

Clubs List



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This list is updated regularly.
Please check 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 paraciseth 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 as waiting lists apply.**

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 716 543.

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
	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
Macular Society St Augustines Church Hall Herbert Road Solihull B91 3QE	1 st Thursday of each month 2.00pm - 3.30pm	Providing information, support & friendship to those with macular disease, their family and friends. Contact Chris Jefferson 07732 312542

The Core Theatre Square Solihull B91 3RG	Monday 11.00am - 12.00pm Monday 1.30pm - 2.30pm Wednesday 11.30am - 12.30pm	<u>Steppin' Out</u> Fun, gentle and friendly dance class for over 50's. No experience necessary. <u>Paracise</u> 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. <u>Gentle Chair Based Yoga</u> A gentle form of yoga to promote circulation, flexibility, balance and improve confidence. Suitable for all abilities, including people living with Parkinson's or Dementia. Pre-booking for the above classes is essential. Contact 0121 704 6962 or see www.thecoretheatresolihull.co.uk/whats-on/activities/
Memories and Music Park View Day Centre Tudor Grange Park Monkspath Hall Road, Solihull B91 3LU	Friday 10.30am - 11.30am	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. Email paula.ewer@solihull.gov.uk

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. Hampton Heath Club. North Solihull Sports Centre. Smiths Wood Community Gym.	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. Contact 0121 704 8207 or email 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

Striving Stars Drawing & Talking Therapy Various locations.	Various days & times available.	For those living with dementia, their carers & families to discover & communicate emotions through drawing. Contact Emma 07958 559 138 or email strivingstars17@gmail.com
Rock Choir Solihull Preparatory School Brueton Avenue Solihull B91 3EN	Monday 7.15pm - 8.45pm Term time only	No auditions or musical knowledge needed. It's all about fun, community, friendship & life- changing experiences. Contact 01252 714 276 Mon-Fri 9.00 -5.00 Email: office@rockchoir.com Website: www.rockchoir.com
United Reform Church The Meeting Place 741 Warwick Road Solihull B91 3DG	Monday 10.00am - 12.00pm Tuesday 1.30pm - 3.30pm	<u>Moments</u> Support & encouragement for those with dementia in a relaxed atmosphere with respite & advice for carers. Contact Elaine on 07707 621 701 or email solihullurc@gmail.com <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. Contact 07470 799 540 or email solihull@dancetohealth.org

The Oddfellows Society Royal British Legion Club Broomfield Hall Union Road Solihull B91 3DH	3rd Thursday of each month 1.00pm - 2.30pm	Friendly social events providing a great opportunity to meet people in your local area. Contact Liz 0121 707 5626 or email birmingham@oddfellows.co.uk
RNIB Solihull Social Get Together The Flute and Flagon 28-30 Station Road Solihull B91 3SB	4th Tuesday of each month 6.00pm - 7.30pm	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. Booking is required. Contact sarah.winch@rnib.org.uk
RNIB Solihull Coffee Morning Core Library Homer Road Solihull B91 3RG	3rd Monday of each month 10.30am - 12.00pm	A great opportunity to meet & socialise with other people with sight loss in Solihull, share experiences, hear from monthly guest speakers. Free to attend. £2 for hot drinks. Booking is required. Contact sarah.winch@rnib.org.uk
Men Walking and Talking In front of the gates to Malvern and Brueton Park New Rd B91 3DP	Tuesday & Thursday 7.00pm - 8.00pm	Giving men a safe space to open up about their mental health and support each other. Free and no need to book. Just turn up at the meeting point from 6.45pm.

Family Renewal Centre Vulcan Road Solihull B91 2JY	Monday 1.00pm - 2.00pm Thursday 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.
Family Center (rear of Solihull Renewal Church)	2nd Friday of each month 10.00am	<u>Gradual Movability Balance, Strength and Mobility Class</u> Falls Prevention Class to improve & maintain muscle strength, balance and stability. Gradually increase mobility & physical functions with physiotherapy-based exercise. Contact Nora before attending 07707 931 439 or email nora@envolvewell.co.uk <u>Memory Café</u> 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)	<u>Shall We Talk?</u> New to the UK? Come & find out more about the British way of life, its customs and peculiarities.
	Tuesday 10.30am	<u>Men's Coffee Club</u> 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	<u>Gentle Exercise Club</u> Especially designed for those with osteoporosis and arthritis or anyone wishing to maintain a healthy lifestyle.
	Friday 10.00am - 12.00pm	<u>Classic Cantonese Group</u> 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 for the clubs above.
	4 th Wednesday of each month 11.00am - 1.00pm (Except Dec)	<u>Solihull Pensioners Association</u> Promoting the welfare of older people in Solihull & the surrounding area with activities & talks on subjects of interest. Contact Alan Thomas 0121 705 3342

