

Clubs List



Section One	Solihull
Section Two	Shirley
Section Three	Olton/Elmdon
Section Four	North Solihull
Section Five	Rural Solihull
Section Six	Day Centres

Updated May 2025

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 from Age UK Solihull 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.

Age UK Solihull holds the following clubs: The Red Lion Lunch Club in Knowle, The Marston Green Tavern Lunch Club, The Wednesday Afternoon Club at Moseley Cricket Club, The JLR Lunch Club at Land Rover Social Club, The Hobs Moat Club and Welcome Wednesdays at Eastcote Park Care Home. See the following pages for more information about days and times. **Please contact our Clubs and Activities coordinator on 0121 704 7811 before attending.**

Solihull Council also has listings of clubs and organisations on their website

<https://digital.solihull.gov.uk/LocalInformation/> or call in to Solihull Connect.

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 313 0634 or see www.thewi.org.uk/wis-a-z?txt-location-search=solihull

to find details of your local club.

Friends in Retirement Solihull organise many activities including bowls, keep-fit, singing, dancing and art. They have groups across the borough and can be contacted on 07535 669018 or email firs.solihull@yahoo.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 see www.solihull.u3asite.uk/

Re-Engage (formerly Contact the Elderly Holds monthly social gatherings for people aged 75 and over who are feeling lonely, isolated or in need of companionship. They're a chance to enjoy conversation, laughter, tea and cake with a small group of older guests and friendly volunteers. For further details call 0800 716543.

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

Section One – Solihull

Club / Location	Day	Details
St Helens Church St Helens Road Solihull B91 2DA	1 st Wednesday of each month 2.00pm	<u>Cameo Club</u> Everyone welcome to this group which includes a visiting speaker, friendship & refreshments. Contact Carole Davies 0121 711 1919
	1 st 3 rd & 4 th Wednesday of each month 12.00pm	<u>Lunch Club</u> 2 course cooked lunch for £6.50. Booking is essential. Contact Anne Noble anne-noble@hotmail.co.uk

St Helens Church continued	2 nd Wednesday of each month 10.30am	<u>Coffee morning</u> Contact Anne Noble anne-noble@hotmail.co.uk
Silhill Bridge Club Dovehouse Court Grange Road Solihull B91 1EW	Monday 7.00pm & Wednesday 1.30pm	Players of any ability are welcome and assistance can be provided for those needing some guidance. Contact John Adams 01564 782 232
Solihull Lions Club Solihull Indoor Bowls Club Brick Kiln Lane Off Widney Lane Solihull B91 3LE	3 rd Thursday of each month 7.30pm	All ages welcome to help organise support for the community. Contact Steven Walker 07969 696 211 or email sjwalker@consultant.com

The Core
Theatre Square
Solihull
B91 3RG

Monday
11.00am -
12.00pm

Steppin' Out

Fun, gentle and friendly dance class for over 50's. No experience necessary.

Monday
1.30pm -
2.30pm

Paracise

Low impact, gentle but effective functional exercise ideal for those who find regular fitness classes too demanding, or who haven't exercised for a long time, or who are coming back from injury.

Wednesday
11.30am -
12.30pm

Gentle Chair Based Yoga

A gentle form of yoga to promote circulation, flexibility, balance and improve confidence. Suitable for all abilities, including

		<p>people living with Parkinson's or Dementia</p> <p>Pre-booking for the above classes is essential. Contact 0121 704 6962 or see www.thecoretheatresolihull.co.uk/whats-on/activities/</p>
<p>Memories and Music</p> <p>Park View Day Centre</p> <p>Tudor Grange Park</p> <p>Monkspath Hall Road,</p> <p>Solihull</p> <p>B91 3LU</p>	<p>Friday</p> <p>10.30am - 11.30am</p>	<p>A friendly singing group run by Solihull Music for people living with dementia and their carers to help improve mood & well-being by bringing back old memories & feelings.</p> <p>Email paula.ewer@solihull.gov.uk</p>

Solihull Active
Step into Solihull

Various days
and venues
across the
whole
borough of
Solihull

Gentle exercise
activity programme
includes walking, tai
chi, yoga, seated
exercise, walking
sports & more.

Contact

0121 704 8207 or see
www.solihullonthemove.co.uk

Solihull Active
Doc Spot

Session times
& prices vary
depending on
the centre

If you have a Solihull
GP they can refer you
for a personalised 12-
week activity
programme designed
for adults with long-
term health conditions
based at a designated
Leisure Centre.

The scheme
operates at:
Tudor Grange
Sports Centre.
Hampton Heath
Club.
North Solihull
Sports Centre.

Contact 0121 704
8207 or email

Smiths Wood
Community Gym.

solihullactive@solihull.gov.uk

Website:

www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/

Solihull Synagogue
Club
3 Monastery Drive
Solihull
B91 1DW

Thursday
12.00 pm

3-course meal & entertainment for over 60's as well as activities such as art classes, baking & cookery sessions, gentle exercises and quizzes.

Contact Dinie Pink
0121 706 8736 or
email

Office@solihullshul.org

<p>Solihull Stroke Group</p> <p>Oliver Bird Hall</p> <p>Solihull</p> <p>B91 3RQ</p>	<p>Thursday</p> <p>10.00am - 12.00pm</p> <p><u>By prior arrangement with Marian only</u></p>	<p>For anyone affected by stroke.</p> <p>Contact Marian Disbery</p> <p>01676 534 944 or email</p> <p>solihullstrokesurvivors1@outlook.com</p> <p>before attending.</p>
<p>Macular Society</p> <p>St Augustines Church Hall</p> <p>Herbert Road</p> <p>Solihull</p> <p>B91 3QE</p>	<p>1st Thursday of each month</p> <p>2.00pm - 3.30pm</p>	<p>Providing information, support & friendship to those with macular disease, their family and friends.</p> <p>Contact Chris Jefferson</p> <p>07732 312542</p>
<p>Striving Stars</p> <p>Drawing & Talking Therapy</p> <p>Various locations.</p>	<p>Various days & times available.</p>	<p>For those living with dementia, their carers & families to discover & communicate emotions through drawing.</p>

		<p>Contact Emma 07958 559 138 or email strivingstars17@gmail.com</p>
<p>Memory Lane Café The Snooty Pooch 50 Drury Lane Solihull B91 3BH</p>	<p>Tuesday 11.00am - 2.30pm <u>Starting 3rd</u> <u>June</u></p>	<p>A friendly, welcoming, social environment for older people, their carers and families. The sessions will be complete with therapy dogs, trained well-being hosts, interactive activities, and unlimited tea, coffee & cake.</p> <p>£5 per person (Carers go free!). First session is free – booking is advisable.</p> <p>Contact 07858 587 028 or email</p>

		woof@thesnootypooc.h.co.uk
<p>Rock Choir Solihull Preparatory School Brueton Avenue Solihull B91 3EN</p>	<p>Monday 7.15pm - 8.45pm</p> <p>Term time only</p>	<p>No auditions or musical knowledge needed. It's all about fun, community, friendship & life-changing experiences.</p> <p>Contact 01252 714 276 Mon-Fri 9.00 -5.00 Email: office@rockchoir.com</p> <p>Website: www.rockchoir.com</p>
<p>United Reform Church The Meeting Place 741 Warwick Road Solihull B91 3DG</p>	<p>Monday 10.00am - 12.00pm</p>	<p><u>Moments</u> Support & encouragement for those with dementia in a relaxed atmosphere with respite & advice for carers.</p>

