



Clubs List

Updated Oct 2018

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

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

Age UK Solihull holds clubs at St Margaret's Church in Olton, The Taverner's Lunch Club at The Olton Tavern, Club K at Katherine Leveson in Temple Balsall and The Marston Green Tavern Lunch Club. See the following pages for more information. Contact our Linking People Together Team on 0121 704 7846 before attending.

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

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

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

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

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

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

Section One – Solihull

Club	Day	Details
<p>Wednesday club Alderbrook School Blossomfield School Solihull B91 1SN</p>	<p>Wednesdays 2.00 – 3.15pm School Term time only</p>	<p>For older people. Speaker, outings and activities Contact Mrs Schofield 0121 704 2146</p>
<p>Silhill Bridge Club St Helens Church St Helens Road Solihull B91 2DA</p>	<p>Mondays & Thursdays 7pm Wednesdays 1.30pm</p>	<p>Anyone of a reasonable standard. Contact John Adams on 01564 782 232</p>
<p>Lions Club Ramada Hotel The Square Solihull B91 3RF</p>	<p>3rd Tuesday of the month at 7.30pm</p>	<p>All ages Contact Doug Cross 01564 770 755</p>
<p>Solihull Stroke Group Oliver Bird Hall Solihull B91 3RQ</p>	<p>Thursdays 10.00am – 12.00pm Term Time Only</p>	<p>Everyone affected by stroke - Contact Marion Disbury 01676 534 944</p>
<p>Cameo Club St Helens Church St Helens Road Solihull B91 2DA</p>	<p>1st Wednesday of each month at 2pm</p>	<p>Talks, film shows, rambles and social events - Contact Mrs Carole Davies 0121 711 1919</p>

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

<p>Park View Day Centre Monkspath Hall Road Solihull B91 3LU</p>	<p>Mondays - Fridays</p>	<p>Mixed Ages 18 Years or older with Learning Disability or Dementia. Contact Ester(Manager) 0121 704 7499</p>
<p>Star & Garter Club for Veterans & Partners Tudor Coppice Monkspath Hall Road Solihull B91 3DE</p>	<p>Mondays, Wednesdays & Fridays 10.00am – 4.00pm</p>	<p>For good company, wonderful food with activities/entertainment in homely surroundings. 3 course lunch available £45 per day or £65 per day with transport. Contact 0121 711 6330</p>
<p>Gentle Chair Yoga The Core Theatre Square Solihull B91 3RG</p>	<p>Fridays 11.30am – 12.30pm £3.50 per session (Tickets to be purchased on the day at the box office)</p>	<p>Exercises that promote circulation, flexibility, balance and improve confidence. Suitable for all abilities, including people living with Parkinson's or Dementia Contact 0121 704 6962</p>
<p>Tai Chi The Core Theatre Square Solihull B91 3RG</p>	<p>Fridays 09.00 – 10.00am £4.50 per session</p>	<p>Gentle movement to improve balance, coordination & posture. Contact 0121 704 6962</p>

<p>Exercise Classes Solihull Osteoporosis Support Group John Palmer Hall Union Road Solihull B91 3DG</p>	<p>Mondays 1.30pm School term time only</p>	<p>Chair based gentle exercise to help mobility. Particularly if you have arthritis and/or osteoporosis Contact Barbara 07856 209 567 (to check availability)</p>
<p>Keep Fit Club United Reform Church 37 Faulkner road Solihull B92 8SD</p>	<p>Mondays & Wednesdays 11.00am – 12.00pm £3 per session</p>	<p>Over 50's Those with mobility problems can do seated exercises Contact Carol Beard 0121 705 8364</p>
<p>Dance The Core Theatre Square Solihull B91 3RG</p>	<p>Mondays 1.30pm – 2.30pm £4 per session</p>	<p>Explore different dance styles. No partner needed. Contact 0121 704 6962</p>
<p>Step into Solihull Solihull Active Striders and Strollers</p>	<p>Various days and venues throughout Solihull</p>	<p>Each walk lasts one hour and is led by volunteer walk leaders and finishes with a cup of tea (shorter walks available) Contact Solihull Active Team 0121 704 8207</p>

