posture. Contact 0121 704 6962</p>

<p>Exercise Classes Solihull Osteoporosis Support Group John Palmer Hall Union Road Solihull B91 3DG</p>	<p>Mondays 1.30pm School term time only</p>	<p>Chair based gentle exercise to help mobility. Particularly if you have arthritis and/or osteoporosis Contact Barbara 07856 209 567 (to check availability)</p>
<p>Keep Fit Club United Reform Church 37 Faulkner road Solihull B92 8SD</p>	<p>Mondays & Wednesdays 11.00am – 12.00pm</p>	<p>Over 50's Those with mobility problems can do seated exercises Contact Carol Beard 0121 705 8364</p>
<p>Dance The Core Theatre Square Solihull B91 3RG</p>	<p>Mondays 1.30pm – 2.30pm</p>	<p>Explore different dance styles. No partner needed. Contact 0121 704 6962</p>
<p>Step into Solihull Solihull Active Striders and Strollers</p>	<p>Various days and venues throughout Solihull</p>	<p>Each walk lasts one hour and is led by volunteer walk leaders and finishes with a cup of tea (shorter walks available) Contact Solihull Active Team 0121 704 8207 www.solihullactive.co.uk</p>

<p>Hatha Yoga The Core Theatre Square Solihull B91 3RG</p>	<p>Mondays 11.00am – 12.00pm Thursdays 2.15-3.15pm Friday 10.15-11.15am</p>	<p>Contact Marie on 0121 704 6962</p>
<p>Core Stability Classes Family Renewal Centre Vulcan Road Solihull B91 2JY</p>	<p>Thursdays 1.00 – 2.00pm</p>	<p>Improve balance, get stronger and fitter. Make new friends. Contact Sharon 07891 446 364</p>
<p>Mobility Counts Family Renewal Centre Vulcan Road Solihull B91 2JY</p>	<p>Mondays 12.30 – 1.30pm £5 per class or £20 for 5 classes</p>	<p>Mobility & Movement, Core Stability & Control, balance, stretch & relax. Contact Scott Birnie 07878 669 733</p>
<p>Gentle Exercise Club Solihull Methodist Church Blossomfield Road Solihull B91 2LG</p>	<p>Wednesdays 09.30 – 11.00am & 11.00am – 12.30pm</p>	<p>To help mobility particularly if you have arthritis and/or osteoporosis 0121 705 7367</p>

<p>Thursday Café Solihull Methodist Church Blossomfield Road Solihull B91 2LG</p>	<p>1st & 3rd Thursdays 2.00-4.00pm (not July)</p>	<p>Activities, fun and friendship gathering over a tea/coffee & cakes. Contact Diane Webb on 07478 001 759 Or email networking@solihull-methodist.org.uk</p>
<p>Solihull Parkinson's Branch Singing For Fun, Therapy & More Fun! John Palmer Hall Union Road Solihull B91 3DG</p>	<p>Monday 09.45 – 10.45am</p>	<p>Voice exercises to help those with Parkinson's & similar Neurological conditions. Contact 07905 598 285 Or email stinkbug6911@hotmail.co.uk</p>
<p>The Big Knit Knitting Corner at Boston Tea Party Herbert Road Solihull B91 3QE</p>	<p>Tuesday 9.30 – 12.00am</p>	<p>Come & knit little bobble hats with a group raising money for Age Uk Solihull's Winter Warmth Campaign. Bring your needles & wool, patterns provided. Buy a hot drink & get a free pastry. Contact 0121 704 7842</p>
<p>Knitters House of Fraser Restaurant 700 Warwick Road Solihull B91 3DU</p>	<p>Thursday 1.00 – 4.00pm</p>	<p>Social group who take their own knitting projects to work on whilst having a coffee. Contact Pat Lyons on 0121 705 8111</p>

