

# Clubs List



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This list is updated regularly.  
Please check [www.ageuk.org.uk/solihull/lists](http://www.ageuk.org.uk/solihull/lists)  
for the most up to date version.

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, and listings in local newspapers and your local church.

Solihull Council also has listings of clubs and organisations on their website [www://digital.solihull.gov.uk/LocalInformation](http://www://digital.solihull.gov.uk/LocalInformation) or call in to Solihull Connect.

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.

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 [www.thewi.org.uk](http://www.thewi.org.uk) 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. They can be contacted on 07535 669018 or [www.friendsinrecreation.co.uk](http://www.friendsinrecreation.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](http://www.u3a.org.uk)

Re-Engage (formerly 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 0800 716543.

For those requiring more support Solihull Adult Social Care has a number of 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	Day	Details
Silhill Bridge Club St Helens Church St Helens Road Solihull B91 2DA	Monday 7.00pm  Wednesday 1.30pm	Anyone of a reasonable standard.  Contact John Adams 01564 782 232
Solihull Lions Club Solihull Indoor Bowls Club Brick Kiln Lane Solihull B91 3LE	3 <sup>rd</sup> Thursday of each month 7.30pm	All ages are welcome to help organise support for the community.  Contact Steven Walker 0121 711 1318
Solihull Stroke Group Oliver Bird Hall Solihull B91 3RQ	Thursday 10.00am - 12.00pm  By prior arrangement with Marian only	Everyone affected by stroke.  Contact Marian Disbery 01676 534 944 before attending.
Cameo Club St Helens Church St Helens Road Solihull B91 2DA	1 <sup>st</sup> Wednesday of each month 2.00pm	Talks, film shows, rambles and social events.  Contact Carole Davies 0121 711 1919
Macular society St Augustines Church Hall Herbert Road Solihull B91 3QE	1 <sup>st</sup> Thursday of each month 2.00pm	Outings, talks and general catch up.  Contact Dawn Dawson 01564 772 265

<p>The Core Theatre Square Solihull B91 3RG</p>	<p>Monday 11.00am - 12.00pm</p>	<p>Stepping Out Dance Class for over 50's. Fun for all abilities. Get active, learn new routines and meet new friends.</p>
	<p>Monday 1.30pm - 2.30pm</p>	<p>Paracise. Low intensity exercise to music. Ideal for anyone finding regular classes too much maybe who haven't exercised for a long time, returning from injury or have health conditions.</p>
	<p>Friday 12.00pm - 1.00pm</p>	<p>Paracise. Low intensity exercise to music. Ideal for anyone finding regular classes too much maybe who haven't exercised for a long time, returning from injury or have health conditions.</p>
<p>Wednesday 11.30am - 12.30pm</p>	<p>Gentle Chair Yoga</p> <p>Chair based exercises that promote circulation, flexibility, balance and improve confidence. Suitable for all abilities, including people living with Parkinson's or Dementia</p> <p>Pre booking is essential by phone on 0121 704 6962 or <a href="http://www.thecoretheatresolihull.co.uk">www.thecoretheatresolihull.co.uk</a></p>	

<p>Step into Solihull Solihull Active</p>	<p>Various days and venues across the whole borough of Solihull</p>	<p>Gentle activity programme. Walking sessions Gentle exercise sessions</p> <p>Contact Solihull Active Team 0121 704 8207 or see <a href="http://www://solihullonthemove.co.uk/">www://solihullonthemove.co.uk/</a></p>
<p>Gradual Movability Balance, Strength and Mobility Class Family Renewal Centre Vulcan Road Solihull B91 2JY</p>	<p>Thursday 1.00pm - 2.00pm</p>	<p>Falls Prevention Class to improve &amp; maintain muscle strength, balance and stability. Gradually increase mobility &amp; physical functions with physiotherapy-based exercise.</p> <p>Contact Nora before attending 07707 931 439 or email <a href="mailto:nora@envolvewell.co.uk">nora@envolvewell.co.uk</a></p>
<p>Balance, Strength and Mobility Class Family Renewal Centre Vulcan Road Solihull B91 2JY</p>	<p>Monday 1.00pm - 2.00pm</p>	<p>Falls Prevention Class to improve balance, get stronger and fitter. Make new friends.</p> <p>Contact Sharon Greenway 07891 446 364 before attending.</p>
<p>Solihull Synagogue Club 3 Monastery Drive Solihull B91 1DW</p>	<p>Thursday 12.00 pm</p>	<p>Meeting with a 3-course meal &amp; entertainment for over 60's.</p> <p>Contact Rabbi or Mrs. Pink 0121 707 5199</p>
<p>Gentle Exercise Club Solihull Methodist Church Blossomfield Road Solihull B91 2LG</p>	<p>Wednesday 10.00am -11.00am &amp; 11.00am - 12.00pm</p>	<p>To help mobility particularly if you have arthritis and/or osteoporosis.</p> <p>0121 705 7367</p>

<p>Spring Steps 1<sup>st</sup> Scout Hut Mill Pool Wood Lode Lane Solihull B91 2HZ</p>	<p>Tuesday 1.30pm – 2.30pm</p>	<p>Low impact aerobic and muscle strengthening exercise for those with arthritis and back pain. Also offering well-being walks at Mill Pool. Contact Nora before attending on 07707 931 439 Or email <a href="mailto:nora@envolvewell.co.uk">nora@envolvewell.co.uk</a></p>
<p>Doc Spot Solihull Active</p> <p>The scheme operates at: Tudor Grange Sports Centre. Hampton Heath Club. North Solihull Sports Centre. Smiths Wood Community Gym.</p>	<p>Session times &amp; 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.</p> <p>Contact Solihull Active Team on 0121 704 8207 for more info. <a href="http://www://solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/">www://solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</a></p>
<p>Everyone Active Tudor Grange Leisure Centre Blossomfield Road B91 1NB</p>	<p>Various days and times</p>	<p>Social Table Tennis Social Badminton Low impact exercise Gentle Swim Session Tai Chi, Cycling</p> <p>Contact 0121 705 6371 for details.</p>
<p>Fifties World</p>	<p>Various dates &amp; locations in the Solihull Area</p>	<p>Coffee mornings and trips arranged.</p> <p>Contact Sue 01564 829 830.</p>

<p>Moments  United Reform Church  741 Warwick Road  Solihull  B91 3DG</p>	<p>Monday  10.00am -12.00pm</p> <p>Tuesday  1.30pm - 3.30pm</p>	<p>Support &amp; encouragement for those with dementia in a relaxed atmosphere with respite &amp; advice for carers.  Contact Elaine on 0121 744 6067 before attending as there is a waiting list.</p> <p><b><u>Dance to Health</u></b>  A pioneering falls prevention dance programme combining strength &amp; balance exercises. Suitable for anyone over 50 years.</p> <p>Contact 07470 799 540 or  <a href="mailto:solihull@dancetohealth.org">solihull@dancetohealth.org</a></p>
<p>Friendship Café  Solihull Methodist Church  Blossomfield Road  Solihull  B91 1LG</p>	<p>2nd &amp; 4<sup>th</sup> Friday  of each month  10.30am</p>	<p>Coffee, smiles, cake &amp; chat. All welcome. Donations appreciated.  Contact Diane Webb  07478 001 759  0121 705 7367</p>
<p>Walking Football  Solihull Football Center  Brick Kiln Lane  Solihull  B91 3LE</p>	<p>Various days</p>	<p>Senior walking football sessions run by qualified coaches. Great place to meet new people and improve your fitness &amp; wellbeing. All sessions are booked online &amp; then pay &amp; play when you arrive. Sessions for people living with disabilities i.e. Parkinsons are available.  Contact 0121 796 1330 or visit  <a href="http://www://bookwhen.com/mpsports">www://bookwhen.com/mpsports</a></p>