<p>United Reform Church continued</p>	<p>Tuesday 1.30pm - 3.30pm</p>	<p>Contact Elaine on 07707 621 701 or email solihullurc@gmail.com</p> <p><u>Dance to Health</u> Classes for the over 50's are proven to reduce the number and severity of falls experienced by people who complete the programme.</p> <p>Contact 07470 799 540 or email solihull@dancetohealth.org</p>
<p>The Oddfellows Society Royal British Legion Club Broomfield Hall Union Road Solihull</p>	<p>3rd Thursday of each month 1.00pm - 2.30pm</p>	<p>Friendly social events providing a great opportunity to meet people in your local area.</p> <p>Contact Liz</p>

B91 3DH		0121 707 5626 or email birmingham@oddfellows.co.uk
Family Renewal Centre Vulcan Road Solihull B91 2JY	Monday 1.00pm - 2.00pm	<u>Balance, Strength & Mobility Class</u> Falls Prevention Class to improve balance, get stronger, fitter & make new friends. Contact Sharon Greenway 07891 446 364 before attending.
	Thursday 1.00pm - 2.00pm	<u>Gradual Movability Balance, Strength and Mobility Class</u> Falls Prevention Class to improve & maintain muscle strength, balance and stability. Gradually increase

Family Center (rear
of Solihull Renewal
Church)

2nd Friday
of each
month
10.00am

mobility & physical
functions with
physiotherapy-based
exercise.

Contact Nora before
attending
07707 931 439 or
email
[nora@envolvewell.co.
uk](mailto:nora@envolvewell.co.uk)

Memory Café

Support for those with
dementia and their
carers. This group
creates a sense of
belonging, love &
togetherness. Respite
& refreshments at a
small charge.

Contact 0121 711
7300 or email
hello@renewalcc.com

Solihull Methodist
Church
Blossomfield Road
Solihull
B91 1LG

Monday
10.00am -
12.00pm
(term time
only)

Shall We Talk?

New to the UK? Come
& find out more about
the British way of life,
its customs and
peculiarities.

Tuesday
10.30am

Men's Coffee Club

An informal and
friendly gathering for
men in the Church
Hall, putting the world
to rights by discussing
topical issues.

Wednesday
10.00am -
11.00am
&
11.00am -
12.00pm

Gentle Exercise Club

Especially designed for
those with
osteoporosis and
arthritis or anyone
wishing to maintain a
healthy lifestyle.

Solihull Methodist
Church
continued

Friday
10.00am -
12.00pm

**Classic Cantonese
Group**

A weekly elderly social group for those retired & looking to meet new friends. Activities include Tai Chi exercise, mahjong & table tennis.

Contact
0121 705 7367 or
email
[office@solihull-
methodist.org.uk](mailto:office@solihull-methodist.org.uk) for
the clubs above.

4th
Wednesday
of each
month
11.00am -
1.00pm

(Except Dec)

**Solihull Pensioners
Association**

Promoting the welfare of older people in Solihull & the surrounding area with activities & talks on subjects of interest.

Solihull Methodist
Church
continued

3rd Thursday
of each
month
10.30am -
12.00pm

Contact Alan Thomas
0121 705 3342

Singing For the Brain

Run by the Alzheimer's
Society

bringing people
affected by dementia
& their carers together
with a friendly and
stimulating activity.

Contact 0121 706
4052 or email

[birminghamandsolihull
@alzheimers.org.uk](mailto:birminghamandsolihull@alzheimers.org.uk)

2nd & 4th
Friday
of each
month
10.30am

Friendship Café

Coffee, smiles, cake &
chat. All welcome.

Donations
appreciated.

Contact Diane Webb
0121 705 7367 or
07478 001 759

<p>Spring Steps 1st Scout Hut Mill Pool Wood Lode Lane Solihull B91 2HZ</p>	<p>Tuesday 1.30pm - 2.30pm</p>	<p>Low impact aerobic & muscle strengthening exercise for those with arthritis and back pain. Also offering well-being walks.</p> <p>Contact Nora before attending. 07707 931 439 or email nora@envolvewell.co.uk</p>
<p>Wellbeing Wednesdays Greville Arms Cornyx Lane Solihull B91 2RB</p>	<p>Wednesday 10.00am - 12.00pm</p>	<p>For anyone who might be lonely and want to get out of the house to meet new people, make new friends, or go for walks & meals.</p> <p>Contact Minister Suzette Maguire 0121 709 0884 or 07464 471 333 before attending.</p>

Tudor Grange
Leisure Centre
Blossomfield Road
B91 1NB

**Swimming
Pool**

Monday -
Friday:
9.00am-
3.00pm
(Not during
school
holidays)

Gym

Monday -
Sunday:
9.00am -
5.00pm
(Not during
school
holidays)

Monday &
Wednesday
10.30am -
12.30pm

**Over 75s Work Out for
FREE in Solihull**

Solihull Council &
Everyone Active are
offering over 75s FREE
membership to access
the swimming pool,
gym and fitness classes
during off-peak times.
Visit reception and
present your ID as
proof of eligibility to
activate your FREE
membership!
Contact 0121 705
6371 for info.

Solihull Wheels for All

A charity providing
inclusive cycling for all
including enabling
people with a disability
or restricted mobility

	<p>Sessions run all year round including through the winter</p>	<p>to experience the thrill and fun of wheeled recreation.</p> <p>No booking necessary, new attendees welcome.</p> <p>See Facebook page for up-to-date info.</p> <p>https://www.facebook.com/Solihull-Wheels-for-All-2395952393959855</p> <p>For private group sessions and general enquiries email Solihullwfaenquiries@gmail.com</p>
<p>Community Café Place to Eat Restaurant 1st floor John Lewis Touchwood Solihull B91 3GJ</p>	<p>1st Tuesday of each month 11.00am - 12.00pm</p>	<p>All welcome for a friendly coffee and chat to make new friends.</p>

<p>Walking Football Solihull Football Centre Brick Kiln Lane Solihull B91 3LE</p>	<p>Various days and times</p>	<p>Senior walking football sessions run by qualified coaches. Great place to meet new people and improve your fitness & wellbeing. All sessions are booked online & then pay & play when you arrive. Sessions for people living with disabilities i.e. Parkinsons are available.</p> <p>Contact 0121 796 1330 or visit www://bookwhen.com/mpsports</p>
<p>Men Walking and Talking In front of the gates to Malvern and Brueton Park</p>	<p>Tuesday & Thursday 7.00pm - 8.00pm</p>	<p>Giving men a safe space to open up about their mental health and support each other.</p>

<p>New Rd B91 3DP</p>		<p>Free and no need to book.</p> <p>Just turn up at the meeting point.</p>
<p>50's World The Shirley Club 135 Marshall Lake Road Shirley B90 4RB</p>	<p>Monday 10.30am</p>	<p>Coffee, cake, and great conversation.</p> <p>Contact Sue 01564 829 830.</p>
<p>RNIB Solihull Social Get Together The Flute and Flagon 28-30 Station Road Solihull B91 3SB</p>	<p>4th Tuesday of each month 6.00pm - 7.30pm</p>	<p>Monthly social meet up for working age visually impaired people in Solihull & the surrounding area for a drink and/or bite to eat in a relaxed informal setting.</p> <p>Booking is required. Contact sarah.winch@rnib.org.uk</p>