<p>Spring Steps 1st Scout Hut Mill Pool Wood Lode Lane Solihull B91 2HZ</p>	<p>Tuesday 1.30 – 2.30pm</p>	<p>Low impact aerobic and muscle strengthening exercise for those with arthritis and back pain. Contact Nora on 07707 931 439 Or email Nora@Envolvewell.com</p>
<p>QiGong Meditative Exercise Class Solihull British Legion Union Road Solihull B91 3DH</p>	<p>Monday 12.30 – 1.30pm & Friday 11.30 – 12.30pm</p>	<p>Slow repetitive movements focusing on balance and posture, suitable for anyone. Contact Adrian on 07906 298 922 Free parking</p>
<p>Doc Spot Solihull Active The scheme operates at Tudor Grange Sports Centre Blossomfield Road Solihull B91 1NB & Hampton Heath Club, Station Court Old Station Road B92 0HA</p>	<p>Session times & prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre. Contact Solihull Active Team on 0121 704 8207 for more information.</p>
<p>Strong & Steady Exercise Class Tudor Grange Sports Centre Blossomfield Road Solihull B91 1NB</p>	<p>Wednesday 1-2pm</p>	<p>Strength and balance exercise classes to help mobility & reduce risk of falls. Contact Solihull Active Team on 0121 704 8207 for more information.</p>

<p>Walking Netball Tudor Grange Sports Centre Blossomfield Road Solihull B91 1NB</p>	<p>Monday 11am-12pm & Wednesday 7-8pm</p>	<p>Non contact sport with no running. Experience in the sport is not required. Contact Tudor Grange on 0121 705 6371</p>
<p>Moments United Reform Church 741 Warwick Road Solihull B91 3DG</p>	<p>Monday 10am-12pm</p>	<p>For support & encouragement for those with dementia in a relaxed atmosphere. Providing respite & advice for carers. Contact Linda Faber on 07925 573 259 or email on solihullurc@gmail.com</p>

Section Two Shirley

Club	Day	Details
Women's Fellowship Club Shirley Methodist Church 257 Stratford Road Shirley B90 3AL	Tuesday 2.00 – 3.30pm	Ladies 50+ Speakers, outings, musical afternoons, tea and biscuits. Contact L Beesley 0121 744 4160
Tuesday's Shirley Baptist Church 144 Stratford Road Shirley B90 3BD	Tuesday 10.30am- 12.30pm & 2.00 – 4.00pm	For retired people to meet new people Activities & refreshments Church Office 0121 733 8089
The Welcome club Highfield Hall Highfield Road Hall Green Birmingham 28	Thursday Term time only 11.15am– 1.15pm	Meet new people, raffle, quizzes, gentle exercise, Bingo, skittles and sing a longs. Contact Jenny on 07757 433 355 Or 0121 777 4717
Knit 2Gether Allport Suite Light Hall School Hathaway Road Shirley B90 2BZ	2 nd Thursday of each month in term time only 4.00 – 5.30pm	Knitters and those who Would like to learn. Tea coffee and biscuits. Contact Beckie on 07817 662 545

<p>Shirley Men's Supper Club Shirley Methodist Church 257 Stratford Road Shirley B90 3AL</p>	<p>1st Monday of each month 7.30 – 9.30pm</p>	<p>Two course meal and guest Speaker. Contact 0121 744 7679</p>
<p>Uplifting Exercise and Movement The Bridge 234 Stratford Road Shirley B90 3AG</p>	<p>Mondays Term Time Only 11.15am - 12.00pm</p>	<p>Chair based or low impact exercise for people with low mobility. Fun routines to great music in a friendly environment. Contact Penny on 07815 053 534</p>
<p>Tea dance Solihull Lodge Community Centre Grafton Road Shirley B90 1NJ</p>	<p>2nd & 4th Wednesday each month 1.30 – 3.30pm</p>	<p>A fun and friendly social gathering. Entrance fee includes refreshments. Bar open. Contact Dave on 07578 501 635</p>
<p>Greenhill Way Day Centre Greenhill Way Shirley B90 3PW</p>	<p>Monday-Friday</p>	<p>3 course lunch & activities. Will take clients with mild dementia. Lunch & Bingo available. Contact 0121 745 8714</p>
<p>A Teacup & Handshake British Legion Parkgate Shirley B90 3GG</p>	<p>Every 3rd Thursday of the month 10.30am – 12.30pm</p>	<p>Open to everyone, no need to book. British Legion outreach worker attends to support or advise if needed. Contact 0121 744 1631 (after 11am)</p>