<p>Solihull Pensioners Association Solihull Methodist Church Hall Station Approach Solihull B91 1LE</p>	<p>4<sup>th</sup> Wednesday of each month 11.00am - 1.00pm  (Except Aug &amp; Dec)</p>	<p>Promoting the welfare of older people in Solihull &amp; the surrounding area. Activities &amp; talks on subjects of interest to older people.  Contact Alan Thomas 0121 705 3342</p>
<p>Memory Café Family Center (rear of Solihull Renewal Church) Lode Lane Solihull B91 2JR</p>	<p>Monthly on Friday 10.00am</p>	<p>Support for those with dementia and their carers. This group creates a huge sense of belonging, love &amp; togetherness. Respite &amp; refreshments at a small charge. Contact 0121 711 7300 or email <a href="mailto:hello@renewalcc.com">hello@renewalcc.com</a></p>
<p>The Oddfellows Society Royal British Legion Club Broomfield Hall Union Road Solihull B91 3DH</p>	<p>3<sup>rd</sup> Thursday of each month 2.00pm - 3.30pm</p>	<p>A small friendly society promoting the wellbeing of over 50's. Call in for a cuppa &amp; a chat. Free parking on site. Contact Joanne 07542 802 430 Liz 0121 707 5626 or email <a href="mailto:birmingham@oddfellows.co.uk">birmingham@oddfellows.co.uk</a></p>
<p>Singing For the Brain Solihull Methodist Church Blossomfield Road Solihull B91 1LG</p>	<p>3<sup>rd</sup> Thursday of each month 10.30am - 12.00pm</p>	<p>Run by the Alzheimer's Society bringing people affected by dementia &amp; their carers together with a friendly and stimulating activity. Contact 0121 700 7361 or email <a href="mailto:david.johnson@alzheimers.org.uk">david.johnson@alzheimers.org.uk</a></p>



<p>Lunch Club &amp; Coffee Morning St Helens Church St Helens Road Solihull B91 2DA</p>	<p>1<sup>st</sup> 3<sup>rd</sup> &amp; 4<sup>th</sup> Wednesday 12.00pm</p> <p>2<sup>nd</sup> Wednesday of each month Coffee &amp; cake at 10.30am</p>	<p>Home cooked meal at a small cost.</p> <p>Contact Anne Noble 07808 722 848 for more details.</p>
<p>Striving Stars Drawing &amp; Talking Therapy. Various locations.</p>	<p>Various days &amp; times available.</p>	<p>For those living with dementia &amp; their carers &amp; families. Allows individuals to discover &amp; communicate emotions through drawing. Contact Emma 07958 559 138 or email <a href="mailto:strivingstars17@gmail.com">strivingstars17@gmail.com</a></p>
<p>Community Café Place to Eat Restaurant 1<sup>st</sup> floor John Lewis Touchwood Solihull B91 3GJ</p>	<p>1<sup>st</sup> Tuesday of each month 11.00am - 12.00pm</p>	<p>All welcome for a friendly coffee and chat to make new friends.</p> <p>Contact Sara 0121 704 7278 for more information.</p>
<p>Push On Wellbeing Poplar Arcade Touchwood Shopping Center Solihull B91 3SW</p>	<p>Monday - Friday 09.30am - 3.00pm</p>	<p>Wellbeing Retreat. Free massages. Ideal for those in pain waiting for NHS treatment.</p> <p>Coffee and cakes.</p> <p>Phone 07541 395 656 for more details on all POW's activities.</p>

<p>Solihull Wheels for All Tudor Grange Leisure Centre Blossomfield Road B91 1NB</p>	<p>Monday &amp; Wednesday 10.30am - 12.30pm</p> <p>Sessions run all year round including through the winter</p>	<p>A charity providing inclusive cycling for all - including enabling people with a disability or restricted mobility to experience the thrill and fun of wheeled recreation.</p> <p>No booking necessary, new attendees welcome. See Facebook page for up-to-date information. <a href="https://www.facebook.com/Solihull-Wheels-for-All-2395952393959855">https://www.facebook.com/Solihull-Wheels-for-All-2395952393959855</a></p> <p>For private group sessions and general enquiries email <a href="mailto:Solihullwfaenquiries@gmail.com">Solihullwfaenquiries@gmail.com</a></p>
<p>WARM HUB (Faith or no Faith) Solihull Central Masjid Warwick Road Solihull B91 3HG</p>	<p>Sunday 11.00am - 12.00pm</p>	<p>A chat with free tea, coffee and refreshments. Supporting anyone suffering loneliness and affected by the high cost of living.</p> <p>Contact 07894 881 211 or email <a href="mailto:info@solihullmasjid.org.uk">info@solihullmasjid.org.uk</a></p>
<p>Coffee Morning Blossomfield Rose Care Home Blossomfield Road Solihull B91 9FN</p>	<p>Tuesday 10.00am - 12.00pm</p>	<p>Everyone welcome for drinks, cakes and a chat.</p> <p>Contact 0121 796 6490.</p>

<p>Memories and Music Singing Group The Studio The Core Theatre Homer road Solihull B91 3RG</p>	<p>Friday 10.30am - 11.30am</p>	<p>A friendly singing group run by Solihull Music for people living with dementia and their carers. Music can improve mood and wellbeing bringing back old memories and feelings.</p> <p>Email <a href="mailto:paula.ewer@solihull.gov.uk">paula.ewer@solihull.gov.uk</a> for further information.</p>
<p>Rock Choir Solihull Preparatory School Brueton Avenue Solihull B91 3EN</p>	<p>Monday 7.15pm - 8.45pm  Term time only</p>	<p>Contemporary Choir. No auditions or musical knowledge needed. It's all about fun, community, friendship and life changing experiences.</p> <p>Contact 01252 714 276 Mon-Fri 9.00 -5.00 Email: <a href="mailto:office@rockchoir.com">office@rockchoir.com</a>  Website: <a href="http://www.rockchoir.com">www.rockchoir.com</a></p>
<p>Men Walking and Talking In front of the gates to Malvern and Brueton Park New Rd B91 3DP</p>	<p>Tuesday 7.00pm - 8.00pm</p>	<p>Men Walking and Talking is an organization set up in 2021 with a view to bring men together in a safe space and support them with <a href="#">#MentalHealth</a> challenges.</p> <p>With over 25 chapters around the country, Solihull is being included from October 2024 in a bid to end the stigma around mental health, and form a unit of like-minded individuals who could use the support of fellow gents each week.</p> <p>Just turn up at the meeting point.</p>