<p> RNIB Solihull Coffee Morning Core Library Homer Road Solihull B91 3RG </p>	<p> 3rd Monday of each month 10.30am - 12.00pm </p>	<p> A great opportunity to meet & socialise with other people with sight loss in Solihull, share experiences, hear from monthly guest speakers. </p> <p> Free to attend. £2 for hot drinks. </p> <p> Booking is required. Contact sarah.winch@rnib.org.uk </p>
<p> Big Knit Drop-In Group Activities room Age UK Solihull The Core Lower Ground Floor Homer Road Solihull B91 3RG </p>	<p> Thursday 1.00pm - 3.00pm </p>	<p> Have a chat while knitting little hats! Help Age UK Solihull reach their target of 15,000 hats to raise funds to support older Solihull residents. Bring your own wool and needles, and we will provide hot drinks </p>

		<p>and knitting/crochet patterns.</p> <p>Free to attend and no need to book - just come along alone or with friends!</p>
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Section Two – Shirley

Club / Location	Day	Details
Shirley Baptist Church 144 Stratford Road Shirley B90 3BD	Tuesday 1.00pm - 3.00pm	<u>Place of Welcome</u> Any age welcome to share hobbies, local knowledge & friendship while enjoying free refreshments. Drop in any time, for as long or as little as you like. Contact the church office 0121 733 8089.
	1 st Saturday of each month 9.00am	<u>Men's Breakfast</u> The Kairos coffee shop (behind the church) invites men to enjoy an hour together chewing over a topical issue whilst enjoying bacon or sausage bap and a hot drink.

Age UK Solihull
Wednesday
Afternoon Club
Moseley Cricket
Club
Streetsbrook Rd
Shirley
B90 3PE

Wednesday
1.00pm -
3.00pm

Lunch club for over
65's run by Age UK
Solihull volunteers.

£3.00 – tea, cake,
activities and
wonderful company!

Volunteer
transport possibly
available for additional
cost (waiting list
applies).

Apply for a place by
contacting Age
UK Solihull, Clubs &
Activities before
attending.

0121 704 7811 or
email
[activities@ageuksolihu
ll.org.uk](mailto:activities@ageuksolihull.org.uk)

<p>Royal British Legion Parkgate Shirley B90 3BQ</p>	<p>1st Friday of each month 10.30am - 12.30pm</p> <p>Thursday 2.00pm - 3.30pm</p> <p>Wednesday 10.00am - 12.00pm</p>	<p><u>Teacups & Handshakes</u> Pop in for a cuppa, a cake & a chat. Open to everyone, no need to book.</p> <p><u>Bingo</u> Cash prizes & a raffle.</p> <p><u>Gardening Club</u> Get together with fellow gardeners. Tea & coffee available.</p>
<p>Solihull Village Victoria Crescent Shirley B90 2FH</p> <p>Free parking at rear</p>	<p>Monday 11.00am - 11.45am</p>	<p><u>Paracise Exercise Club</u> Gentle on the joints yet effective and designed to improve posture, balance, mobility and flexibility whilst improving muscle memory.</p>

Solihull Village
continued

For men & women
with seated and
standing options
available so you can
work at your own
level.

Contact Dawn
07532 160 610 or
email

dawn@risehealthandfitness.co.uk

2nd & 4th
Thursday
each month
10.30am -
12.30pm

Parkinson's Café

A relaxed environment
to meet other
members and be part
of a community that is
with you on your
Parkinson's journey.

Contact 07377 987
018 or email

enquiries@solihullparkinsons.org.uk

LAYCA Community
Centre
Stretton Road
Shirley
B90 2RL

Tuesday
1.30pm -
2.30pm

Keep Dancing

Suitable for older adults. Whether you have danced before or you're a complete beginner you'll learn dances from around the world with no need for a partner.

Booking is essential via
www.xpress-yourself.co.uk/dance-classes/

Contact Faye
07984 423 534

Wednesday
12.30pm -
2.30pm

Friday
7.00pm -
9.30pm

BINGO

Full & Half Books are available to purchase. Small entrance fee with tea, coffee & biscuits provided.

Contact 0121 744 1445

<p>Widows United Shirley Institute Church Road Shirley B90 2AX</p>	<p>1st Wednesday of each month 1.30pm - 3.30pm</p>	<p>Friendly club for widows. Come along & enjoy quizzes, speakers, social afternoons, coach trips.</p> <p>Contact Margaret Morton 0121 474 6360.</p>
<p>Got 2 Sing Choir Light Hall School Hathaway Road Shirley B90 2PZ</p>	<p>Thursday 7.30pm - 9.00pm</p>	<p>Local adult choir which is open to everyone. You will be made to feel very welcome and meet like-minded, spirited, fabulous people.</p> <p>Contact Freephone 0333 014 6164 or see www.got2sing.co.uk/choirs/solihull-choir</p>

Solihull Active
Step into Solihull

Various days
and venues
across the
borough of
Solihull

Gentle exercise
activity programme
includes walking, tai
chi, yoga, seated
exercise, walking
sports & more.

Contact 0121 704
8207 or see

www.solihullonthemove.co.uk

Solihull Active
Doc Spot

Session times
& prices vary
depending on
the centre

If you have a Solihull
GP they can refer you
for a personalised 12-
week activity
programme designed
for adults with long-
term health conditions
based at a designated
Leisure Centre.

The scheme
operates at:
Tudor Grange
Sports Centre.
Hampton Heath
Club.

North Solihull
Sports Centre.
Smiths Wood
Community Gym.

Contact 0121 704
8207 or email

solihullactive@solihull.gov.uk

		<p>for more info.</p> <p>Website: www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/ </p>
<p>Short Mat Bowling Club Shirley Methodist Church 257 Stratford Road Shirley B90 3AL</p>	<p>Monday & Thursday 1.00pm - 3.00pm</p> <p>Friday 7.00pm - 9.00pm</p>	<p>Gentle exercise, fun & friendship. No previous experience required. Bowls & tuition provided. 1st 3 sessions free.</p> <p>Contact Rob 07927 990 215 or email bowls@shirleymethodist.org.uk </p>

Blossomfield
Grange Care Home
1 Worcester Way
Off Dog Kennel
Lane
Shirley
B90 4JX

1st Monday
of each
month

10.30am -
12.00pm
(Excluding
Bank
Holidays)

Last Monday
of each
month
11.00am -
12.00pm
(Excluding
Bank
Holidays)

Dementia Café

Event aimed at those
living with dementia
and their loved ones.
Opportunity to meet
and share experiences,
take part in fun
activities, get advice &
support.

Friendship Café

Meet like-minded
people for a chat over
a complimentary hot
drink and freshly
baked treats.

**Booking essential for
both groups.**

Contact Jo
0121 701 2700

Fountains Care
Home
1355 Stratford
Road
Shirley
B90 4EF

Last
Wednesday
of each
month
10.30am -
11.30am

Reminisce Café

All welcome to make
new friends, have fun,
share memories and
enjoy the company of
others alongside a
sing-song and
activities to enjoy.

Friday
From
12.30pm

Don't Dine Alone.

Company and a
nutritious meal for
local older people.

Last Sunday
of each
month
1.30pm

Pudding Club

Opportunity to meet
new people & enjoy
delicious treats.

Contact 0121 733
8602 before attending
any of the above
groups.