<p>BINGO LAYCA Community Centre Stretton Road Shirley B90 2RL</p>	<p>Wednesday 1pm – 2.30pm & Friday 7.30pm – 9pm</p>	<p>Full & Half Books available to purchase. 50p entrance fee with Tea, coffee & biscuits provided. Contact 0121 744 1445</p>
<p>Lively Hearts Club Solihull Christian Fellowship The Bridge 234 Stratford Road Shirley B90 3AG</p>	<p>Tuesday 2.00 – 4.00pm</p>	<p>For the older generation, Friendship, board games or table tennis for the more active! Refreshments & a short encouraging talk are also part of this gathering. Various socials throughout the year, days out and Christmas dinner & dance Contact 0300 561 0300 enquiries@scfchurch.co.uk</p>
<p>Shirley Community Centre 274 Stratford Road Shirley B90 3AD</p>	<p>Monday 1.30 – 3.00pm 1.30 – 4.00pm Tuesday 10am Wednesday 10.00am & 11.30am</p>	<p>Exercise Class over 50's General Keep Fit can be seated. Social tea & biscuits. Contact Gail 0121 250 5005 Whist Short Mat Bowling Short Mat Bowling</p>

	<p>Thursday 10am-12pm 1.00-4.00pm</p> <p>Friday 10-11am 2.30-4.00pm</p>	<p>Art for Fun Afternoon Tea Dance</p> <p>Short Mat Bowling Line Dancing</p> <p>Please phone 0121 250 5005 to check times etc.</p>
<p>Body Conditioning Shelly Farm Community Centre Shirley B90 4EH</p>	<p>Wednesday 10.00am – 11.00am</p>	<p>Gentle exercise using hand weights and mat, low key exercise. Contact Harriet Evans 07887 572 576</p>
<p>Keep Dancing Shirley Institute Church Rd Shirley B90 2AX</p>	<p>Tuesday 1 – 2pm</p>	<p>Low impact dance moves from around the world. No partner needed. Contact Faye on 07984 423 534 or email on info@fayeconnordance.com</p>
<p>Keep Dancing Light hall School Hathaway Road Shirley B90 2PZ</p>	<p>Thursday 7-8pm</p>	<p>Low impact dance moves from around the world. No partner needed. Contact Faye on 07984 423 534 or email on info@fayeconnordance.com</p>

<p>Step into Solihull Walks Solihull Active Striders & Strollers</p>	<p>Shirley Library Every other Friday 10.30am</p>	<p>1 hour walk led by volunteer leader ends with tea or coffee Contact Solihull Active Team 0121 704 8207 or www.solihullactive.co.uk for more information & details of other walks in the area.</p>
<p>Dementia Café Sunrise of Solihull 1 Worcester Way Off Dog Kennel Lane B90 4JX</p>	<p>4th Monday of every month (not bank holiday) & 1st Thursday of every month 10.30-12.30pm</p>	<p>Socialise in a relaxed environment, meet new friends, ask any questions around memory loss & join in activities. All Free Contact Jo on 0121 752 9211</p>

Section Three – Olton/Elmdon

Club	Day	Details
Women's Fellowship Lyndon Methodist Church Melton Avenue Olton B92 7RA	Tuesdays 2.00pm Term time only	Any ladies living locally. The club has a religious theme. Voluntary donation. Contact Church Office 0121 743 5608
Fitness Club Elmdon Heath Community Heath Glebe Road Off Cornyx Lane Solihull B91 2SF	Tuesday 9.45am – 12.00pm	All Ages Contact Jenny 01926 632940
Age UK Solihull Wednesday Club St Margarets Church Olton B92 7JS	Wednesday 1.00 – 3.00pm (Closes on 31 July-reopens 5 September)	Run by Age UK Solihull volunteers. Over 60's various activities, tea, cake & biscuits Register your place by contacting Age UK Solihull, Linking People Together Service on 0121 704 7846 or email befriending@ageuksolihull.org.uk