<p>Wellbeing Wednesdays Greville Arms Cornyx Lane Solihull B91 2RB</p>	<p>Wednesday 10.30 – 11.30am</p>	<p>Meet up for a chat &amp; refreshments. 5 steps to mental wellbeing.  Contact Minister Suzette Maguire 07464 471 333 before attending.</p>
<p>RNIB Solihull Social Get Together The Flute and Flagon 28-30 Station Road Solihull B91 3SB</p>	<p>4<sup>th</sup> Tuesday of each month 6.00pm - 7.30pm</p>	<p>A monthly social meet up for working age visually impaired people in Solihull and the surrounding area for a drink and/or bite to eat in a relaxed informal setting.  Booking is required. Please contact Sarah on 07720 641 408 or <a href="mailto:sarah.winch@rnib.org.uk">sarah.winch@rnib.org.uk</a> before attending.</p>
<p>RNIB Solihull Coffee Morning Core Library Homer Road Solihull B91 3RG</p>	<p>3<sup>rd</sup> Monday of each month 10.30am - 12.00pm</p>	<p>The RNIB Solihull Coffee Morning is all about connecting people with sight loss and provides a great opportunity to meet other people with sight loss in Solihull, share experiences, hear from monthly guest speakers and to socialise with friends.  There is no cost to attend the group. £2 for hot drinks.  Booking is required. Please contact Sarah on 07720 641 408 or <a href="mailto:sarah.winch@rnib.org.uk">sarah.winch@rnib.org.uk</a> before attending.</p>

## Section Two - Shirley

Club	Day	Details
<p>Tuesday's Club Shirley Baptist Church 144 Stratford Road Shirley B90 3BD</p>	<p style="text-align: center;">Tuesday 10.30am -12.30pm Or 2.00pm - 4.00pm</p>	<p>For retired people to meet new people. Activities &amp; refreshments.</p> <p>Contact the church office 0121 733 8089 before attending.</p>
<p>A Teacup &amp; Handshake British Legion Parkgate Shirley B90 3GG</p>	<p style="text-align: center;">1<sup>st</sup> Friday of each month 10.30am - 12.30pm</p> <p style="text-align: center;">Thursday 2.00pm - 3.30pm</p> <p style="text-align: center;">Wednesday 10.00am – 12 Noon</p> <p style="text-align: center;">Monday 7.00pm</p>	<p>Open to everyone, no need to book. Chat &amp; refreshments available. British Legion outreach worker attends to support or advise if needed.</p> <p>Bingo - Buy your book. Cash prizes &amp; a raffle.</p> <p>Gardening Club - Get together with fellow gardeners. Tea &amp; coffee available.</p> <p>Knit &amp; Natter - Get together for a chat to knit or sew. Refreshments available.</p> <p>Contact 0121 744 1631</p>
<p>BINGO LAYCA Community Centre Stretton Road Shirley B90 2RL</p>	<p style="text-align: center;">Wednesday 1.00pm - 3.00pm</p> <p style="text-align: center;">Friday 7.00pm – 9.00pm</p>	<p>Full &amp; Half Books are available to purchase. small entrance fee with Tea, coffee &amp; biscuits provided.</p> <p>Contact 0121 744 144</p>

<p>Keep Dancing LAYCA Centre Stretton Road Shirley B90 2RL</p>	<p>Tuesday 1.00pm – 2.00pm</p>	<p>Low impact dance moves from around the world. No partner needed. Booking is essential.</p> <p>Contact Faye 07984 423 534 or email <a href="mailto:info@fayeconnordance.com">info@fayeconnordance.com</a></p>
<p>Step into Solihull Solihull Active</p>	<p>Various days and venues across the borough of Solihull</p>	<p>Gentle activity programme. Walking sessions Gentle exercise sessions</p> <p>Contact Solihull Active Team 0121 704 8207 or see <a href="http://www://solihullonthemove.co.uk/">www://solihullonthemove.co.uk/</a></p>
<p>Dementia Café Blossomfield Grange Care Home Formerly Sunrise of Solihull 1 Worcester Way Off Dog Kennel Lane Shirley B90 4JX</p>	<p>1<sup>st</sup> Monday of each month  10.30am - 12.00pm  (Excluding Bank Holidays)</p>	<p>Socialise in a relaxed environment, meet new friends, ask any questions around memory loss &amp; join in activities. Complimentary refreshments. No charges. Booking essential.</p> <p>Contact Jo 0121 667 4626 or email <a href="mailto:Jo.hopkins@careuk.com">Jo.hopkins@careuk.com</a></p>
<p>Walking Netball &amp; Football Beechcroft Multi-Sports Community Club Hall Green Birmingham B28 9ER</p>	<p>Various Days</p>	<p>Senior walking netball/football sessions run by qualified coaches. Equipment is provided. Great place to meet new people and improve fitness &amp; wellbeing. All sessions are booked online &amp; then pay &amp; play on arrival.</p> <p>Contact 0121 796 1330</p>

<p>Doc Spot Solihull Active</p> <p>The scheme operates at: Tudor Grange Sports Centre Hampton Heath Club North Solihull Sports Centre Smiths Wood Community Gym</p>	<p>Session times &amp; 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.</p> <p>Contact Solihull Active Team on 0121 704 8207 for more info. <a href="http://www://solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/">www://solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</a></p>
<p>Parkinson's Café Solihull Retirement Village Victoria Crescent Shirley B90 3LP</p> <p>Free parking at rear</p>	<p><u>Every Other</u> Thursday</p> <p>10.30am -1230pm</p> <p><u>Please phone to check dates.</u></p>	<p>A chat over a cup of tea and to get some information and advice from others affected by Parkinson's. Partners, friends, family, all are welcome and it's Free!</p> <p>Contact 07377 987 018 or email <a href="mailto:enquiries@solihullparkinsons.org.uk">enquiries@solihullparkinsons.org.uk</a> <a href="http://www://solihullparkinsons.org.uk/">www://solihullparkinsons.org.uk/</a></p>
<p>Paracise Exercise Club Solihull Retirement Village Victoria Crescent Shirley B90 3LP</p> <p>Free parking at rear</p>	<p>Monday 11.00am -11.45am</p>	<p>Movement to music. Suitable for everyone. No floorwork. Gentle on joints. Improves posture, balance and mobility.</p> <p>Just turn up or contact Dawn on 07532 160 610 for more info. Email <a href="mailto:dawn@risehealthandfitness.co.uk">dawn@risehealthandfitness.co.uk</a></p>

<p>Fountains Care Home 1355 Stratford Road Shirley B90 4EF</p>	<p>Last Thursday of each month 10.00am - 12.00pm</p> <p>Friday From 12.30pm</p>	<p><b><u>Dementia Café</u></b> Support for those living with dementia and those caring for a loved one. Come along &amp; enjoy light refreshments, company and activities or just sit and relax.</p> <p><b><u>Community Café</u></b> Come along &amp; enjoy light refreshments, company and activities or just sit and relax.</p> <p><b><u>Don't Dine Alone.</u></b> Mealtimes can be lonely for older people so come along to enjoy company &amp; a nutritious meal with us.</p> <p>Contact 0121 733 8602 before attending.</p>
<p>Got 2 Sing Choir Light Hall School Hathaway Road Shirley B90 2PZ</p>	<p>Thursday 7.30pm - 9.00pm</p>	<p>Everyone welcome. No auditions or experience needed. Fun &amp; friendly community singing all your favourite hits.</p> <p>Contact Freephone 03330 146 164 or see <a href="http://www.got2sing.co.uk">www.got2sing.co.uk</a></p>