<p>Hatha Yoga The Core Theatre Square Solihull B91 3RG</p>	<p>Mondays 11.00am – 12.00pm £4.50 per session</p>	<p>Contact Marie on 0121 704 6962</p>
<p>Core Stability Classes Family Renewal Centre Vulcan Road Solihull B91 2JY</p>	<p>Thursdays 1.00 – 2.00pm</p>	<p>Improve balance, get stronger and fitter. Make new friends. Contact Sharon 07891 446 364</p>
<p>Mobility Counts Family Renewal Centre Vulcan Road Solihull B91 2JY</p>	<p>Mondays 12.30 – 1.30pm £5 per class or £20 for 5 classes</p>	<p>Mobility & Movement, Core Stability & Control, balance, stretch & relax. Contact Scott Birnie 07878 669 733</p>
<p>Gentle Exercise Club Solihull Methodist Church Blossomfield Road Solihull B91 2LG</p>	<p>Wednesdays 09.30 – 11.00am & 11.00am – 12.30pm</p>	<p>To help mobility particularly if you have arthritis and/or osteoporosis 0121 705 7367</p>

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

<p>Spring Steps 1st Scout Hut Mill Pool Wood Lode Lane Solihull B91 2HZ</p>	<p>Tuesday 1.30 – 2.30pm</p>	<p>Low impact aerobic and muscle strengthening exercise for those with arthritis and back pain. Contact Nora on 07707 931 439 Or email Nora@Envolvewell.com</p>
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Section Two Shirley

Club	Day	Details
Women's Fellowship Club Shirley Methodist Church 257 Stratford Road Shirley B90 3AL	Tuesday 2.00 – 3.30pm	Ladies 50+ Speakers, outings, musical afternoons, tea and biscuits. Contact L Beesley 0121 744 4160
Ladies Fellowship Shirley Baptist Church Stratford Road Shirley B90 3BD	Monday 2.00 – 3.15pm	For mobile ladies 60 + Speaker every week. Contact Gill Goodridge 0121 745 8914
Tuesday's at 2 Shirley Baptist Church 144 Stratford Road Shirley B90 3BD	Tuesday 10.30am- 12.30pm & 2.00 – 4.00pm	For retired people to meet new people Activities & refreshments Church Office 0121 733 8089 £1 per session
The Welcome club Highfield Hall Highfield Road Hall Green Birmingham 28	Thursday Term time only 11.15am– 1.15pm	Meet new people, raffle, quizzes, gentle exercise, Bingo, skittles and sing a longs. £1.50 per session. Jenny on 07757 433 355 Or 0121 777 4717

<p>Knit 2Gether Allport Suite Light Hall School Hathaway Road Shirley B90 2BZ</p>	<p>2nd Thursday of each month in term time only 4.00 – 5.30pm</p>	<p>Knitters and those who Would like to learn. Tea coffee and biscuits. 1.50 per session. Contact Beckie on 07817 662 545</p>
<p>Shirley Men’s Supper Club Shirley Methodist Church 257 Stratford Road Shirley B90 3AL</p>	<p>1st Monday of each month 7.30 – 9.30pm</p>	<p>Two course meal and guest Speaker. Contact 0121 744 7679</p>
<p>Uplifting Exercise and Movement The Bridge 234 Stratford Road Shirley B90 3AG</p>	<p>Mondays Term Time Only 11.15am - 12.00pm</p>	<p>Chair based or low impact exercise for people with low mobility. Fun routines to great music in a friendly environment. Contact Penny on 07815 053 534 £2 voluntary donation</p>
<p>Tea dance Solihull Lodge Community Centre Grafton Road Shirley B90 1NJ</p>	<p>1st & 3rd Wednesday each month 1.30 – 3.30pm</p>	<p>A fun and friendly social gathering. £3 including refreshments. Bar open. Contact Dave on 07578 501 635</p>
<p>Greenhill Way Day Centre Greenhill Way Shirley B90 3PW</p>	<p>Monday-Friday</p>	<p>3 course lunch & activities. Will take clients with mild dementia. Charges £51.10 per day plus Lunch £5.30 & Bingo £1 Contact 0121 745 8714</p>