<p>Solihull Society for the Physically Handicapped Elmdon Heath Community Centre Cornyx Lane Solihull B91 2SF</p>	<p>Last Wednesday of each month 7.00 -9.00pm</p>	<p>Social evening, entertainment, refreshments for £1 donation. Mainly older generation. Raffle. Yearly daytrip including hotel lunch. Taxi fares may be paid for Solihull residents. Contact Brian Hamer before attending on 07805 415850</p>
<p>Age UK Solihull The Taverners Lunch Club Olton Tavern Olton B92 8NU</p>	<p>Monday 12.00-4.00pm (Closed 1st 2 weeks in August)</p>	<p>Run by Age UK Solihull volunteers for the over 60's. Lunch & afternoon tea with entertainment. Register your place by contacting Age UK Solihull, Linking People Together Service on 0121 704 7846 or email befriending@ageuksolihull.org.uk</p>
<p>Senior Citizen Friendship Group Lyndon Pub 190 Barn Lane Solihull B92 7LY</p> <p>FOLLOWED BY</p>	<p>Wednesday 10am – 12pm Term Times</p>	<p>For older people over 60's. Tea/cakes/savouries (donated by Greggs). Come along just for a chat and/or game of bingo. Contact: Laura 07534 182471 Leanne 07493 197335 Voluntary donations accepted towards bingo winnings – donated back to Age UK Solihull</p>
<p>Over 60's Menu & Bingo (Cash Prizes) The Lyndon Pub 190 Barn Lane Solihull B92 7LY</p>	<p>Wednesday 12 – 5pm</p>	<p>Contact: Nigel on 0121 743 2179 or 07834 435 579</p>

<p>Step into Solihull Walks Solihull Active Striders & Strollers</p>	<p>Elmdon Park walk Saturday 11am</p> <p>Hobs Moat Library walk Every other Friday 10.30</p>	<p>1 hour walk led by volunteer leader ends with tea or coffee Contact Solihull Active Team 0121 704 8207 or www.solihullactive.co.uk for more information & details of other walks in the area.</p>
<p>The Real Junk Food Project Hobs Moat Community Café St Mary's Church Hall Hobs Meadow B92 8PN</p>	<p>Thursday 12.00-2.00pm</p>	<p>Tea, cake & sandwiches. Pay as you feel. Contact 07467 000 620 Or visit trjfpbrum.com</p>
<p>Elmdon Church Hall Clubs (Formerly Stephen's church centre) Coppice Road Solihull B92 9JY</p>	<p>Tuesday 10.30-11.30am (check if school holidays)</p> <p>1st Tuesday of every month 1.45 – 3.00pm</p> <p>2nd & 4th Wednesday 1.45 - 3.30pm</p>	<p>Move It Or Lose It Exercise for older people</p> <p>Fellowship Group-Club for older people to meet, chat & have a coffee. Speakers Contact Marion Walton on 0121 705 4146</p> <p>Knit & Natter Wool, needles & patterns supplied. £1 voluntary contribution. Refreshments. Contact Pat Lyons 07784 738 383 or email patricia157@hotmail.com</p>

<p>Hobs Moat Woman's Institute Scout HQ behind St Mary's Church 30 Hobs Meadow Solihull B92 8PN</p>	<p>3rd Wednesday Of each month 7-10pm</p>	<p>A friendly welcoming group we often have speakers, craft evenings, days out and social events. Contact Susie Hawker on 0121 743 5738 or email hobsmoatwi@gmail.com</p>
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Section Four – North Solihull

Club	Day	Details
Ascent Group St Anthony's Church Oakthorpe Drive Kingshurst B37 6HP	Thursday 1.30 – 3.00pm	Over 50's who are Christians. Bible study and friendship. Contact Barbara Bryam On 0121 681 4248
Arden Hall Water Orton Road Castle Bromwich B36 9PB	Various	<p>Monday Retirement Arts Club 10am</p> <p>Tuesday Line Dancing 10.00am (intermediate) & 11.30am</p> <p>Tuesday Friends in Retirement Sequence Dancing 1.30pm & 3.30pm</p> <p>1st & 3rd Wednesday Cribbage 3pm</p> <p>2nd & 4th Wednesday Castle Bromwich Institute 2pm</p> <p>Thursday Retirement Dressmaking 10.00am Contact 0121 747 7150</p>
Bosworth Community Centre Bosworth Drive Chelmsley Wood B37 5DP	Various	<p>1st Wednesday of each month Dementia Café 10.00-1.00pm</p> <p>Thursday Lunch Club 12-2pm Arts & Crafts 2-4pm</p> <p>Friday Folk Music Goup 11-1pm</p> <p>(Sunday Roast from 12/5/19- phone 1 week in advance to book)</p> <p>Contact 0121 770 8570</p>