<p>Walking Netball & Football</p> <p>Beechcroft Multi-Sports Community Club</p> <p>Beechcroft Avenue</p> <p>Hall Green</p> <p>Birmingham</p> <p>B28 9ER</p>	<p>Various Days</p>	<p>For anyone who wants to improve their fitness without putting too much strain on their body.</p> <p>Experienced coaches are available to help players of all levels.</p> <p><u>Booking essential and newcomers are advised to ring before booking,</u></p> <p>Contact</p> <p>0121 796 1330</p>
<p>Move it or Lose it</p> <p>Solihull Lodge Community Association</p> <p>Grafton Road</p> <p>Solihull Lodge</p> <p>B90 1NJ</p>	<p>Friday</p> <p>1.00pm - 2.00pm</p>	<p>Fun & friendly seated or standing class to improve balance, strength, confidence, mobility, flexibility & independence.</p> <p>1st class free for new starters.</p>

		<p>Contact Liz Gavin 07962 035 744 or email liz.gavin@moveitorloseit.co.uk</p>
<p>The Bridge 234 Stratford Road Shirley B90 3AG</p>	<p>Tuesday 2.00pm - 4.00pm</p> <p>Wednesday 12.00pm - 1.00pm</p>	<p><u>Tuesday Club</u> Fun, friendship, games & refreshments for seniors.</p> <p><u>Community Lunch</u> Free cooked 2 course meal, followed by hot drinks from 1.00pm - 2.00pm</p> <p>Contact 0121 744 9235 or email enquiries@thebridgeshirley.com</p>

Age UK Solihull
Social café
Asda Superstore
Café
Parkgate
Stratford Road
Shirley
B90 3GG

1st Thursday
of each
month

11.00am -
1.00pm

Starting
Thursday 5th
June 2025

Come & meet Age UK
Solihull Social
Prescribers, the
Solihull Community
Development Team
and other Solihull
residents at this new
get together for
people who want to
get out and enjoy
some company.

No need to book, just
turn up.

Food & drinks
available to purchase.

Section Three – Olton/Elmdon

Club / Location	Day	Details
Age UK Solihull Club JLR The Sportsground, 6 Billsmore Green, Solihull B92 9LN (off Rowood Drive)	1 st Tuesday of each month 12.00pm - 3.00pm	<p>A lunch club for over 65's run by Age UK Solihull staff & volunteers.</p> <p>£10.00 - includes a meal, hot drinks, activities and occasional live singers.</p> <p>Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending. 0121 704 7811 or email activities@ageuksolihull.org.uk</p>

<p>Age UK Solihull Hobs Meadow Lunch Club Hobs Meadow Pub Ulleries Road Solihull B92 8ED</p>	<p>Thursday 12.00pm - 3.00pm (excluding 1st Thursday of each month)</p>	<p>A lunch club for over 65's run by Age UK Solihull staff & volunteers.</p> <p>£11.00 - includes 2-course meal, hot drinks and entertainment.</p> <p>Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending. 0121 704 7811 or email activities@ageuksolihull.org.uk</p>
<p>Wednesday Social Club Yardley Ex-Servicemen's Club 328 Yardley Rd Birmingham</p>	<p>Wednesday 12.00pm - 3.00pm</p>	<p>Singer and Bingo. Everyone welcome including non-members. Contact Pat for more info on 0121 706 0202</p>

B25 8LT (On A45 at Swan Island)		before 11am or leave a message & she will return your call.
Solihull Active Step into Solihull	Various days and venues across the whole borough of Solihull	Gentle exercise activity programme includes walking, tai chi, yoga, seated exercise, walking sports & more. Contact 0121 704 8207 or see www.solihullonthemove.co.uk
Solihull Active Doc Spot The scheme operates at: Tudor Grange Sports Centre.	Session times & prices vary depending on the centre	If you have a Solihull GP they can refer you for a personalised 12- week activity programme designed for adults with long term health conditions

Hampton Heath
Club.
North Solihull
Sports Centre.
Smiths Wood
Community Gym.

based at a designated
Leisure Centre.

Contact 0121 704 8207
or email
[solihullactive@solihull.
gov.uk](mailto:solihullactive@solihull.gov.uk)

for more info.

Website:

[www.solihullonthemo
ve.co.uk/get-support-
to-be-active/people-
with-long-term-health-
conditions/docspot-
exercise-referral/](http://www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/)

Move it or Lose It
Exercise Class
St Margaret's
Church Hall
St Margaret's Road
Olton
B92 7JS

Thursday
10.00am -
11.00am

Gentle exercise class
for over 60's designed
to improve strength,
balance, and flexibility.

Women only class. 1st
class free.

		<p>To book a place contact Manisha 07999 388 657 or email mpatel@moveitorloseit.co.uk</p>
<p>Solihull Stroke Club Olton Friary St Bernards Road Olton Solihull B92 7BL</p>	<p>Wednesday 9.00am - 1.30pm (Excluding Bank Holiday weeks)</p>	<p>Everyone affected by stroke is welcome to play games, do some exercises, occasionally listen to a speaker, play bingo, weekly quizzes, sing-a-longs. Coffee/tea and biscuits on arrival and a 2-course meal at lunchtime.</p> <p>Contact Pamela 0121 744 3265.</p>
<p>Solihull Society for Physically Handicapped</p>	<p>Last Wednesday of each month</p>	<p>Live entertainment, light refreshments, raffle etc. Taxi fees paid.</p>

<p>Langley Hall Social Club</p> <p>40 Langley Rd</p> <p>Olton</p> <p>Solihull</p> <p>B92 7HE</p>	<p>6.45pm - 9.00pm</p>	<p>Contact Nikki before attending</p> <p>07875 540 897.</p>
<p>Whist Club</p> <p>Josiah Mason Trust</p> <p>Mason Court</p> <p>Hillborough Road</p> <p>Olton</p> <p>B27 6PF</p>	<p>Tuesday</p> <p>1.30pm - 4.00pm</p>	<p>£2.50 per person.</p> <p>Break for tea and biscuits halfway through.</p> <p>No need to book, just turn up.</p> <p>Contact Ray</p> <p>0121 743 7813.</p>
<p>Inbetweenies</p> <p>Bereavement Café</p> <p>Hatchford Brook Golf Centre</p> <p>Hatchford Way</p> <p>Sheldon</p> <p>B26 3PY</p>	<p>2nd Monday of each month</p> <p>10.30am - 12.30pm</p>	<p>A warm friendly space where you can talk, share memories or connect with others who understand and find friendship through loss.</p> <p>Contact Tracey</p>

		<p>07816 529 397 or email</p> <p>traceyjayne@lastingmomentscelebrancy.co.uk</p>
<p>The Tea Chest Café, 242 Lyndon Road, Solihull B92 7QW</p>	<p>1st & 3rd Monday of each month 10.30am - 12.30pm</p>	<p><u>Inbetweenies</u> <u>Bereavement Café</u></p> <p>Supporting those feeling sad or isolated following the loss of a loved one. A relaxed, safe environment to talk with others who are going through similar circumstances.</p> <p>Contact Tracey 07816 529 397 or email</p> <p>traceyjayne@lastingmomentscelebrancy.co.uk</p>