Solihull Methodist Church continued	3rd Thursday of each month 10.30am - 12.00pm 2nd & 4th Friday of each month 10.30am	<u>Singing For the Brain</u> 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 <u>Friendship Café</u> Coffee, smiles, cake & chat. All welcome. Donations appreciated. Contact Diane Webb 0121 705 7367 or 07478 001 759
Spring Steps 1st Scout Hut Mill Pool Wood Lode Lane Solihull B91 2HZ	Tuesday 1.30pm - 2.30pm	Low impact aerobic and muscle strengthening exercise for those with arthritis and back pain. Also offering well-being walks. Contact Nora before attending. 07707 931 439 or email nora@envolvewell.co.uk
Wellbeing Wednesdays Greville Arms Cornyx Lane Solihull B91 2RB	Wednesday 10.00am - 12.00pm	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 ameals. Contact Minister Suzette Maguire 0121 709 0884 or 07464 471 333 before attending.

Tudor Grange Leisure Centre Blossomfield Road B91 1NB	Swimming Pool Monday - Friday: 9.00am-3.00pm (Not available during school holidays) Gym Monday - Sunday: 9.00am -5.00pm (Not available during school holidays) Monday & Wednesday 10.30am - 12.30pm Sessions run all year round including through the winter	<u>Over 75s Work Out for FREE in Solihull</u> 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. <u>Solihull Wheels for All</u> 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. No booking necessary, new attendees welcome. See Facebook page for up-to-date information. https://www.facebook.com/Solihull-Wheels-for-All-2395952393959855 For private group sessions and general enquiries email Solihullwfaenquiries@gmail.com
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Big Knit Drop-In Group Activities room Age UK Solihull The Core Lower Ground Floor Homer Road Solihull B91 3RG	Thursday 1.00pm - 3.00pm	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 and knitting/crochet patterns. Free to attend and no need to book - just come along alone or with friends! Contact 0121 704 7842 for more info.
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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> All welcome of any age to share hobbies, local knowledge and 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@ageuksolihull.org.uk

Royal British Legion Parkgate Shirley B90 3BQ	1st Friday of each month 10.30am - 12.30pm Thursday 2.00pm - 3.30pm Wednesday 10.00am - 12.00pm	<u>Teacups & Handshakes</u> Pop in for a cuppa a cake & a chat. Open to everyone, no need to book. <u>Bingo</u> Cash prizes & a raffle. <u>Gardening Club</u> Get together with fellow gardeners. Tea & coffee available.
Solihull Village Victoria Crescent Shirley B90 2FH Free parking at rear	Monday 11.00am 2nd & 4th Thursday each month 10.30am - 12.30pm	<u>Paracise Exercise Club</u> Gentle on the joints yet effective and designed to improve posture, balance, mobility and flexibility whilst improving muscle memory. 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 <u>Parkinson's Café</u> 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 Wednesday 12.30pm - 2.30pm Friday 7.00pm – 9.30pm	<u>Keep Dancing</u> 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 <u>BINGO</u> Full & Half Books are available to purchase. Small entrance fee with tea, coffee & biscuits provided. Contact 0121 744 1445
Widows United Shirley Institute Church Road Shirley B90 2AX	1st Wednesday of each month 1.30pm - 3.30pm	Friendly club for widows. Come along & enjoy quizzes, speakers, social afternoons, coach trips. Contact Margaret Morton 0121 474 6360.
Got 2 Sing Choir Light Hall School Hathaway Road Shirley B90 2PZ	Thursday 7.30pm - 9.00pm	Adult choir open to everyone. You will be made to feel very welcome and meet like-minded, spirited, fabulous people. Contact Freephone 0333 014 6164 or see www.got2sing.co.uk/choirs/solihull-choir

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)	<u>Dementia Café</u> 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. <u>Friendship Café</u> Meet like-minded people for a chat over a complimentary hot drink and freshly baked treats. <u>Booking essential for both groups.</u> Contact Jo on 0121 701 2700
Fountains Care Home 1355 Stratford Road Shirley B90 4EF	Last Wednesday of each month 10.30am - 11.30am Friday From 12.30pm Last Sunday of each month 1.30pm	<u>Reminisce Café</u> All welcome to make new friends, have fun, share memories and enjoy the company of others alongside a sing-song and activities to enjoy. <u>Don't Dine Alone.</u> Company and a nutritious meal for local older people. <u>Pudding Club</u> Opportunity to meet new people & enjoy delicious treats. Contact 0121 733 8602 before attending any of the above groups.