Age Concern Castle Bromwich Arden Hall Water Orton Road Castle Bromwich B36 0HD	1 st & 3 rd Friday of the Month 1.30 – 4.00pm	Drop In with activities Contact 0121 747 7150
Sequence Dancing Fordbridge Centre Nineacres Drive Chelmsley Wood B37 5DD	Tuesday 1.30 – 3.30pm Thursday 1.30 – 3.30pm	Keep Fit and Line Dancing Joining Fee £2.00 Contact Ruth Jobson 0121 603 2638
Sequence Dancing Shard End Community Centre 170 Packington Ave Birmingham B34 7RD	Friday 10 – 11am	Contact 0121 464 5485
Lunch Club KEC Church Centre Cooks Lane Birmingham B37 6NP	Monday & Wednesday 11.30 – 2.30pm	Cost £6.50 Contact 0121 770 9759 Or email info@kecchurch.co.uk
St Barnabas Church Over Green Drive Kingshurst B37 6EY	Monday Tea Dance 1.30pm Tuesday Mild Exercise 9.30am - 1.00pm Friday Tea Dance 11am-1pm 1st Friday of each Month Lunch Club 12-2pm	Contact 0121 770 3972

Tea Dance St Anne's Church Bosworth Drive B37 5DP	Last Wednesday of the Month 1.30 – 3.30pm	Contact 0121 770 3283
St Anthony's Church Oakthorpe Drive Kingshurst B37 6YH	Tuesday 12.45 – 3.15pm	Crafts, Bingo, Chat & Tea Contact 0121 770 3023
Nifty Fifty Club North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA	Monday (badminton) 09.00am – 12.00pm Wednesday 09.00am – 12.00pm Thursday (badminton) 10.00am – 12.00pm Friday 1.00 – 4.00pm	Swimming, Tai Chi, Badminton, Bowls, Table Tennis, Day trips. Contact 0121 770 3822
Reading Café Marston Green Library, Land Lane Marston Green B37 7DQ	Monthly – Thursday 10.30am– 12.00pm <u>Phone for dates</u>	FREE Refreshments provided Contact 0121 779 2131
Reading Café Castle Bromwich Library Hurst Lane North B36 0EY	Usually last Friday in the month 10.15- 12.00	FREE Refreshments provided 0121 747 3708

<p>Art for Older People Kingshurst Art Space Kingshurst Parade B37 6BD</p>	<p>Friday 10.00 – 3.00pm</p>	<p>FREE Painting and drawing activities Contact 07776 262 245</p>
<p>POW – Push on Wellbeing The Junction Chaplehouse Road Chelmsley Wood B37 5HA</p>	<p>Saturday</p>	<p>1 hour session Health and wellbeing Contact 07541 395 656</p>
<p>Movie Nights Marston Green Parish Hall Elmdon Road Marston Green B37 7BT</p>	<p>Various Dates</p>	<p>Tickets include free cup of popcorn Contact 07908 211 576 Or www.marstongreenparishhall.co.uk</p>
<p>Young at Heart Community Exercise Elmwood Place Smiths Wood B36 0UG</p>	<p>Wednesday 11.00am – 12.00pm</p>	<p>A social and fun chair based session that promotes health & happy living. Contact Adrian for info on 07906 298 922</p>
<p>Move to Music Seeds of Hope Hall St Barnabus Church Overgreen Drive Kingshurst B37 6EY</p>	<p>Tuesday 1.30 – 3.00pm</p>	<p>1 hour class including refreshments Contact 0121 788 3399</p>

<p>Tai Chi North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA</p>	<p>Monday 12.30 – 1.30pm & 08.00 – 8.55pm Wednesday 9.30 – 10.15am 10.20 – 11.05am 12.30 – 1.30pm</p>	<p>Exercise to promote serenity through gentle flowing movements to improve balance and posture. Contact 0121 770 3822</p>
<p>Doc Spot Solihull Active The scheme operates at North Solihull Sports Centre Conway Road B37 5LA</p> <p>And</p> <p>Smiths Wood Community Gym Smiths Wood Primary School Burtons Way Smiths Wood B36 0SZ</p>	<p>Session times & prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities for people with long term conditions or recovering from injury or illness based at a designated Leisure Centre. Contact Solihull Active Team on 0121 704 8207 for more information.</p>