<p>The Tea Chest Café continued</p>	<p>1st Tuesday of each month 11.00am - 1.00pm</p>	<p><u>Age UK Solihull Social Café</u> Monthly get together for people who want to get out and enjoy some company.</p> <p>No need to book – just turn up. Food & drink available to buy.</p>
<p>Prance Grange Court 298 Warwick Road Solihull B92 7GL</p>	<p>Monday 11.00am</p>	<p>A chair-supported movement and dance class for older adults with health issues affecting mobility, balance and confidence. Booking Essential. £10 PAYG, discount block booking</p> <p>Contact Nora 07707 931 439 nora@envolvewell.co.uk before attending.</p>

<p>Move it or Lose it Lyndon Methodist Church (Sports Hall) Melton Avenue Solihull B92 7QX</p>	<p>Monday 11.30am - 12.30pm</p>	<p>Fun & friendly seated or standing class to improve balance, confidence, mobility, flexibility, strength & independence. 1st class free for new starters.</p> <p>Contact Liz Gavin 07962 035 744 or email liz.gavin@moveitorloseit.co.uk</p>
<p>Lunch Service Kingsford Court 125 Ulleries Road Olton B92 8DT</p>	<p>Monday to Friday & Sunday</p>	<p>2 or 3 course meals available</p> <p>Contact Sarah 07483 110 768.</p>

Section Four – North Solihull

Club / Location	Day	Details
Arden Hall Water Orton Road Castle Bromwich B36 9PB	Tuesday 10.30am - 12.00pm	Chair exercise that can help improve health, fitness & overall well-being without putting too much stress on joints & muscles with hot drinks and a natter after the class. Contact Maggie 07968 505 767.
	1.15pm - 4.15pm	Friends in Retirement Sequence Dancing for over 50's. Contact John 07913 890 847.

<p>Arden Hall continued</p>	<p>2nd & 4th Wednesday of each month 1.30pm - 3.30pm (except Aug)</p> <p>1st & 3rd Friday of each month 12:00pm - 3:00pm</p>	<p>Castle Bromwich W.I.</p> <p>Contact Marion 0121 242 6922 or Pat 0121 684 1205</p> <p><u>Friday Meet Up</u> Run by former Age Concern Castle Bromwich volunteers for over 65's in the Windsor Room. Sandwich, cake, cuppa, raffle, bingo and great company. Cost £3 per session.</p> <p>Contact 07812 603 122 or email grahamwooldridge@yahoo.co.uk</p>
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Push On Wellbeing's Community Project 14 Maple Walk Chelmsley Wood B37 5TS	Monday 3.00pm – 4.00pm	Over 50's Art & Crafts
	4.00pm – 5.00pm	Positive Action 4 Mental Wellbeing
	Wednesday 11.00am – 12.00pm	Knit & natter
	Thursday 11.30am – 12.30pm	Ukrainian Family Club
Off the Street Retreat Lily's Tea Parlour Chelmsley Wood Shopping Centre		Free massages. Ideal for those in pain waiting for NHS treatment. Wellbeing Retreat massages. Phone 07541 395 656 for more details on all POW's activities.

<p>Tea Dance St Anne's Church Parish Centre 281A Bosworth Drive Chelmsley Wood B37 5DP</p>	<p>Last Wednesday of each month 1.00pm - 3.00pm</p>	<p>Bingo & raffle.</p> <p>Contact 0121 770 3283 before attending.</p>
<p>You are not alone Chelmunds Court Café 2 Pomeroy Way Chelmsley Wood B37 7WB</p>	<p>Ring for dates and times</p>	<p>Support, companionship and advice for those with a loved one living with dementia. Small fee for refreshments. No need to book.</p> <p>Contact Adele 0121 770 4254</p>
<p>Wellbeing Community Choir St Andrews Church 2 Craig Croft Chelmsley Wood B37 7TR</p>	<p>Monday 6.00pm - 7.30pm</p>	<p>Free to join but a donation of £4 per session is welcome if you can afford to do so. Contact Keely</p>

		<p>07841 924 289 or email thewellbeingchoir@outlook.com</p> <p>Or turn up & ask for Martin Trotman.</p>
<p>Solihull Active Step into Solihull</p>	<p>Various days and venues across the whole borough of Solihull</p>	<p>Gentle exercise activity programme includes walking, tai chi, yoga, seated exercise, walking sports & more.</p> <p>Contact 0121 704 8207 or see www.solihullonthemove.co.uk</p>
<p>Solihull Active Doc Spot</p> <p>The scheme operates at:</p>	<p>Session times & prices vary depending on the centre</p>	<p>If you have a Solihull GP they can refer you for a personalised 12- week activity programme designed for adults with long-</p>

<p>Tudor Grange Sports Centre. Hampton Heath Club. North Solihull Sports Centre. Smiths Wood Community Gym.</p>		<p>term health conditions based at a designated Leisure Centre.</p> <p>Contact 0121 704 8207 or email solihullactive@solihull.gov.uk</p> <p>Website: www.solihullontheMOVE.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</p>
<p>St Clements Church Green Lane Corner of Clevedon Avenue Castle Bromwich B36 0BA</p>	<p>Every other Tuesday 2.00pm</p>	<p><u>Crafternoon Group</u> Bring your favourite craft to enjoy with others or just come for a chat and refreshments. Contact 0121 748 5550.</p>

<p>St Clements Church continued</p>	<p>2nd & 4th Thursday of each month 1.00pm - 2.30pm</p>	<p><u>Forget Me Not Memory Cafe</u> Offering support for carers and those with memory loss. Cakes, biscuits, drinks, puzzles, games, entertainment, music, laughter, chat.</p> <p>Contact Alison 07958 653 924</p>
<p>Chelmsley Wood Library Chelmsley Wood Shopping Centre B37 5TN</p>	<p>Tuesday 2.00pm - 4.00pm</p>	<p><u>Knit and Natter</u> Share skills and knitting patterns or brush up on your crochet over a cup of tea & a friendly chat!</p> <p>No need to book, just drop in! Contact the library on 0121 788 4380 or email libraries@solihull.gov.uk</p>

	<p>Thursday 10.30 am - 12.30pm</p>	<p><u>Art & Crafts</u> <u>Workshop for adults</u> Free arts and craft workshop to help you relax and have fun.</p>
<p>Moorfield Community Centre Hartshill Road Birmingham B34 6QX</p>	<p>Tuesday 4.00pm - 6.30pm</p> <p>Friday 12.00pm - 1.30pm</p>	<p>Social group with refreshments, various activities, board games, karaoke or bingo. Fish & chip lunch with a hot drink & pudding.</p> <p>Contact 0121 362 3650</p>
<p>Three Trees Hedingham Grove Chelmund's Cross Chelmsley Wood B37 7TP</p>	<p>Monday 10.45am - 12.30pm (Fortnightly)</p> <p>1.30pm - 2.30pm (Fortnightly)</p>	<p><u>Pop In – Drop In</u> Social club & support group with Independent Advocacy.</p> <p><u>The Listening Project</u> Experiment, analyse and enjoy music.</p>

Three Trees
continued

Tuesday
6.30pm -
7.30pm

Northern Star

Ukulelele Band

Beginners & experts
welcome.

7.30 -
9.45pm

North Solihull Singers

Community choir
singing all kinds of
songs.

Wednesday
1.00pm -
3.00pm

St!Art Art Group

Art group for adults.

1.30pm -
3.30pm

Live Music

Music from the
resident musician.

7.00pm –
8.30pm

Circle

A men's group to
meet, chat, solve the
world's problems
& go home.