<p>A Teacup & Handshake British Legion Parkgate Shirley B90 3GG</p>	<p>Every 3rd Thursday of the month 10.30am – 12.30pm</p>	<p>Open to everyone, no need to book. British Legion outreach worker attends to support or advise if needed. Contact 0121 744 1631 (after 11am)</p>
<p>BINGO LAYCA Community Centre Stretton Road Shirley B90 2RL</p>	<p>Wednesday 1pm – 2.30pm & Friday 7.30pm – 9pm</p>	<p>£6 to purchase a full Book or £3 for half a book 50p entrance fee with Tea/coffee & biscuits provided. Contact 0121 744 1445</p>
<p>Lively Hearts Club Solihull Christian Fellowship The Bridge 234 Stratford Road Shirley B90 3AG</p>	<p>Tuesday 2.00 – 4.00pm</p>	<p>For the older generation, Friendship, board games or table tennis for the more active! Refreshments & a short encouraging talk are also part of this gathering. Various socials throughout the year, days out and Christmas dinner & dance Contact 0300 561 0300 enquiries@scfchurch.co.uk</p>
<p>Exercise Class Shirley Community Centre 274 Stratford Road Shirley B90 3AD</p>	<p>Monday 1.30 – 3.00pm</p>	<p>General Keep Fit can be seated. Social tea & biscuits. Contact Gail Betheridge. £3.50 per session & £12.50 annual joining fee 0121 250 5005</p>

<p>Body Conditioning Shelly Farm Community Centre Shirley B90 4EH</p>	<p>Wednesday 10.00am – 11.00am</p>	<p>Gentle exercise using hand weights and mat, low key exercise. £6 per session Contact Harriet Evans 07887 572 576</p>
<p>Keep Dancing Shirley Institute Church Rd Shirley B90 2AX</p>	<p>Tuesday 1 – 2pm</p>	<p>Low impact dance moves from around the world. No partner needed. Contact Faye on 07984 423 534 or email on info@fayeconnordance.com</p>
<p>Keep Dancing Light hall School Hathaway Road Shirley B90 2PZ</p>	<p>Thursday 7-8pm</p>	<p>Low impact dance moves from around the world. No partner needed. Contact Faye on 07984 423 534 or email on info@fayeconnordance.com</p>

Section Three – Olton/Elmdon

Club	Day	Details
Women's Fellowship Lyndon Methodist Church Melton Avenue Olton B92 7RA	Some Tuesdays 2.15pm Always call to check	Any ladies living locally. The club has a religious theme. Does not run in August. Voluntary donation. Contact Lynette Edge 0121 743 8421
Fitness Club Elmdon Heath Community Heath Glebe Road Off Cornyx Lane Solihull B91 2SF	Tuesday 9.45am – 12.00pm	All Ages Contact Jenny 01926 632940
Age UK Solihull Wednesday Club St Margarets Church Olton B92 7JS	Wednesday 1.00 – 3.00pm	Run by Age UK Solihull volunteers. Over 60's various activities, tea, cake & biscuits Register your place by contacting Age UK Solihull, Linking People Together Service on 0121 704 7846 or email befriending@ageuksolihull.org.uk
Solihull Society for the Physically Handicapped Elmdon Heath Community Centre Cornyx Lane Solihull B91 2SF	Last Wednesday of each month 7.00 – 9.00pm	Social evening, entertainment, refreshments for £1 donation. Mainly older generation. Raffle. Yearly daytrip including hotel lunch. Taxi fares may be paid for Solihull residents. Contact Brian Hamer before attending on 07805 415850