<p>St Clements Church Green Lane Corner of Clevedon Avenue Castle Bromwich B36 0BX</p>	<p>Monday, Wednesday & Friday</p>	<p>Monday 9.00am -12.00pm tea & toast Wednesday 10am Quiet Church Mass Wednesday 2.00–3.30pm Osteoporosis gentle exercise. Friday Hot food until 2pm Contact 0121 748 5550</p>
<p>Moorfield Community Centre Hartshill Road Birmingham B34 6QX</p>	<p>Various Days</p>	<p>Monday 11.00am – 2.00pm Step On Class Tuesday 1.00 – 3.00pm Arts & Crafts Wednesday 12.00-2.00pm Lunch Club Thursday 10.00 - 11.30am Coffee Morning Thursday 11.30-12.30pm Exercise Class with tea & biscuits at 12.30 Contact 0121 270 3311</p>
<p>Jolly's Kingshurst Labour Club Clopton Crescent Chelmsley Wood B37 6QU</p>	<p>Thursday 12.00 – 3.00pm</p>	<p>Singer, bingo and raffle Contact 770 6457</p>
<p>The Wellbeing Community Choir Fordbridge Centre Nineacres Drive Fordbridge B37 5DD</p>	<p>Monday 5.30-7.00pm</p>	<p>Free to join but a donation of £3 per session if you can afford to do so. Turn up & ask for Martin Trotman or Contact Keely on 07841924289 or thewellbeingchoir@outlook.com</p>

<p>Age UK Solihull Marston Green Tavern Lunch Club Station Road Marston Green B37 7AS</p>	<p>Tuesday 11.45 - 15.45pm Closed 1st 2 weeks in Aug</p>	<p>Lunch club run by Age UK Solihull staff & volunteers for the over 60's. Register your place by contacting Age UK Solihull, Linking People Together Service on 0121 704 7846 or email befriending@ageuksolihull.org.uk</p>
<p>Step into Solihull Solihull Active Striders & Strollers</p>	<p>Various days and venues throughout Solihull</p>	<p>Each walk lasts one hour and is led by Volunteer Walk Leaders and finishes with a cup of tea. (Shorter walks available) Contact Solihull Active Team on 0121 704 8207</p>
<p>Bowls North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA</p>	<p>Tuesday 10.30-12pm</p>	<p>Bowling & tea or coffee. Contact 0121 770 3822</p>
<p>Water Mobility North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA</p>	<p>Friday 9.15- 10.00am</p>	<p>Contact 0121 770 3822</p>
<p>Dance Stepping Out The Loft Chelmsley Wood Library B37 5TN</p>	<p>Wednesday 10 -11am</p>	<p>Gentle dance sessions for over 50's. No partner needed. Contact 0121 704 8662</p>

<p>Chair Based Exercise Community Room 10 Hudson Avenue Coleshill B46 3LR</p>	<p>Friday 11.30 – 12.30pm</p>	<p>Senior chair based exercise. Contact Instructor Adrian on 07906298922</p>
<p>The Tuesday Group Seeds of Hope St Barnabas Hall Overgreen Drive Kingshurst B37 6EY</p>	<p>Tuesday 10am – 1pm</p>	<p>Social group for people who have survived a stroke or living with a disability. Session includes 1 hour of gentle exercise Contact 0121 770 3972</p>
<p>Strong & Steady Exercise Class North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA</p>	<p>Thursday 11.30 – 12.30</p>	<p>Strength and balance exercise classes to help mobility & reduce risk of falls. Contact Solihull Active Team on 0121 704 8207 for more information.</p>
<p>Community Tea Dance The Onward Club Helmswood Drive Chelmsley Wood B37 7NS</p>	<p>Once a month Wednesday 1.30 – 3.30pm</p>	<p>Tea dance with entertainment. Contact Reza for dates 07541 395 656 rezafitsteps@gmail.com</p>
<p>Mid-Week Minglers St Barnabas Church Overgreen Drive Kingshurst B37 6EY</p>	<p>Wednesday 9.30 – 11.30am</p>	<p>Any age Chat, dominoes, fund raising. Tea & coffee. Contact Sindy Davison 0121 770 6152</p>