<p>Widows United Shirley Institute Church Road Shirley B90 2AX</p>	<p>1<sup>st</sup> Wednesday of each month 1.30pm - 3.30pm</p>	<p>Friendly club for widows. Come along and enjoy quizzes, speakers, social afternoons and coach trips.</p> <p>Contact Margaret Morton 0121 474 6360 for more info.</p>
<p>Age UK Solihull Wednesday Afternoon Club Moseley Cricket Club Streetsbrook Rd Shirley B90 3PE</p> <p>(formerly held at St Margarets Church)</p>	<p>Wednesday 1.00pm - 3.00pm</p>	<p>Run by Age UK Solihull volunteers. Over 65's. Various activities, tea &amp; cake.</p> <p>Apply for a place by contacting Age UK Solihull, Clubs &amp; Activities before attending.</p> <p>0121 704 7811 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a></p> <p>Volunteer transport possibly available for additional cost (waiting list applies)</p>
<p>Short Mat Bowling Club Shirley Methodist Church 257 Stratford Road Shirley B90 3AL</p>	<p>Monday &amp; Thursday 1.00pm - 3.00pm</p> <p>Friday 7.00pm - 9.00pm</p>	<p>Gentle exercise, fun &amp; friendship. No previous experience required.</p> <p>Bowls &amp; tuition provided. 1<sup>st</sup> 3 sessions free.</p> <p>Contact Rob 07987 990 215 or email <a href="mailto:office@shirleymethodist.org.uk">office@shirleymethodist.org.uk</a></p>

## Section Three – Olton/Elmdon

Club	Day	Details
<p>Age UK Solihull Club JLR The Sportsground, 6 Billsmore Green, Solihull B92 9LN (off Rowood Drive)</p>	<p style="text-align: center;">1<sup>st</sup> Tuesday of each month 12.00pm - 2.15pm</p>	<p>Run by Age UK Solihull staff &amp; volunteers. A lunch club for over 65's. Activities &amp; occasional live singers. Come along to enjoy wonderful company. Lunch £7. Entry £3.</p> <p>Apply for a place by contacting Age UK Solihull, Clubs &amp; Activities before attending.</p> <p>0121 704 7811 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a></p>
<p>Age UK Solihull The Hobs Meadow Lunch Club Hobs Meadow Pub Ulleries Road Solihull B92 8ED</p>	<p style="text-align: center;">Thursday 12.00pm - 3.00pm  (excluding 3<sup>rd</sup> Thursday of each month)</p>	<p>Run by Age UK Solihull staff &amp; volunteers. A lunch club for over 65's. Activities &amp; entertainment. Come along to enjoy wonderful company. Lunch £7. Entry £3.</p> <p>Apply for a place by contacting Age UK Solihull, Clubs &amp; Activities before attending.</p> <p>0121 704 7811 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a></p>
<p>Lunch Service Kingsford Court 125 Ulleries Road Hobs Moat Olton B92 8DT</p>	<p style="text-align: center;">Mon to Friday &amp; Sunday</p>	<p>2 or 3 course meals available</p> <p>Contact Lesley 07483 110 768 for information on prices and times.</p>

<p>Step into Solihull Solihull Active</p> <p>Striders &amp; Strollers Walking Group Olton Library 169A Warwick Road Olton B92 7AR</p>	<p>Various days and venues across the whole borough of Solihull</p> <p>Friday 10.30am – 11.30am</p>	<p>Gentle activity programme. Walking sessions Gentle exercise sessions</p> <p>Contact Solihull Active Team 0121 704 8207 or see <a href="http://www://solihullonthemove.co.uk/">www://solihullonthemove.co.uk/</a> Wellbeing walks offer routes that are mostly flat and suitable for all abilities. Share refreshments after the walk to make new friends.</p> <p>Register at Olton Library or contact 0121 704 8207 <a href="mailto:solihullactive@solihull.gov.uk">solihullactive@solihull.gov.uk</a></p>
<p>Doc Spot Solihull Active</p> <p>The scheme operates at: Tudor Grange Sports Centre Hampton Heath Club North Solihull Sports Centre Smiths Wood Community Gym</p>	<p>Session times &amp; 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.</p> <p>Contact Solihull Active Team on 0121 704 8207 for more info. <a href="http://www://solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/">www://solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</a></p>
<p>Keep Fit Club Olton Scout Hut Brackleys Way Solihull B92 8QF</p>	<p>Monday &amp; Wednesday 11.00am - 12.00pm</p>	<p>Over 50's keep fit to music.</p> <p>Contact Carol Beard 0121 705 8364</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. 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 for more information and cost.</p>
<p>Community Group for  Older People  Lyndon Pub  190 Barn Lane  Olton  Solihull  B92 7LY</p>	<p>Thursday  10.00am -12.00pm</p>	<p>Social group of approx. 30 people.</p> <p>Tea, coffee &amp; cake £1 per week.</p> <p>Stay for a pub meal with other members afterwards if you like.</p> <p>Just turn up or phone pub  0121 743 2179.</p>
<p>Solihull Society for  Physically Handicapped  Langley Hall  Social Club  40 Langley Rd  Olton  Solihull  B92 7HE</p>	<p>Last Wednesday  of each month  6.45pm - 9.00pm</p>	<p>Live entertainment,  Light refreshments,  raffle etc.  Taxi fees paid.</p> <p>Contact Nikki before attending  07875 540 897</p>
<p>Whist Club  Josiah Mason Trust Mason  Court Hillborough Road  Olton  B27 6PF</p>	<p>Tuesday  1.30pm - 4.00pm</p>	<p>£2.50 per person.  Break for tea and biscuits halfway through.  No need to book, just turn up.</p> <p>Contact Ray  0121 743 7813 for more details.</p>