<p>Age UK Solihull The Taverners Lunch Club Olton Tavern Olton B92 8NU</p>	<p>Monday 12.00-4.00pm</p>	<p>Run by Age UK Solihull volunteers for the over 60's. Lunch & afternoon tea with entertainment. Register your place by contacting Age UK Solihull, Linking People Together Service on 0121 704 7846 or email befriending@ageuksolihull.org.uk</p>
<p>Senior Citizen Friendship Group Lyndon Pub 190 Barn Lane Solihull B92 7LY</p> <p>Followed by</p>	<p>Weekly, Every Wednesday 10am – 12pm Summer Holidays 2018 Open 25 July, 8th Aug, 22 Aug then back to weekly from 5th Sept</p>	<p>For older people over 60's. Tea/cakes/savouries (donated by Greggs). Come along just for a chat and/or game of bingo. Contact: Laura 07534 182471 Leanne 07493 197335 Voluntary donations accepted towards bingo winnings – donated back to Age UK Solihull</p>
<p>Over 60's Menu & Bingo (Cash Prizes) The Lyndon Pub 190 Barn Lane Solihull B92 7LY</p>	<p>Every Wednesday 12 – 5pm</p>	<p>£2.50 per hot meal Contact: Landlord on 0121 743 2179</p>

<p>The Real Junk Food Project Hobs Moat Community Café St Mary's Church Hall Hobs Meadow B92 8PN</p>	<p>Thursday 12.00-2.00pm</p>	<p>Tea, cake & sandwiches. Pay as you feel. Contact 07467 000 620 Or visit trjfpbrum.com</p>
<p>Elmdon Church Hall Clubs (Formerly Stephen's church centre) Coppice Road Solihull B92 9JY</p>	<p>Tuesday 10.30-11.30am (check if school holidays)</p> <p>1st Tuesday of every month 1.45 – 3.00pm</p> <p>2nd & 4th Wednesday 1.45 - 3.30pm</p>	<p>Move It Or Lose It Exercise for older people</p> <p>Fellowship Group-Club for older people to meet, chat & have a coffee. Speakers Contact Marion Walton on 0121 705 4146</p> <p>Knit & Natter Wool, needles & patterns supplied. £1 voluntary contribution. Refreshments Contact Pat Lyons 07784 738 383 or email patricial57@hotmail.com</p>

Section Four – North Solihull

Club	Day	Details
Ascent Group St Anthony's Church Oakthorpe Drive Kingshurst B37 6HP	Thursday 1.30 – 3.00pm	Over 50's who are Christians. Bible study and friendship. Contact Barbara Bryam On 0121 681 4248
Arden Hall Water Orton Road Castle Bromwich B36 9PB	Various	<p>Monday Retirement Arts Club 10am</p> <p>Tuesday Line Dancing 10.00am (intermediate) & 11.30am</p> <p>Tuesday Friends in Retirement Sequence Dancing 1.30pm & 3.30pm</p> <p>1st & 3rd Wednesday Cribbage 3pm</p> <p>2nd & 4th Wednesday Castle Bromwich Institute 2pm</p> <p>Thursday Retirement Dressmaking 10.00am Contact 0121 747 6503</p>
Bosworth Community Centre Bosworth Drive Chelmsley Wood B37 5DP	Various	<p>Monday Fitsteps 1-2pm Seated Yoga 2.15-3pm</p> <p>1st Wednesday of each month Dementia Café 10.30-12.30pm</p> <p>Thursday Lunch Club 12-2pm Arts & Crafts 2-4pm</p> <p>Friday Folk Music Goup 11-1pm Contact 0121 770 8570</p>

Age Concern Castle Bromwich Arden Hall Water Orton Road Castle Bromwich B36 0HD	1 st & 3 rd Friday of the Month 1.30 – 4.00pm	Drop In with activities Contact 0121 7150
Age Concern Castle Bromwich Community Centre Hurst Lane North Castle Bromwich B36 0HD	1 st & 3 rd Monday of each Month 12.00 – 2.30pm	Refreshments and occasional outings Contact Joyce Jennings 07747 727 496
Sequence Dancing Fordbridge Centre Nineacres Drive Chelmsley Wood B37 5DD	Tuesday 1.30 – 3.30pm Thursday 1.30 – 3.30pm	Keep Fit and Line Dancing Joining Fee £2.00 Contact Ruth Jobson 0121 603 2638
Wednesday Lunch Club St Thomas Church Garretts Green Lane B26 2SH	Wednesday	Coffee 10.30am Lunch 12.30-2.00pm £5 Contact 0121 743 7040
Sequence Dancing Shard End Community Centre 170 Packington Ave Birmingham B34 7RD	Friday 10 – 11am	Contact 0121 464 5485
Lunch Club KEC Church Centre Cooks Lane Birmingham B37 6NP	Monday, Wednesday & Friday 1.00 -3.30pm	Cost £6 Contact 0121 770 9759 Or email info@kecchurch.co.uk