<p>Three Trees continued</p>	<p>Thursday 10.30am - 12.00pm</p> <p>1st Friday of each month 2.00 pm - 4.00pm</p>	<p><u>Come Out Come In</u> A social support group with coffee, chat & new friends.</p> <p><u>Ladies Fellowship</u> Ecumenical group.</p> <p>Contact 0121 582 0767 for more info on all the groups above.</p>
<p>Seeds of Hope Community Hall St Barnabas Church Overgreen Drive Kingshurst B37 6EY</p>	<p>3rd Monday of each month 1.00pm - 2.30pm</p>	<p><u>Singing for the Brain</u> Run by Alzheimer's Society. Meet new people in a friendly, fun and social environment. Contact 0121 706 4052 or email birminghamandsolihul l@alzheimers.org.uk</p>

<p>Seeds of Hope continued</p>	<p>Wednesday 9.30am - 11.30am</p> <p>Friday 11.00am - 1.00pm <u>Excluding the 1st Friday of each month</u></p>	<p><u>Mid-Week Minglers</u> A coffee morning to chat over coffee/tea and toast.</p> <p>Contact Cyndy 0121 770 6152</p> <p><u>Young@Heart</u> A friendly club offering sequence dancing for the over 50's.</p> <p>Contact Ann 0121 770 5140</p>
<p>The Jolly Club Kingshurst & District Labour Club Clopton Crescent Chelmsley Wood B37 6QU</p>	<p>Thursday 12.00pm - 3.00pm</p>	<p>For over 50's. Singers, bingo, raffle plus lots of fun and dancing!</p> <p>Contact Brian 07592 550 115</p>

<p>Forget Me Not Memory Café Coleshill Town Hall Old Court Room High Street Coleshill B46 3BG</p>	<p>3rd Thursday of each month 12.00pm - 3.00pm</p>	<p>Entertainment and games for those with memory loss and their carers. Tea, coffee & cakes</p> <p>Contact 01675 464 634</p>
<p>Life Ascending Group St John and St Anthony Oakthorpe Drive Kingshurst B37 6HY</p>	<p>Thursday 1.30 - 3.00pm</p>	<p>For Christians over 50. Bible study and friendship.</p> <p>Contact Barbara 0121 681 4248</p>
<p>North Solihull Sports Centre Conway Road, Solihull, B37 5LA</p>	<p>Swimming Pool Monday - Friday: 9.00am - 3.00pm (Not during school holidays)</p>	<p><u>Over 75s Work Out For FREE in Solihull</u> Solihull Council and Everyone Active are offering over 75s FREE membership to access the swimming pool, gym and fitness</p>

	<p>Gym</p> <p>Monday – Sunday: 9.00am - 5.00pm (Not during school holidays)</p>	<p>classes during off-peak times.</p> <p>Visit reception and present your ID as proof of eligibility to activate your FREE membership!</p> <p>Contact 0121 770 3822</p>
<p>Seniors Afternoon</p> <p>The Bell Inn</p> <p>12 Birmingham Road</p> <p>(just off High St)</p> <p>Coleshill</p> <p>B46 1AA</p>	<p>2nd & 4th</p> <p>Tuesday of each month</p> <p>1.00pm - 4.00pm</p>	<p>2 course meal, bingo, local singers or DJ's</p> <p>Contact Kelly 01675 463 310</p>
<p>Age UK Solihull</p> <p>Marston Green</p> <p>Tavern Lunch Club</p> <p>Station Road</p> <p>Marston Green</p> <p>B37 7AS</p>	<p>Tuesday</p> <p>12.00pm - 3.00pm</p>	<p>A lunch club for over 65's run by Age UK Solihull staff & volunteers.</p> <p>£9.00 - includes a hot meal, activities and entertainment.</p>

		<p>Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending.</p> <p>0121 704 7811 or email activities@ageuksolihull.org.uk</p>
<p>Keep Fit Fordbridge Centre Nineacres Drive Fordbridge B37 5DD</p>	<p>Thursday 1.30pm - 3.30pm</p>	<p>Gentle joint exercise, some line dancing followed by a cuppa and a chat. Waiting list in operation.</p> <p>Contact Sheila 0121 770 2432</p>
<p>Line Dancing Shard End Community Centre 170 Packington Ave Birmingham B34 7RD</p>	<p>Thursday 12.00pm - 1.00pm 1.15pm - 2.15pm</p>	<p>Beginners class</p> <p>Advanced class</p> <p>Contact 0121 464 5485</p>

The Onward Club
107 Helmswood
Drive
Chelmsley Wood
B37 7NS

Every other
Thursday
1.00pm -
2.00pm

Solihull Memory Singers

Singing group for
people living with
dementia & their
carers bringing people
together in a fun,
friendly and safe
environment.

Contact Sarah
07722 632 242 or
email
sriddell@armonica.org.uk

Friday
10.00am -
1.00pm

Recycled Teenagers

Warm hub for over
60's. Hot drinks, food,
activities, days out,
bingo, music &
company for local
residents.

Free to attend.
Contact 0121 770
4499

Disability Resource
Centre
Unit 18
ACE Business Park
Mackadown Lane
Kitts Green
B33 0LD

Monday
9.30am -
11.30am

Breakfast Club

An opportunity for disabled people aged 18 and over to socialise, learn more about DRC's services, and enjoy a cup of tea, biscuits and toast in a warm space.

Contact Maria
03030 402040 or
email
mclayton@disability.co.uk

Wednesday
10.00am -
1.00pm

Arts and Crafts Group

A supportive learning environment for disabled adults to develop basic arts and crafts' skills.
Participants are encouraged to express creativity and explore

their passions through the medium of art.

Contact Robbert
03030 402040 or
email
rchattin@disability.co.uk

Contact for
days
& times

**Fit For Life and
Walking Groups**

Fit for Life programme targeted towards disabled people, frail older adults and those with long term health conditions.

Contact Roy
03030 402040
or email
rkimberley@disability.co.uk

Section Five – Rural Solihull

Club / Location	Day	Details
<p>Dorridge Methodist Church 103 Mill Lane Bentley Heath Dorridge B93 8NY</p>	<p>Tuesday 10.30am - 12.30pm</p>	<p><u>Dorridge & Knowle Memory Cafe</u> Helping people, their carers and loved ones live well with dementia. Painting, singing and dancing. £3 per person (including refreshments) No need to book - just drop in</p> <p>Contact Karen 07974 263 742 or email karen.wilkinson@uniquelcare.co.uk</p>

Dorridge
Methodist Church
continued

1st & 3rd
Tuesday
of each
month
2.00pm –
4.00pm

Tea Party

Afternoon tea & chat.
No charge, donations
welcome.

Contact Joan
01564 205121

Wednesday
10.45am

Ladies Circle

Tea/coffee followed by
a session with a
speaker/discussion/
entertainment.

Email

[ladiescircle@dorridge
methodists.org.uk](mailto:ladiescircle@dorridge
methodists.org.uk)

3rd Friday
of each
month
12.30pm

Lunch Club

Chat & a 2 course meal
for a small charge

Contact
07956 888 459.

Solihull Active
Step into Solihull

Various days
and venues
across the
whole
borough of
Solihull

Gentle exercise
activity programme
includes walking, tai
chi, yoga, seated
exercise, walking
sports & more.