<p>Fitsteps The Onward Club Helmswood Drive Chelmsley Wood B37 7NS</p>	<p>Wednesday 10-11am</p>	<p>Dance fitness & relaxation with mindful meditation. Contact Reza 07541 395 656 rezafitsteps@gmail.com</p>
<p>Mental Health Pop In The Trees Hedingham Grove Chelmund's Cross Chelmsley Wood B37 7TP</p>	<p>Every other Monday (from 10/9/18) 10.30 – 12.30pm</p>	<p>All welcome for a chat and refreshments Contact Debbie or Helen on 0121 582 0767 Or email office@3trees.org.uk</p>
<p>Chair Based Seniors Exercise Sessions Elmwood Place Burtons Way Smiths Wood B36 0UG</p>	<p>Wednesday 11.15am- 12.15pm</p>	<p>Suitable for everyone including anyone with balance issues. Free parking. Contact Adrian on 07906 298 922</p>
<p>Walking Netball North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA</p>	<p>Thursday 1.00-2.00pm</p>	<p>Non contact sport with no running. Experience in the sport not required. Contact 0121 770 3822 for more info</p>
<p>Walking Football North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA</p>	<p>Tuesday 2.00-3.00pm</p>	<p>Non contact sport with no running. Experience in the sport not required. Contact 0121 770 3822 for more info</p>

Section Five – Rural Solihull		
Club	Day	Details
Ladies Circle Dorridge Methodist Church Mill Lane Dorridge B93 8NY	Wednesday 9.45-10.15am & 10.30 – 11.30am	Ladies living locally. Coffee Contact Joan Pulley On 01564 205121 or www.dorridgemethodist.org.uk
St Philips Ladies Fellowship St Philip’s Church Centre Dorridge B93 8NY	1 st & 3 rd Monday of each month 7.30pm	All age groups Contact Kitty Grundy on 01564 773920
D M Café Dorridge Methodist Church Mill Lane Dorridge B93 8NY	Monday 9.00-11.30am	All ages welcome. Hot beverages and cake available for a small charge. Contact Joan Pulley on 01564 205121
Luncheon Club Dorridge Methodist Church Mill Lane Dorridge B93 8NY	Friday 12.00-1.45pm	All ages welcome. £4 for a 3 course meal. Free local transport may be available. Contact Joan Pulley 01564 205121
Friendship Club run by Knowle Parish Church at various locations in knowle	Thursday	Coffee Morning 10.00-11.30am Also lunches – please phone for details 01564 779123 or Email office@kpc.org.uk

<p>Birchmere Senior Living 1270 Warwick Road Knowle B93 9LQ</p>	<p>Phone for further information</p>	<p>Activities and social occasions to the wider community. Contact Kerry on 01564 732400</p>
<p>Club 'K' Lady Katherine Leveson The Old Hall Fen End Road West Temple Balsall B93 0AN</p>	<p>Thursday 1 – 3pm</p>	<p>Run by volunteers for the over 60's. Afternoon tea and biscuits. Opportunity to make new friends. Small friendly group. Contact Lorraine Mullard on 0121 745 9035 or 07709 500781 Or email stuartmullard@yahoo.co.uk</p>
<p>Age UK Solihull Wednesday Friendship Lunch Club Red Lion Pub 1672 High Street Knowle B93 0LY</p>	<p>Wednesday 12 – 2.30pm Closed for Summer Break on 7th 14th & 28th August</p>	<p>Run by Age UK Solihull staff & volunteers for over 60's. Socialise and enjoy a hot meal. Various activities. Cost £8 (£5 for meal & tea or coffee, £3 for activities) To check or register your place contact Age UK Solihull, Linking People Together on 0121 704 7846 befriending@ageuksolihull.org.uk</p>