<p>St Barnabas Church Over Green Drive Kingshurst B37 6EY</p>	<p>Monday Tea Dance 1.30pm Tuesday Mild Exercise 9.30am - 1.00pm Friday Tea Dance 11am-1pm 1st Friday of each Month Lunch Club 12-2pm</p>	<p>Contact 0121 770 3972</p>
<p>Tea Dance St Anne's Church Bosworth Drive B37 5DP</p>	<p>Last Wednesday of the Month 1.30 – 3.30pm</p>	<p>Contact 0121 770 3283</p>
<p>St Anthony's Church Oakthorpe Drive Kingshurst B37 6YH</p>	<p>Tuesday 12.45 – 3.15pm</p>	<p>Crafts, Bingo, Chat & Tea Contact 0121 770 3023</p>
<p>Nifty FiftyClub North Solihull Leisure Centre Conway Road Chelmsley Wood B37 5LA</p>	<p>Monday (badminton) 09.00am – 12.00pm Wednesday 09.00am – 12.00pm Thursday (badminton) 10.00am – 12.00pm Friday 1.00 – 4.00pm</p>	<p>Swimming, Tai Chi, Badminton, Bowls, Table Tennis, Day trips. Contact 0121 770 3822</p>
<p>Reading Café Marston Green Library, Land Lane Marston Green B37 7DQ</p>	<p>Monthly – Thursday 10.30am– 12.00pm <u>Phone for dates</u></p>	<p>FREE Refreshments provided Contact 0121 779 2131</p>

Reading Café Castle Bromwich Library Hurst Lane North B36 0EY	Usually last Friday in the month 10.15- 12.00	FREE Refreshments provided 0121 747 3708
Art for Older People Kingshurst Art Space Kingshurst Parade B37 6BD	Friday 10.00 – 3.00pm	FREE Painting and drawing activities Contact 07776 262 245
POW – Push on Wellbeing The Junction Chaplehouse Road Chelmsley Wood B37 5HA	Saturday	£2 per 1 hour session Health and wellbeing Contact 07541 395 656
Move Nights Marston Green Parish Hall Elmdon Road Marston Green B37 7BT	Various Dates	Tickets 4.50 include free cup of popcorn Contact 07908 211 576 Or www.marstongreenparishhall.co.uk
Sit Steps & Tea Dance The Junction Chaplehouse Road Chelmsley Wood B37 5HA	Tuesday & Wednesday	Tuesday 12-1pm Sit Steps 1 st & 2 nd Wednesday 1–3pm Tea Dance Contact 0121 448 0720
Young at Heart Community Exercise Elmwood Place Smiths Wood B36 0UG	Wednesday 11.00am – 12.00pm	A social and fun chair based session that promotes health & happy living. £3 per session Contact Adrian for info on 07906 298 922

<p>Move to Music Seeds of Hope Hall St Barnabus Church Overgreen Drive Kingshurst B37 6EY</p>	<p>Tuesday 1.30 – 3.00pm</p>	<p>1 hour class including refreshments £2.50 Contact 0121 788 3399</p>
<p>Tai Chi North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA</p>	<p>Monday 12.30 – 1.30pm & 08.00 – 8.55pm Wednesday 9.30 – 10.15am 10.15 – 11.00am 12.30 – 1.30pm</p>	<p>Exercise to promote serenity through gentle flowing movements to improve balance and posture. £2.70 per session Contact 0121 770 3822</p>
<p>Doc Spot Solihull Active The scheme operates at North Solihull Sports Centre Conway Road B37 5LA And Smiths Wood Community Gym Smiths Wood Primary School Kingfisher Drive Smiths Wood B36 0SZ</p>	<p>Session times & prices vary depending on the centre</p>	<p>Your GP or Practice Nurse can complete the Doc Spot referral form for a 12 week programme of physical activities based at a designated Leisure Centre. Contact Solihull Active Team on 0121 704 8207 for more information.</p>