Contact 0121 704
8207 or see

www.solihullonthemove.co.uk

Solihull Active
Doc Spot

Session times
& prices vary
depending on
the centre

If you have a Solihull
GP they can refer you
for a personalised 12-
week activity
programme designed
for adults with long-
term health conditions
based at a designated
Leisure Centre.

The scheme
operates at:
Tudor Grange
Sports Centre.
Hampton Heath
Club.

North Solihull
Sports Centre.

Contact 0121 704
8207 or email

<p>Smiths Wood Community Gym.</p>		<p>solihullactive@solihull.gov.uk for more info.</p> <p>Website: https://solihullonthemove.co.uk/get-support-to-be-active/www.solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</p>
<p>Club 'K' Lady Katherine Leveson The Old Hall Fen End Road West Temple Balsall B93 0AN</p>	<p>Thursday 1.00pm - 3.00pm</p>	<p>Run by volunteers for over 60's. Afternoon tea & biscuits and the opportunity to make new friends.</p> <p>Contact Lorraine 0121 745 9035 or 07709 500781 or email stuartmullard@yahoo.co.uk</p>

St Philips Church
Centre
Manor Road
Dorridge
B93 8DX

Monday
10.30am -
11.30am
&
Wednesday
11.30am -
12.30pm

1st & 3rd
Monday
of most
months
7.30pm

Forever Active

Classes for older adults that blend fitness and community, enhancing strength, balance, and social connections.

1st class free.

Contact 07738 830
848.

Inspire

These meetings, which always begin with prayer, usually consist of speakers on a variety of subjects, occasional social evenings, visits to theatres and places of interest.

Contact
01564 775 652

<p>St Philips Church Centre continued</p>	<p>Last Tuesday of each month 11.15am – 12.45pm</p>	<p><u>Community Support</u> <u>Coffee morning</u> Free event held by Bright Dawn Homecare with stimulating and inclusive activities and each coffee morning will feature a different guest speaker.</p> <p>Contact Bright Dawn directly 01564 784 598 for more information.</p>
<p>Memory Café Birchmere Mews Care Home 1270A Warwick Road Knowle B93 9LQ</p>	<p>1st Tuesday of each month 10.30am - 12.00pm</p>	<p>Meet new people with complimentary refreshments & pastries. All welcome & no booking required.</p> <p>Contact 01564 732 660</p>

Bentley Heath
Community Centre
Widney Road
Solihull
B93 9BQ

3rd Monday
of each
month
2.00pm -
4.00pm

Knit & Natter

Bring your own
project.

Just turn up, no
charge.

Contact Denise
07899 914 228

Wednesday
10.45am -
11.45am

EXTEND

Gentle exercise for the
older person. Can be
done seated.
Cost £4.00.

Contact Jenny
01564 772268

Wednesday
1.00pm –
4.00 pm

F I R S Art Group

Contact Ros
01564 739 129
or email

roswithers@googlemail.com

Bentley Heath
Community Centre
continued

Thursday
11.30am -
12.30pm

Keep Dancing

Over 50's low impact
dance steps from
around the world. No
partner needed.

Contact Faye
07984 423 534
or email

[hello@xpress-
yourself.co.uk](mailto:hello@xpress-yourself.co.uk)

Thursday
2.00pm -
3.30pm

Line Dancing

Contact Mavis
07714 771 048

1st Thursday
of each
month
7.30pm
only certain
months

Solihull RSPB Group

Contact Sophie
0121 744 4529
or email

[sophie.rspbsolihull@g
mail.com](mailto:sophie.rspbsolihull@gmail.com)

Bentley Heath
Community Centre
continued

2nd Thursday
of each
month
7.30pm
(Sept – May
only)

**Dorridge & District
Gardening Club**

Talks about various
gardening topics.

Email

berylharrison111@gmail.com

Last Thursday
of each
month
8.00pm
only certain
months

**South Devon Railway
Club**

Contact Roger Inwood
0121 704 9764

1st Saturday
of each
month
10.00am -
12.00pm

**The Café @Bentley
Heath**

Warm & friendly
atmosphere, all
welcome & profits go
to charity.

Bentley Heath
Community Centre
continued

1st Saturday
of each
month
2.30pm
Sept to April
only

The Cottage Garden
Society
Contact
Jennifer
07983 955 664 or
Monica 07920 003 760

2nd Saturday
of each
month
2.30pm
only certain
months

The Hardy Plant
Society
Contact Bridget
01564 205 363
or email
wmids@hardy-plant.org.uk

Sunday
7.30pm

Jubilee Club
Bingo and social.
Arrive at 7.00pm on
your 1st visit to
register.

Contact Cliff
07976 236 141

<p>Bentley Heath Tennis Courts next to Community Centre Widney Rd Bentley Heath, Solihull B93 9BJ</p>	<p>Monday & Wednesday 1.00pm - 3.00pm</p> <p>Friday 7.00pm - 9.00pm</p>	<p><u>Pickleball</u> Outside sport for all ages combines elements of tennis, badminton & table tennis. Free and all equipment is provided but trainers or tennis shoes are required.</p> <p>Contact Bob 07890 996 716</p>
<p>Knowle Parish Church The Guild House High Street Knowle B93 0LN</p>	<p>4th Monday of each month 2.00 - 4.00pm</p>	<p><u>Knowle Knitwits</u> Knitting or tapestry. Wool, needles & patterns supplied for charity knitting or bring your own. No experience needed. Voluntary donation.</p> <p>Contact Judy 01564 774413 or email judyandmike@btinternet.com</p>

<p>Knowle Parish Church continued</p>	<p>Wednesday 2.00pm - 4.00pm</p>	<p><u>Renew Café</u> All welcome to spend quiet time with a cup of tea or coffee, chat to others, or enjoy a hobby or puzzle.</p> <p>Email office@kpc.org.uk</p>
<p>Pop Voices Adult Choir Knowle British Legion 1611 Warwick Road Knowle B93 9LU</p>	<p>Thursday 10.30am - 12.00 pm</p>	<p>For adults of all ages & abilities.</p> <p>Email info@pop-voices.co.uk</p>
<p>Eastcote Park Retirement Village & Care Home Knowle Road Eastcote Solihull B92 0JA</p>	<p>Certain Mondays 3.00pm - 4.30pm</p>	<p><u>Memory Moments</u> <u>café</u> Do you care for someone with dementia? Both come along and enjoy an</p>

afternoon filled with music and memories.
Booking is essential.
Contact 0121 269 1236

Wednesday
11.30am -
1.00pm

Knit and Natter
Making blankets and hats for charity

1st
Wednesday
of each
month
2.00pm -
3.30pm

Welcome
Wednesdays
All Solihull residents over 65 are welcome for a hot drink, cake and a chat. Suggested donation - £3

Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending.