<p>Wednesday Social Club Yardley Ex-Servicemen's Club 328 Yardley Rd Birmingham B25 8LT (On A45 at Swan Island)</p>	<p>Wednesday 12.00pm - 3.00pm</p>	<p>Everyone welcome including non-members.</p> <p>Singer and Bingo.</p> <p>Contact Pat Smith for more details 0121 706 0202 before 11am or leave a message &amp; she will return your call.</p>
<p>Move it or Lose It Exercise Class St Margaret's Church Hall St Margaret's Road Olton B92 7JS</p>	<p>Thursday 10.00am - 11.00am</p>	<p>A women's gentle exercise class.</p> <p>1<sup>st</sup> class free.</p> <p>To book a place please contact Manisha on 07999 388 657 or email <a href="mailto:mpatel@moveitorloseit.co.uk">mpatel@moveitorloseit.co.uk</a></p>
<p>Bereavement Café The Tea Chest Café, 242 Lyndon Road, Solihull B92 7QW</p>	<p>1st Friday of each month 10.30am - 12.30pm</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>The cafes are free and provide a little happiness to the day. No need to book.</p> <p>Contact Tracey 07816 529 397 for more information.</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.</p> <p>Booking Essential. £10 PAYG, discount block booking</p> <p>Contact Nora 07707 931 439 <a href="mailto:nora@envolvewell.co.uk">nora@envolvewell.co.uk</a> before attending.</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 days	<b>Tuesday</b> Line Dancing 10.00am (intermediate) & 11.30am <b>Tuesday</b> Friends in Retirement Sequence Dancing 1.30pm & 3.30pm <b>2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday</b> Castle Bromwich W.I. 2.00pm  Contact 0121 747 7150
Push On Wellbeing's Community Project 14 Maple Walk Chelmsley Wood B37 5TS          Off the Street Retreat Lily's Tea Parlour Chelmsley Wood Shopping Centre	Monday 3.00pm – 4.00pm  4.00pm – 5.00pm  Wednesday 11.00am – 12.00pm  Thursday 11.30am – 12.30pm	Over 50's Art & Crafts       Positive Action 4 Mental Wellbeing    Knit & natter   Ukrainian Family Club  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>Keep Fit Fordbridge Centre Nineacres Drive Chelmsley Wood B37 5DD</p>	<p>Thursday 1.30pm - 3.30pm</p>	<p>Gentle joint exercise, some line dancing followed by a cuppa and a chat.</p> <p>Contact Sheila 0121 770 2432</p>
<p>Tea Dance St Anne's Church Bosworth Drive B37 5DP</p>	<p>Last Wednesday of each month 1.30pm - 3.30pm</p>	<p>Contact Teresa 07873 570 583 Or St Annes Church 0121 770 3283</p> <p>Please phone before attending.</p>
<p>The Wellbeing Community Choir Fordbridge Centre Nineacres Drive Fordbridge B37 5DD</p>	<p>Monday 5.30pm-7.00pm</p>	<p>Free to join but a donation of £4 per session is welcome if you can afford to do so.</p> <p>Turn up &amp; ask for Martin Trotman or Contact Keely on 07841 924 289 Or <a href="mailto:thewellbeingchoir@outlook.com">thewellbeingchoir@outlook.com</a></p>
<p>Doc Spot Solihull Active The scheme operates at: Tudor Grange Sports Centre. Hampton Heath Club. North Solihull Sports Centre. Smiths Wood Community Gym.</p>	<p>Session times &amp; 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.</p> <p>Contact Solihull Active Team on 0121 704 8207 for more info.</p> <p><a href="http://www://solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/">www://solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</a></p>



<p>Line Dancing Shard End Community Centre 170 Packington Ave Birmingham B34 7RD</p>	<p>Thursday 12.00pm -1.00pm  1.00-2.00pm advanced</p>	<p>Beginners class  Advanced class  Contact 0121 464 5485</p>
<p>St Clements Church Green Lane Corner of Clevedon Avenue Castle Bromwich B36 0BX</p>	<p>Monday fortnightly 10.30am – 11.45am  1.00pm  Thursday 4<sup>th</sup> week of each month 1.00pm – 2.30pm</p>	<p>Cornerstone Bible Fellowship  Craft Group  The Oasis Forget Me Not Café For people with memory loss &amp; their carers. Refreshments, board games etc.  Contact 0121 748 5550 for more information.</p>
<p>Moorfield Community Centre Hartshill Road Birmingham B34 6QX</p>	<p>Tuesday 5.00pm - 6.30pm  Friday 12.00pm - 1.30pm</p>	<p>Social group with refreshments &amp; various activities, board games, karaoke or bingo.  Fish &amp; chip lunch with a hot drink &amp; pudding £6.  Contact 0121 362 3650</p>
<p>Step into Solihull Solihull Active</p>	<p>Various days and venues across the whole borough of Solihull</p>	<p>Gentle activity programme. Walking sessions Gentle exercise sessions  Contact Solihull Active Team 0121 704 8207 or see <a href="http://www://solihullonthemove.co.uk/">www://solihullonthemove.co.uk/</a></p>

<p>Three Trees Hedingham Grove Chelmund's Cross Chelmsley Wood B37 7TP</p>	<p>Monday 10.30am -12.30pm</p>	<p>Mental Health Pop In All welcome for a Chat and refreshments.</p>
	<p>1.30pm-3.00pm</p>	<p>The Listening Project Listen &amp; discuss music</p>
	<p>Tuesday 6.30pm - 7.30pm</p>	<p>Northern Star Ukulele Band. Beginners &amp; experts.</p>
	<p>7.30 - 9.45pm</p>	<p>North Solihull Singers. Proper community choir. All kinds of songs.</p>
	<p>Wednesday 1.30pm - 3.30pm</p>	<p>Live Music from our resident musician. Lunch available from 3 Beans Cafe.</p>
	<p>1.00pm - 3.00pm</p>	<p>Start Art Group</p>
	<p>7.00pm – 8.30pm</p>	<p>Circle. A men's group to meet, chat, solve the world's problem &amp; go home.</p>
	<p>Thursday 10.30am -12.00pm</p>	<p>Come Out Come In. A social support group for coffee, chat &amp; new friends.</p>
	<p>1.00 -2.30pm</p>	<p>Flow. A sketching group with local artist.</p>
	<p>1<sup>st</sup> Friday of each month 2.00 pm</p>	<p>Ladies Fellowship ecumenical group. Contact Debbie or Helen on 0121 582 0767.</p>

<p>Mid-Week Minglers St Barnabas Church Overgreen Drive Kingshurst B37 6EY</p>	<p>Wednesday 9.30am - 11.30am</p>	<p>Any age welcome. Chat, dominoes, fund raising. Tea &amp; coffee. Christmas dinner.</p> <p>Contact Sindy Davison 0121 770 6152</p>
<p>Young at Heart Programme North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA</p>	<p>Various days &amp; times</p>	<p>Activities include: Short Mat Bowling Multi Activities inc. swim Low Impact Exercise Tai Chi Social Badminton Water Mobility</p> <p>Always phone before attending 0121 770 3822</p>
<p>The Jolly Club at Kingshurst District &amp; Labour Club Clopton Crescent Chelmsley Wood B37 6QU</p>	<p>Thursday 12.00pm - 3.00pm</p>	<p>Singer, bingo &amp; refreshments. The bar is open. Day trips and holidays arranged. Just turn up and pay a small entrance fee.</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>1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday of each month 12.00pm – 3.00pm</p>	<p>Entertainment and games for those with memory loss and their carers. Tea, coffee &amp; cakes.</p> <p>Contact Diane 01675 464 634.</p>