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

Age UK Solihull Marston Green Tavern Lunch Club Station Road Marston Green B37 7AS	Tuesday 11.45 - 15.45pm	Lunch club run by Age UK Solihull staff & volunteers for the over 60's. Register your place by contacting Age UK Solihull, Linking People Together Service on 0121 704 7846 or email befriending@ageuksolihull.org.uk
Step into Solihull Solihull Active Striders & Strollers	Various days and venues throughout Solihull	Each walk lasts one hour and is led by Volunteer Walk Leaders and finishes with a cup of tea. (Shorter walks available) Contact Solihull Active Team on 0121 704 8207
Bowls North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA	Tuesday 10.30-12pm Thursday 10.30-12pm	£2.30 per week includes tea or coffee. Contact 0121 770 3822
Water Mobility North Solihull Sports Centre Conway Road Chelmsley Wood B37 5LA	Friday 9.15- 10.00am	Contact 0121 770 3822
Dance Stepping Out The Loft Chelmsley Wood Library B37 5TN	Wednesday 10 -11am	Gentle dance sessions for over 50's. No partner needed. £3.50 per session. Contact 0121 704 8662

<p>Chair Based Exercise Community Room 10 Hudson Avenue Coleshill B46 3LR</p>	<p>Friday 11.30 – 12.30pm</p>	<p>Senior chair based exercise. £5 per session. Contact Instructor Adrian on 07906298922</p>
<p>The Tuesday Group Seeds of Hope St Barnabas Hall Overgreen Drive Kingshurst B37 6EY</p>	<p>Tuesday 10am – 1pm</p>	<p>Social group for people who have survived a stroke or living with a disability. Session includes 1 hour of gentle exercise £3 Contact 0121 770 3972</p>
<p>Fitsteps Bosworth Community Centre Bosworth Drive Chelmsley Wood B37 5DP</p>	<p>Monday 1 – 2pm</p>	<p>1 hour light dance & fitness. £4 per session. Contact Reza 07541 395 656 rezafitsteps@gmail.com</p>
<p>Sitsteps The Junction Chaplehouse Road Chelmsley Wood B37 7HA</p>	<p>Tuesday 12 – 1pm</p>	<p>Chair based exercise class with scarves. £3 per session. Contact Reza 07541 395 656 rezafitsteps@gmail.com</p>

<p>Fitsteps The Junction Chaplehouse Road Chelmsley Wood B37 7HA</p>	<p>Tuesday 7 – 8 pm</p>	<p>1 hour light dance & fitness. £4 per session. Contact Reza 07541 395 656 rezafitsteps@gmail.com</p>
<p>Fitsteps Three Trees Community Centre Hedingham Grove Chelmsley Wood B37 7TP</p>	<p>Wednesday 9.15 -10.15am</p>	<p>1 hour light dance & fitness. £4 per session. Contact Reza 07541 395 656 rezafitsteps@gmail.com</p>
<p>Mid-Week Minglers St Barnabas Church Overgreen Drive Kingshurst B37 6EY</p>	<p>Wednesday 9.30 – 11.30am</p>	<p>£1 per week. Any age Chat, dominoes, fund raising. Tea & coffee. Contact Sindy Davison 0121 770 6152</p>
<p>FitPOW St Annes Community Centre Bosworth Drive Chelmsley Wood B37 5DP</p>	<p>Monday 5.30 – 6.30pm</p>	<p>Dance fitness & relaxation with mindful meditation. Contact Reza 07541 395 656 rezafitsteps@gmail.com</p>
<p>Mental Health Pop In The Trees Hedingham Grove Chelmund's Cross Chelmsley Wood B37 7TP</p>	<p>Every other Monday (from 10/9/18) 10.30 – 12.30pm</p>	<p>All welcome for a chat and refreshments Contact Debbie or Helen on 0121 582 0767 Or email office@3trees.org.uk</p>