		<p>0121 704 7811 or email activities@ageuksolihull.org.uk</p>
	<p>Friday 11.00am - 1.00pm</p>	<p><u>Coffee Morning</u> Everyone is welcome to enjoy a coffee and meet new people in a safe environment.</p> <p>Contact 0121 756 7374</p>
<p>Warm Hub Jubilee Centre (behind Costa) 225 Station Road Balsall Common CV7 7FE</p>	<p>1st & 3rd Thursday of each month <u>throughout the winter months.</u> 9.30am - 11.30am</p>	<p>Balsall Common Lions will greet you with a smile, a warm drink and a slice of something sweet!</p> <p>Enjoy a chat with new friends in a welcoming warm space.</p>

		<p>See website for details:</p> <p>www.balsallcommonli.org</p>
<p>Balsall Common Village Hall 112 Station Road Balsall Common CV7 7FF</p>	<p>Monday 10.00am - 11.00am</p>	<p><u>Over 50's dance fit</u> Fun, easy to follow steps, suitable for all abilities.</p> <p>Contact Lorraine 07590 697 835</p>
<p>Balsall Common Village Hall continued</p>	<p>3rd Friday of each month 2.30pm - 3.30pm</p>	<p><u>Circle Dance for wellbeing</u> Light form of exercise suitable for all ages and no partners are needed. 1st class free!</p> <p>Contact Anne 07816 422614 or email annesburrell@gmail.com</p>

	<p>2nd Wednesday of each month 1.15pm - 3.15pm</p>	<p><u>Memories Café</u></p> <p>For anyone experiencing memory problems and their carers to socialise, share experiences and relax. Raffle, activity sessions.</p> <p>Contact Christine 07974 140 353 before attending.</p>
<p>Memories Coffee & Chat Balsall Common Library 283 Kenilworth Road Balsall Common CV7 7EL</p>	<p>1st Thursday of each month 11.00am - 12.30pm</p>	<p>For anyone experiencing memory problems and their carers to socialise, share experiences and relax. Raffle, activity sessions.</p> <p>Contact Christine 07974 140 353 before attending.</p>

St George & St
Teresa Parish
Centre
Station Road
Dorridge
B93 8EZ

Tuesday
10.00am -
11.30am
Term time
only

Rock Choir

Contemporary choir
with no auditions or
musical knowledge
needed. It's all about
fun, community,
friendship and life-
changing experiences.

Contact

01252 714 276 or mail
office@rockchoir.com

Thursday
1.30pm

Move It or Lose It

Fun & friendly seated
or standing class to
improve balance,
confidence, mobility,
flexibility, strength &
independence.

1st class free for new
starters.

Contact Liz Gavin
07962 035 744

		<p>or email liz.gavin@moveitorlos eit.co.uk</p>
<p>Tri Wellness Exercise classes Woodfield Farm Norton Lane Earlswood B94 5LS</p>	<p>Various days & times</p>	<p>For over 65's including seated mobility, pilates, yoga, mindfulness & meditation and gentle dance aerobics.</p> <p>Contact Rob 07740 289 350 or email admin@triwellness.co.uk</p>
<p>United Reform Church Station Road Knowle B93 0HN</p>	<p>Tuesday 10.00am - 12.00pm</p>	<p><u>Big Brew</u> A place to meet for coffee, tea, cake and a chat. No charge, just a small donation towards refreshments. Pop in any time.</p> <p>Contact Stephanie 01564 775 527</p>

Red Lion
1672 High Street
Knowle
Solihull
B93 0LY

Tuesday
12.15pm -
1.00pm

Paracise Exercise Club
Standing or seated low
impact exercise to
music which can be
adapted to suit your
needs.

Contact Dawn
07532 160 610
or email
dawn@risehealthandfitness.co.uk

Thursday
12.00pm -
2.30pm

**Age UK Solihull
Friendship Lunch
Club**

A lunch club for over
65's run by Age UK
Solihull staff &
volunteers.
£8.00 - includes a hot
meal and wonderful
company!

Apply for a place by
contacting Age

		<p>UK Solihull, Clubs & Activities before attending.</p> <p>0121 704 7811 or email</p> <p>activities@ageuksolihull.org.uk</p>
<p>Ye Olde Knowle Bowling Club</p> <p>Grange Road</p> <p>Dorridge</p> <p>B93 8QA</p>	<p>Ring for days & times</p>	<p>Welcomes bowlers of all ages and abilities and has a large clubhouse with bar and kitchen which is used to host several social events throughout the year.</p> <p>Contact Tony</p> <p>07759 952 485</p>
<p>St Peter's Church Hall</p> <p>Balsall Street East</p> <p>Balsall Common</p> <p>CV7 7EA</p>	<p>Tuesday</p> <p>11.00am – 12.00pm</p>	<p>Chair yoga & meditation. Good for those with an injury, joint or mobility issues.</p>

<p>St Peter's Church continued</p>	<p>Thursday 11.00am - 12.00pm</p>	<p>Gentle yoga targeted towards over 55's, those with injury or returning to exercise.</p> <p>Contact Jaime</p> <p>08970 686 712</p>
<p>Warm Hub Birchmere House Care Home 1270 Warwick Road Knowle B93 9LQ</p>	<p>Wednesday 2.30pm - 4.30pm</p>	<p>Comfortable space, friendly conversation, a hot cup of tea and a slice of cake. Board games, puzzles and newspapers available to all.</p> <p>Contact Nicola 01564 732 400 or email birchmerehouse.csm@averyhealthcare.co.uk</p>

DAY CENTRES

Park View Day
Centre
Monkspath Hall
Road
Solihull
B91 3LU

Tel: 0121 704 7499

Manager Emma Berry

Mixed ages
with learning &
physical
disability or
dementia.

Star & Garter
Day Centre
(Veterans only)
Tudor Coppice
Monkspath Hall
Road
Solihull
B91 3DE

Tel: 0808 281 5068

Email:
solihull.enquiries@starandgarter.org

Website:
www.starandgarter.org/

Veterans only.
Meet new
people, have
wonderful food
and enjoy
entertainment.
Monday,
Tuesday,
Wednesday &
Friday

Colebrook Day
Centre
291 Bosworth
Drive
Chelmsley
Wood
B37 5DP

Please phone for more
details

0121 717 1682
or
0121 717 1683

Older people.
Social & leisure
activities.

<p>Shepherdson Court Day Centre 7 Damson Parkway Solihull B91 2PP</p>	<p>Tel: 0121 711 4266</p> <p>Email: daycentremanager@raynerhouse.co.uk</p> <p>Website: https://raynerhouse.co.uk/our-care-portfolio/sheps-day-care-centre</p>	<p>Bookings accepted Monday - Friday from external visitors aged 60 and over who need some company, mental stimulation, and a change of scene.</p>
<p>Willow Grange Care Home 119 St Bernards Road Solihull B92 7DH</p>	<p>Tel: 0121 708 0804</p> <p>Email: info@willowgrangecarehome.co.uk</p> <p>Website: www.willowgrangecarehome.co.uk/</p>	<p>Social activities for older people</p>

<p>The Blanning Day Centre Winster Avenue Dorridge Solihull B93 8ST</p>	<p>Tel: 01564 771 179</p> <p>Email: enquiries@familycaretrust.co.uk</p> <p>Website: www.familycaretrust.co.uk/our-services/mental-health/dementia-day-centre-solihull/</p>	<p>Providing specialist care and support for people with memory problems, such as Alzheimer's, strokes, Parkinson's and other mental health problems.</p>
<p>Rose Cottage Care Farm Stratford Road Hockley Heath Solihull B94 5NH</p>	<p>Tel: 07711 372 795</p> <p>Website: www.rosecottage.care</p>	<p>Person-centred care for people age 16+ with additional needs and dementia. Activities such as gardening, cooking arts & crafts. Transport available.</p>

Prince of Wales
Nursing Home
246 Prince of
Wales Lane
Solihull Lodge
Birmingham
West Midlands
B14 4LJ

Please phone for more
details

0121 436 6464

Lisa Fielding
Wellbeing Activity
Co-ordinator

Companionshi
p, a free meal
and / or join in
with an
activity.