<p>Singing for the Brain Seeds of Hope St Barnabas Community Hall Overgreen Drive Kingshurst B37 6EY</p>	<p>3<sup>rd</sup> Monday of each month 1.00pm - 2.30pm</p>	<p>Singing sessions bringing people affected by dementia &amp; their carers together in a friendly and stimulating activity. Run by the Alzheimer's Society.</p> <p>Contact 0121 706 4052 or email <a href="mailto:birminghamandsolihull@alzheimers.org.uk">birminghamandsolihull@alzheimers.org.uk</a></p>
<p>Everyone Active North Solihull Sports Center Conway Road, Solihull, B37 5LA</p>	<p>Various days and times</p>	<p>Social Table Tennis Social Badminton Low impact exercise Gentle Swim Session Tai Chi Cycling</p> <p>Contact 0121 770 3822 for details.</p>
<p>Recycled Teenagers Chelmsley Wood Town Council &amp; Onward Club 107 Helmswood Drive Chelmsley Wood B37 7NS</p>	<p>Friday 10.00am – 1.00pm</p>	<p>Warm hub for over 60s'. Providing hot drinks, food, activities, days out, games and company for local residents.</p> <p>Contact 0121 770 4499</p> <p>There is no charge to attend the warm hub.</p>
<p>Sequence Dancing Seeds of Hope St Barnabas Community Hall Over Green Drive Kingshurst B37 6EY</p>	<p>Friday 11.00am – 1.00pm</p> <p><u>Excluding the 1st</u> <u>Friday of each</u> <u>month</u></p>	<p>A friendly club offering sequence &amp; line dancing for over 50's.</p> <p>Contact Ann 0121 770 5140</p>

<p>Seniors Afternoon The Bell Inn 12 Birmingham Road (just off the High St) Coleshill B46 1AA</p>	<p>2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday of each month  1.00pm – 4.00pm</p>	<p>2 course meal, bingo, local singers or DJ's  Contact Kelly 01675 463 310 for more info.</p>
<p>Womens Walks Meet at Meriden Adventure Playground Moorend Avenue B37 5TE</p>	<p>1<sup>st</sup> Tuesday of each month 1.00pm - 2.00pm</p>	<p>Get out whatever the weather for a walk with drinks afterwards.  For more info email <a href="mailto:ellen@meridenadventureplayground.com">ellen@meridenadventureplayground.com</a></p>
<p>Age UK Solihull Marston Green Tavern Lunch Club Station Road Marston Green B37 7AS</p>	<p>Tuesday 12.00pm - 3.00pm</p>	<p>Lunch club with hot meal run by Age UK Solihull staff &amp; volunteers for the over 65's. Cost £8.50.  Apply for a place by contacting Age UK Solihull, Clubs &amp; Activities 0121 704 7811 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a> before attending.</p>
<p>Friday Meet Up Windsor Room, Arden Hall, Water Orton Rd, Birmingham B36 9PB</p>	<p>1st &amp; 3rd Friday of each month 12:00pm - 3:00pm</p>	<p>Run by former Age Concern Castle Bromwich volunteers for over 65's. Lunch provided - sandwich, cake and cuppa. Raffle, bingo and great company. Cost £3 per session.  For more information and to book contact: <a href="mailto:grahamwooldridge@yahoo.co.uk">grahamwooldridge@yahoo.co.uk</a> 07812 603 122</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.</p> <p>Small fee for refreshments.  No need to book.</p> <p>Contact Adele  0121 770 4254</p>
<p>Sing Chelmsley Choir  Chelmsley Wood Library  Chelmsley Wood Shopping centre  B37 5TN</p>	<p>Monday  1.00pm - 2.00pm</p>	<p>A weekly free class that is being run for 20 weeks, starting on 19th August and running up to Christmas.</p> <p>No auditions, no experience required. Popular songs from all decades.</p> <p>Enquire in the library or email:  <a href="mailto:events@pop-voices.co.uk">events@pop-voices.co.uk</a></p>

## Section Five – Rural Solihull

Club	Day	Details
Dorridge Methodist Church Mill Lane Dorridge B93 8NY	Wednesday 10.45am	Ladies Circle. Tea/coffee followed by a session with a speaker/discussion/entertainment. Email <a href="mailto:ladiescircle@dorridgemethodists.org.uk">ladiescircle@dorridgemethodists.org.uk</a>
	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of each month 2.00 – 4.00pm	Tea Party. Afternoon tea & a chat. No charge, donations welcome. Contact Joan Pulley 01564 205121
	3 <sup>rd</sup> Friday of each month 12.00pm	An optional church service in Room 1 followed by:
	12.30pm	Lunch Club. Join us for a chat & a 2 course meal for a small charge Contact Shirley Atkinson.  Contact office on 07553 742448 or <a href="http://www.dorridgemethodist.org.uk">www.dorridgemethodist.org.uk</a> for more information on any clubs.
Inspire at St Philips St Philips Church Centre Dorridge B93 8NY	1 <sup>st</sup> & 3 <sup>rd</sup> Monday of each month 7.30pm	All ages welcome to this church based social group.  Contact Kitty Grundy 01564 773 920

<p>St Phillips &amp; St James Friendship Group St Philips Church Centre Dorridge B93 8NY</p>	<p>2<sup>nd</sup> Saturday of each month 2.30pm</p>	<p>Social group with afternoon tea. Regular speakers &amp; good company.</p> <p>Contact 01564 775 652 for more information.</p>
<p>Forever Active Strength &amp; Balance Class St Philips Church Dorridge B93 8NY</p>	<p>Monday 10.00am – 11.00am</p> <p>Wednesday 11.30am - 12.30pm</p>	<p>A physio-led strength and balance class for all ages. Developed with the latest research to support older adults regain &amp; maintain their strength, balance &amp; independence. 1<sup>st</sup> class free.</p> <p>Contact 07738 830 848 for more information.</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 the over 60's. Afternoon tea and biscuits. Opportunity to make new friends. Small friendly group.</p> <p>Contact Lorraine Mullard 0121 745 9035 or 07709 500781 or email <a href="mailto:stuartmullard@yahoo.co.uk">stuartmullard@yahoo.co.uk</a></p>
<p>Knit &amp; Natter Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>3<sup>rd</sup> Monday of each month 2.00pm - 4.00pm</p>	<p>Bring your own project. Just turn up, no charge.</p> <p>Contact Dennise 07899 914 228</p>



<p>Tai Chi Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Monday 10.30am - 11.30am &amp; Thursday 10.00am - 11.00am</p>	<p>Contact Jan Wilson 07808 557 837 or email <a href="mailto:janwilson33@yahoo.co.uk">janwilson33@yahoo.co.uk</a></p>
<p>EXTEND Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Wednesday 10.45am - 11.45am</p>	<p>Gentle exercise for the older person to challenge fitness levels. Can be done seated.</p> <p>Contact Jenny 01564 772268</p>
<p>Step into Solihull Solihull Active</p>	<p>Various days and venues across the whole borough of Solihull</p>	<p>Gentle activity programme. Walking sessions Gentle exercise sessions</p> <p>Contact Solihull Active Team 0121 704 8207 or see <a href="http://www://solihullonthemove.co.uk/">www://solihullonthemove.co.uk/</a></p>
<p>F I R S Art Group Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Wednesday 1.00pm - 4.00 pm</p>	<p>Contact Ros 01564 739 129 or email <a href="mailto:roswithers@googlemail.com">roswithers@googlemail.com</a></p>
<p>Keep Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Thursday 11.30am - 12.30pm</p>	<p>Over 50's low impact dance steps from around the world. No partner needed.</p> <p>Contact Faye 07984 423 534 or email <a href="mailto:hello@xpress-yourself.co.uk">hello@xpress-yourself.co.uk</a></p>