<p>FitPOW Crabtree Hall Crabtree Drive Chelmsley Wood B37 5BU</p>	<p>Saturday 12 – 1pm</p>	<p>Dance fitness & relaxation with mindful meditation. Contact Reza 07541 395 656 rezafitsteps@gmail.com</p>
<p>Tea Dance The C's Club Bosworth Drive Chelmsley Wood B37 5DP</p>	<p>Last Wednesday of every month 1.30 – 3.30pm</p>	<p>St Annes Caring & Sharing Groups Community fund raising tea dance. Tea & cakes, live music, raffle & dancing Dance fitness & relaxation with mindful meditation. Contact Reza 07541 395 656 rezafitsteps@gmail.com</p>
<p>Reza's Community Tea Dance The Junction Chelmsley Wood Chaplehouse Road B37 7HA</p>	<p>2nd Wednesday of every month 1.30 – 3.30pm</p>	<p>Part of the 'no more loneliness project' Tea, sandwiches & cakes, live music, raffle & dancing. Contact Reza 07541 395 656 rezafitsteps@gmail.com</p>
<p>The C's Community Lunch Club The C's Club Bosworth Drive Chelmsley Wood B37 5DP</p>	<p>3rd Wednesday of every month 1.30 – 3.30pm</p>	<p>Lunch, bingo, raffle & dancing. Contact Reza 07541 395 656 rezafitsteps@gmail.com</p>

Section Five – Rural Solihull

Club	Day	Details
The Fitness League Kenilworth Methodist Church Priory Road Kenilworth CV8 1LQ	Monday 1.30 – 2.30pm	Age 40 – 80 Low level aerobics. Contact Margaret Sharp on 01527 574870
Ladies Circle Dorridge Methodist Church Mill Lane Dorridge B93 8NY	Wednesday 9.45-10.15am & 10.30 – 11.30am	Ladies living locally. Coffee Contact Joan Pulley On 01564 205121 or www.dorridgemethodist.org.uk
St Philips Ladies Fellowship St Philip’s Church Centre Dorridge B93 8NY	1 st & 3 rd Monday of each month 7.30pm	All age groups Contact Kitty Grundy on 01564 773920
D M Café Dorridge Methodist Church Mill Lane Dorridge B93 8NY	Monday 9.00-11.30am	All ages welcome. Hot beverages and cake available for a small charge. Contact Joan Pulley on 01564 205121
Luncheon Club Dorridge Methodist Church Mill Lane Dorridge B93 8NY	Friday 12.00-1.45pm	All ages welcome. £4 for a 3 course meal. Free local transport may be available. Contact Joan Pulley 01564 205121

Friendship Club run by Knowle Parish Church at various locations in knowle	Thursday Contact	10.00-11.30am Coffee Morning 4 th Thursday of month 12.30 lunch Contact 01564 779123 or Email office@kpc.org.uk
Birchmere Senior Living 1270 Warwick Road Knowle B93 9LQ	Phone for further information	Activities and social occasions to the wider community. Contact Tina Mosen on 01564 732400
Macular Society Venue varies	4 th Thursday of every month at 2pm	Support Group. Contact Sue Terry 01564 772174
Age UK Solihull Club 'K' Lady Katherine Leveson The Old Hall Fen End Road West Temple Balsall B93 0AN	Thursday 1 – 3pm	Run by Age UK Solihull volunteers for the over 60's. Afternoon tea and biscuits. Opportunity to make new friends. Small friendly group. Contact Age UK Solihull, Linking People Together Team on 0121 704 7846 or email. befriending@ageuksolihull.org.uk
Exploring Art Village Hall Catherine De Barnes B91 2TJ	Tuesday 10am-12pm	A friendly, supportive art class for all ages and abilities. Follow a set program or pursue your own projects with guidance. Contact Penny Dixon on 0121 244 3569 or 07872 110 373
Lazenby Day Centre Tidbury Green School B90 1QW	Tuesday & Wednesday	Hot lunches and activities. Will take clients with mild dementia. Contact 01564 829807