<p>Lazenby Day Centre Tidbury Green School Dickens Heath Road B90 1QW</p>	<p>Tuesday & Wednesday</p>	<p>Hot lunches and activities. Will take clients with mild dementia. Contact 01564 829807</p>
<p>The Blanning Day Centre Winster Avenue Dorridge B93 8ST</p>	<p>Monday - Friday</p>	<p>3 Course Lunch and Activities. 3 Band charges after manager assessment. Contact 01564 771179</p>
<p>Senior Chair Based Exercise Dorridge Methodist Church, 135 Mill Lane, Bentley Heath, B93 8NY</p>	<p>Friday 9.30 – 10.30am</p>	<p>Chair based exercise. Attendees benefit from a weekly newsletter with health, wellbeing and fitness relate dadvice. Contact Adrian Johnson 07906 298 922</p>
<p>Tai Chi Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Monday 10.30 – 11.30am also Thursday 10.00 – 11.15</p>	<p>Contact Mrs Haston by email on taichime@outlook.com Contact Jenny on 01564 772 268</p>

<p>EXTEND Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Tuesday 10.00 – 11.00am & 11.15am- 12.30pm</p>	<p>Gentle exercise for the older person to challenge fitness levels. Can be done seated. Contact Tina Hunt 0121 608 7892 (to check availability)</p>
<p>Pilates Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Wednesday 9.40 – 10.40am & 10.50 – 11.50am</p>	<p>Contact Karen 07794 439 224 www.swanpilates.co.uk</p>
<p>F I R S Art Group Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Wednesday 1.00 – 4.00 pm</p>	<p>Contact 'H' on 0121 704 4136</p>
<p>Keep Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Thursday 11.30am – 12.30pm</p>	<p>Low impact dance steps from around the world. No partner needed. Contact Faye on 07984 423 534 or email info@fayeconnordance.com</p>
<p>Line Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Thursday 2.00 – 3.30pm</p>	<p>Contact Mavis on 07714 771 048</p>

<p>Dorridge & District Gardening Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2nd Thursday of month at 7.30pm <u>only certain months</u></p>	<p>Contact 01564 773128 for more info. or check www.ddgc.org.uk</p>
<p>The Cottage Garden Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1st Saturday of month at 2.30pm <u>Only certain months</u></p>	<p>Contact Margaret Lane for more info on 01564 783475</p>
<p>Chair Based Seniors Exercise Sessions Dorridge Methodist Church Mill Lane Dorridge B93 8NY</p>	<p>Friday 09.30 – 10.30</p>	<p>Suitable for everyone including anyone with balance issues. Free parking. Contact Adrian on 07906 298922</p>
<p>Chair Based Seniors Exercise Sessions Elmwood Place Burtons Way Smiths Wood B36 0UG</p>	<p>Wednesday 11.15 – 12.15</p>	<p>Suitable for everyone including anyone with balance issues. Free parking. Contact Adrian on 07906 298922</p>

<p>The Hardy Plant Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2nd Saturday of month at 2.30pm <u>only certain months</u></p>	<p>Contact Jean Dance for more info on 01926 842374 or email wmids@hardy-plant.org.uk Also see website www.hpswestmids.org.uk</p>
<p>Knowle knitwits The Guildhall (next to Church) High Street Knowle B93 0LN</p>	<p>4th Monday in the month 2.00 - 4.00pm</p>	<p>Knitting or tapestry. Wool, needles & patterns supplied for charity knitting or bring your own but no experience needed. £2 voluntary donation. Chat & coffee. Contact Judy Townsley 01564 774413 or email judyandmike@btinternet.com</p>
<p>Silver Steppers Dorridge Methodist Church 135 Mill Lane Dorridge B93 8NY</p>	<p>Tuesday 11.15 – 12.00pm</p>	<p>Ballroom Dancing on a 6week rolling basis. Contact Amy Price 07718 817 491 or email apdancefitness@gmail.com</p>
<p>Big Brew United Reform Church Station road Knowle B93 0HN</p>	<p>Tuesday 10.00 – 12.00am</p>	<p>A place to meet for coffee, tea, cake and a chat. No charge just a small donation towards refreshments. Contact Graham Tall on 01564 775 527 or email on grahamtall@knowleurb.org.uk</p>

<p>EXTEND St Peters Hall Holly Lane Balsall Common CV7 7EA</p>	<p>Wednesday 10.30 – 11.30</p>	<p>Gentle exercise session for any older person who wants to improve their fitness levels. Contact Solihull Active on 0121 704 8207 or solihullactive@solihull.gov.uk</p>
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