<p>Line Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Thursday 2.00pm - 3.30pm</p>	<p>Contact Mavis 07714 771 048</p>
<p>Dorridge &amp; District Gardening Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2<sup>nd</sup> Thursday of each month 7.30pm  <u>only certain months</u></p>	<p>Email <a href="mailto:bentleyheathhall@gmail.com">bentleyheathhall@gmail.com</a></p>
<p>Solihull RSPB Group Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1<sup>st</sup> Thursday of each month 7.30pm  <u>Only certain months</u></p>	<p>Contact Sophie 0121 744 4529 or <a href="mailto:sophie.rspbsolihull@gmail.com">sophie.rspbsolihull@gmail.com</a></p>
<p>The Cottage Garden Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1<sup>st</sup> Saturday of each month 2.30pm  Sept – April indoors.  Occasional trip or plant sale in Summer.</p>	<p>Contact Margaret Lane 01564 783 475 For more information</p>
<p>South Devon Railway Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Last Thursday of each month 8.00pm  <u>Sept – April only</u></p>	<p>Contact Roger Inwood 0121 704 9764</p>

<p>The Hardy Plant Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2<sup>nd</sup> Saturday of each month 2.30pm</p> <p><u>only certain months</u></p>	<p>Contact Bridget 01564 205 363 or email <a href="mailto:wmids@hardy-plant.org.uk">wmids@hardy-plant.org.uk</a></p>
<p>The Café Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1<sup>st</sup> Saturday of each month 10.00am - 12.00pm</p>	<p>All welcome.</p>
<p>Jubilee Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Sunday 7.30pm</p>	<p>Bingo and social. Please arrive at 7.00pm on your 1<sup>st</sup> visit to register.</p> <p>Contact Cliff 07976 236 141</p>
<p>Knowle Knitwits The Guildhall (next to Church) High Street Knowle B93 0LN</p>	<p>4<sup>th</sup> Monday of each month 2.00 - 4.00pm</p>	<p>Knitting or tapestry. Wool, needles &amp; patterns supplied for charity knitting or bring your own but no experience needed. Voluntary donation. Chat &amp; coffee.</p> <p>Contact Judy Townsley 01564 774413 or email <a href="mailto:judyandmike@btinternet.com">judyandmike@btinternet.com</a></p>
<p>Big Brew United Reform Church Station road Knowle B93 0HN</p>	<p>Tuesday 10.00am - 12.00pm</p>	<p>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 Tall 01564 775 527</p>

<p>Move It or Lose It  United Reform Church  Station road  Knowle  B93 0HN</p>	<p>Thursday  1.30pm</p>	<p>Fun &amp; friendly seated or standing class to improve balance, confidence, mobility, flexibility, strength &amp; independence.  1st class free of charge.</p> <p>Contact Liz Gavin  07962 035 744  or email  <a href="mailto:liz.gavin@moveitorloseit.co.uk">liz.gavin@moveitorloseit.co.uk</a></p>
<p>Pickleball  Bentley Heath Tennis Courts  next to Community Centre  Widney Rd  Bentley Heath,  Solihull  B93 9BQ</p>	<p>Monday &amp;  Wednesday  1.00pm – 3.00pm</p> <p>Friday  7.00pm – 9.00pm</p>	<p>An outside sport for all ages, combines elements of tennis, badminton &amp; table tennis. All equipment is provided but trainers or tennis shoes are required.</p> <p>Contact Bob  07890 996 716</p>
<p>Doc Spot  Solihull Active  The scheme operates at:  Tudor Grange Sports Centre.  Hampton Heath Club.  North Solihull Sports Centre.  Smiths Wood Community Gym.</p>	<p>Session times &amp; 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.</p> <p>Contact Solihull Active Team on 0121 704 8207 for more info.</p> <p><a href="http://www://solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/">www://solihullonthemove.co.uk/get-support-to-be-active/people-with-long-term-health-conditions/docspot-exercise-referral/</a></p>

<p>Balsall Common Village Hall 112 Station Road Balsall Common CV7 7FF</p>	<p>Various Days</p>	<p>Several clubs &amp; activities to suit older people including:</p> <p>University of 3<sup>rd</sup> Age Groups Retired Keep Fit Class Circle Dancing Class Dance class for older people - no partner needed.</p> <p>Contact Jackie Tomnie 01676 533 315 or email <a href="mailto:enquiries@balsallcommonvillagehall.org.uk">enquiries@balsallcommonvillagehall.org.uk</a></p> <p>Or see website <a href="http://www.balsallcommonvillagehall.org.uk/">www.balsallcommonvillagehall.org.uk/</a></p>
<p>Memories Café Balsall Common Village Hall 112 Station Road Balsall Common CV7 7FF</p>	<p>2<sup>nd</sup> Wednesday of each month 1.15pm - 3.00pm</p>	<p>For those living with dementia and their carers.</p> <p>Contact Christine Hornsby 07974 140 353 before attending.</p>
<p>Memories Coffee &amp; A Chat Balsall Common Library 283 Kenilworth Road Balsall Common CV7 7EL</p>	<p>1<sup>st</sup> Thursday of each month 11.00am - 12.30pm</p>	<p>For those living with dementia and their carers.</p> <p>Contact Christine Hornsby 07974 140 353 Before attending.</p>

<p>Tri Wellness Exercise classes Woodfield Farm Norton Lane Earlswood B94 5LS</p>	<p>Various days &amp; times</p>	<p>Over 65's small group exercises including seated mobility, pilates, yoga, mindfulness &amp; meditation and gentle dance aerobics. Contact Rob 07740 289 350 for more information or email <a href="mailto:admin@triwellness.co.uk">admin@triwellness.co.uk</a></p>
<p>Coffee Mornings Eastcote Park Knowle Road Eastcote Solihull B92 0JA</p>	<p>Friday 11.00am - 12.30pm &amp; <b><u>Last Wednesday</u></b> of each month 2.00pm - 3.30pm</p>	<p>Everyone is welcome to enjoy a coffee and meet new people in a safe environment.  Contact 0121 756 3149 or email <a href="mailto:eastcote.enquiries@cinnamonccc.com">eastcote.enquiries@cinnamonccc.com</a></p>
<p>Music &amp; Memories Eastcote Park Knowle Road Eastcote Solihull B92 0JA</p>	<p>Every other Monday 2.30pm - 3.30pm</p>	<p>A singing group run by Solihull Music for anyone living with dementia and their carers. No charge but booking is essential Contact 0121 756 7374 or email <a href="mailto:eastcote.enquiries@cinnamonccc.com">eastcote.enquiries@cinnamonccc.com</a></p>
<p>Paracise Exercise Club The Red Lion 1672 High Street Knowle Solihull B93 0LY  Free parking at rear</p>	<p>Tuesday 12.15pm - 1.00pm</p>	<p>Movement to music. Suitable for everyone. No floorwork. Gentle on joints. Improves posture, balance and mobility.  Just turn up or contact Dawn 07532 160 610 for more info. or email <a href="mailto:dawn@risehealthandfitness.co.uk">dawn@risehealthandfitness.co.uk</a></p>