<p>The Blanning Day Centre Winster Avenue Dorridge B93 8ST</p>	<p>Monday - Friday</p>	<p>3 Course Lunch and Activities. 3 Band Charges Manager to assess: 41.80 plus £3 ring & ride 62.70 plus £3 ring & ride 88.83 plus £3 ring & ride Contact 01564 771179</p>
<p>Senior Chair Based Exercise Dorridge Methodist Church 135 Mill Lane Bentley Heath B93 8NY</p>	<p>Friday 9.30 – 10.30am</p>	<p>Chair based exercise. Attendees benefit from a weekly newsletter with health, wellbeing and fitness related advice. Contact Adrian Johnson on 07906 298 922</p>
<p>Tai Chi Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Monday 10.30 – 11.30am</p>	<p>Contact Mrs Haston by email on taichime@outlook.com</p>
<p>EXTEND Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Tuesday 10.00 – 11.00am & 11.15am-12.30pm £3 per session</p>	<p>Gentle exercise for the older person to challenge fitness levels. Can be done seated. Contact Tina Hunt 0121 608 7892 (to check availability)</p>

<p>Pilates Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Wednesday 9.40 – 10.40am & 10.50 – 11.50am</p>	<p>Contact Karen 07794 439 224 www.swanpilates.co.uk</p>
<p>F I R S Art Group Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Wednesday 1.00 – 4.00 pm</p>	<p>Contact 'H' on 0121 704 4136</p>
<p>Keep Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Thursday 11.30am – 12.30pm</p>	<p>Low impact dance steps from around the world. No partner needed. Contact Faye on 07984 423 534 or email info@fayeconnordance.com</p>
<p>Line Dancing Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Thursday 2.00 – 3.30pm</p>	<p>Contact Mavis on 07714 771 048</p>

<p>Tai Chi Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>Thursday 10.00 – 11.15 am</p>	<p>Contact Jenny on 01564 772 268</p>
<p>Dorridge & District Gardening Club Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2nd Thursday of month at 7.30pm <u>only certain months</u></p>	<p>Contact 01564 773128 for more info. or check www.ddgc.org.uk</p>
<p>The Cottage Garden Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>1st Saturday of month at 2.30pm <u>Only certain months</u></p>	<p>Contact Margaret Lane for more info on 01564 783475</p>

<p>The Hardy Plant Society Bentley Heath Community Centre Widney Road Solihull B93 9BN</p>	<p>2nd Saturday of month at 2.30pm <u>only certain months</u></p>	<p>Contact Jean Dance for more info on 01926 842374 or email wmids@hardy-plant.org.uk Also see website www.hpswestmids.org.uk</p>
<p>Knowle knitwits The Guildhall (next to Church) High Street Knowle B93 0LN</p>	<p>4th Monday in the month 2.00 - 4.00pm</p>	<p>All welcome wool, needles & patterns supplied. No experience needed. £1 voluntary donation. Chat & coffee. Contact Judy Townsend 01564 774413 or email judyandmike@btinternet.com</p>
<p>Silver Steppers The Jubilee Centre 225 Station Road, Balsall Common, CV7 7FE</p>	<p>Monday 11.00 – 11.45am</p>	<p>Low impact aerobics and dance steps. No dance experience necessary. Suitable for all levels of fitness. Contact Amy Price 07718 817 491 or email apdancefitness@gmail.com</p>
<p>Silver Steppers St George & Teresa Parish Centre 337 Station Road Dorridge B93 8EZ</p>	<p>Friday 10.00 – 10.45am</p>	<p>Low impact aerobics and dance steps. No dance experience necessary. Suitable for all levels of fitness. Contact Amy Price 07718 817 491 or email apdancefitness@gmail.com</p>

Silver Steppers Dorridge Methodist Church 135 Mill Lane Dorridge B93 8NY	Friday 7.30pm	Ballroom Dancing on a 6week rolling basis. Contact Amy Price 07718 817 491 or email apdancefitness@gmail.com
Silver Steppers Balsall Common Village Hall 112 Station Road Balsall Common CV7 7FF	Wednesday 8pm From 7/11/18	Ballroom Dancing on a 6week rolling basis. Contact Amy Price 07718 817 491 or email apdancefitness@gmail.com