<p>Renew Café The Guild House 1717 High Street Knowle B93 0LN</p>	<p>Wednesday 2.00pm - 4.00pm</p>	<p>A place to relax and feel restored. All are welcome to spend some quiet time with a cup of tea or coffee, to chat to others if you like, or enjoy a hobby or puzzle. Optional prayer and meditation session.</p> <p>email <a href="mailto:Emily.Spencer@kpc.org.uk">Emily.Spencer@kpc.org.uk</a></p> <p>Website <a href="http://www.kpc.org.uk">www.kpc.org.uk</a></p>
<p>Age UK Solihull Friendship Lunch Club Red Lion Pub 1672 High Street Knowle B93 0LY</p>	<p>Thursday 12.00pm - 2.30pm</p>	<p>Run by Age UK Solihull staff &amp; volunteers for over 60's. Socialise and enjoy a hot meal. Various activities.</p> <p>Cost £8 (£6 for meal &amp; tea or coffee, £2 for activities).</p> <p>Apply for a place by contacting Age UK Solihull, Clubs &amp; Activities 0121 704 7811 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a> before attending.</p>
<p>Warm Hub Jubilee Centre (behind Costa) 225 Station Road Balsall Common CV7 7FE</p>	<p>1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday of each month <b><u>throughout the winter months.</u></b> 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: <a href="http://www.balsallcommonlions.org">www.balsallcommonlions.org</a></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 &amp; abilities.  Email <a href="mailto:info@pop-voices.co.uk">info@pop-voices.co.uk</a> for more detail.</p>
<p>Rock Choir St George &amp; St Teresa Parish Centre Station Road Dorridge B93 8EZ</p>	<p>Tuesday 10.00am - 11.30am <b><u>Term time only</u></b></p>	<p>Contemporary Choir. No auditions or musical knowledge needed. It's all about fun, community, friendship and life changing experiences.  Contact 01252 714 276 (Mon-Fri 9.00-5.00) Email: <a href="mailto:office@rockchoir.com">office@rockchoir.com</a> <a href="http://www.rockchoir.com">Website: www.rockchoir.com</a></p>
<p>Memory Café Birchmere Mews Care Home 1270A Warwick Road Knowle B93 9LQ</p>	<p>1<sup>st</sup> Tuesday of each month 10.30am - 12.00pm</p>	<p>Meet new people with complimentary refreshments &amp; pastries. All welcome. No booking required. Contact Leanne Simms  <a href="mailto: Birchmeremews.CSM@averyhealthcare.co.uk">Birchmeremews.CSM@averyhealthcare.co.uk</a></p>
<p>Dorridge &amp; Knowle Memory Cafe Dorridge Methodist Church 103 Mill Lane, Bentley Heath, Solihull, B93 8NY</p>	<p>Tuesday 10.30am - 12.30pm</p>	<p>Helping people, their carers and loved ones live well with dementia. Variety of activities: painting, singing and dancing. £3 per person (including refreshments) No need to book - just drop in  Contact Karen 07974 263 742 or email <a href="mailto:karen.wilkinson@uniquecare.co.uk">karen.wilkinson@uniquecare.co.uk</a></p>



<p>Welcome Wednesdays Eastcote Park Care Home Knowle Road, Barston, Solihull B92 0JA</p>	<p>1<sup>st</sup> Wednesday of each month 2.00pm - 3.30pm</p>	<p>Hot drinks, cake, activities and wonderful company.</p> <p>Suggested donation to attend - <b>£3</b></p> <p>Apply for a place by contacting Age UK Solihull, Clubs &amp; Activities on 0121 704 7811 or email <a href="mailto:activities@ageuksolihull.org.uk">activities@ageuksolihull.org.uk</a> before attending.</p>
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## DAY CENTRES

<p>Park View Day Centre Monkspath Hall Road Solihull B91 3LU</p>	<p>Please phone for more details  Manager Emma Berry  0121 704 7499</p>	<p>Mixed ages with learning &amp; physical disability or dementia.</p>
<p>Star &amp; Garter Day Centre (Veterans only) Tudor Coppice Monkspath Hall Road Solihull B91 3DE</p>	<p>Tel: 0121 711 6322 Email: <a href="mailto:solihull.enquiries@starandgarter.org">solihull.enquiries@starandgarter.org</a>  Website: <a href="http://www.starandgarter.org/">www.starandgarter.org/</a></p>	<p><b>Veterans only.</b>  Meet new people, have wonderful food and enjoy a host of entertainment.</p>
<p>Colebrook Day Centre 291 Bosworth Drive Chelmsley Wood B37 5DP</p>	<p>Please phone for more details 0121 717 1683</p>	<p>Older people. Social &amp; leisure activities</p>
<p>Shepherdson Court Day Centre 7 Damson Parkway Solihull B91 2PP</p>	<p>Tel: 0121 711 4266 Email: <a href="mailto:daycentremanager@raynerhouse.co.uk">daycentremanager@raynerhouse.co.uk</a>  Website: <a href="http://www.raynerhouse.co.uk/">www.raynerhouse.co.uk/</a></p>	<p>Daily activities, weekdays for residents and external visitors to have a stimulating and sociable experience.</p>
<p>Willow Grange Care Home 119 St Bernards Road Solihull B92 7DH</p>	<p>Tel: 0121 708 0804 Email: <a href="mailto:info@willowgrangecarehome.co.uk">info@willowgrangecarehome.co.uk</a>  Website: <a href="http://www.willowgrangecarehome.co.uk/">www.willowgrangecarehome.co.uk/</a></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 Email: <a href="mailto:enquiries@familycaretrust.co.uk">enquiries@familycaretrust.co.uk</a></p> <p>Website: <a href="http://www.familycaretrust.co.uk/our-services/mental-health/dementia-day-centre-solihull/">www.familycaretrust.co.uk/our-services/mental-health/dementia-day-centre-solihull/</a></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: 07825 698 649 Email: <a href="mailto:tina@rosecottage.care">tina@rosecottage.care</a></p> <p>Website: <a href="http://www.rosecottage.care/">www.rosecottage.care/</a></p>	<p>Person-centred day care for 20 adults with additional needs aiming to give purpose &amp; satisfaction through horticulture &amp; animal therapy amongst many other activities.</p>
<p>Shirley Dementia Day Care Service Pheonix House 2 Swallows Meadow Shirley Solihull B90 4PQ</p>	<p>Tel: 07538 104514 Email: <a href="mailto:tlcareshirley@gmail.com">tlcareshirley@gmail.com</a></p>	<p>Expert and compassionate care. Engaging activities. Holistic approach in a safe and secure environment.</p>
<p>Prince of Wales Nursing Home 246 Prince of Wales Lane Solihull Lodge Birmingham West Midlands B14 4LJ</p>	<p>Please phone for more details Lisa Fielding Wellbeing Activity Co-ordinator 0121 436 6464</p>	<p>Companionship, a free meal and / or join in with an activity.</p>