Walking Netball & Football Beechcroft Multi-Sports Community Club Beechcroft Avenue Hall Green Birmingham B28 9ER	Various Days	For anyone who wants to improve their fitness without putting too much strain on their body. Experienced coaches are available to help players of all levels. <u>Booking essential and newcomers are advised to ring before booking,</u> Contact 0121 796 1330
Move it or Lose it Solihull Lodge Community Centre Grafton Road Solihull Lodge B90 1NJ	Tuesday 10.30am – 11.30am (Starting 14th October 2025) Friday 1.00pm – 2.00pm	Move it or Lose it strength and balance circuit class. Contact Liz Gavin 07962 035 744 or email liz.gavin@moveitorloseit.co.uk Fun & friendly seated or standing class to improve balance, strength, confidence, mobility, flexibility & independence. 1st class free for new starters. Contact Liz Gavin 07962 035 744 or email liz.gavin@moveitorloseit.co.uk
50's World The Shirley Club 135 Marshall Lake Road Shirley B90 4RB	Monday 10.30am	Coffee, cake, and great conversation. Contact Sue 01564 829 830

The Bridge 234 Stratford Road Shirley B90 3AG	Tuesday 2.00pm – 4.00pm Wednesday 12.00pm - 1.00pm	<u>Tuesday Club</u> Fun, friendship, games & refreshments for seniors. <u>Community Lunch</u> Free cooked 2 course meal, followed by hot drinks from 1.00pm - 2.00pm Contact 0121 744 9235 or email enquiries@thebridgeshirley.com
The Shirley Centre 274 Stratford Road Shirley B90 3AD	Thursday 10.15am	<u>Paracise Exercise Club</u> 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

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	A lunch club for over 65's run by Age UK Solihull staff & volunteers. A meal, hot drinks, activities and occasional live singers. Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending. 0121 704 7811 or email activities@ageuksolihull.org.uk
Age UK Solihull Hobs Meadow Lunch Club Hobs Meadow Pub Ulleries Road Solihull B92 8ED	Thursday 12.00pm - 3.00pm (excluding 1 st Thursday of each month)	A lunch club for over 65's run by Age UK Solihull staff & volunteers. A 2-course meal, hot drinks and entertainment. Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending. 0121 704 7811 or email activities@ageuksolihull.org.uk
Wednesday Social Club Yardley Ex-Servicemen's Club 328 Yardley Rd Birmingham B25 8LT (On A45 at Swan Island)	Wednesday 12.00pm - 3.00pm	Singer and Bingo. Everyone welcome including non-members. Contact Pat Smith for more info 0121 706 0202 before 11am or leave a message & she will return your call.

Solihull Stroke Club Olton Friary St Bernards Road Olton Solihull B92 7BL	Wednesday 9.00am - 1.30pm (Excluding Bank Holiday weeks)	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. Contact Pamela 0121 744 3265.
Solihull Society for Physically Handicapped Langley Hall Social Club 40 Langley Rd Olton Solihull B92 7HE	Last Wednesday of each month 6.45pm - 9.00pm	Live entertainment, light refreshments, raffle etc. Taxi fees paid. Contact Nikki before attending 07875 540 897.
Whist Club Josiah Mason Trust Mason Court Hillborough Road Olton B27 6PF	Tuesday 1.30pm - 4.00pm	£2.50 per person. Break for tea and biscuits halfway through. No need to book, just turn up. Contact Ray 0121 743 7813.
Prance Grange Court 298 Warwick Road Solihull B92 7GL	Monday 11.00am	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 Contact Nora before attending 07707 931 439 nora@envolvewell.co.uk

Section Four – North Solihull

Club / Location	Day	Details
Arden Hall Water Orton Road Castle Bromwich B36 9PB	Tuesday 10.30am - 12.00pm	<u>Chair exercise</u> 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	<u>Friends in Retirement Sequence Dancing</u> for over 50's. Contact John 07913 890 847.
	2 nd & 4 th Wednesday of each month 1.30pm - 3.30pm (except Aug)	<u>Castle Bromwich W.I.</u> Contact Marion 0121 242 6922 or Pat 0121 684 1205
	1 st & 3 rd Friday of each month 12:00pm - 3:00pm	<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. Contact 07812 603 122 grahamwooldridge@yahoo.co.uk

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
Tea Dance St Anne's Church Parish Centre 281A Bosworth Drive Chelmsley Wood B37 5DP	Last Wednesday of each month 1.00pm - 3.00pm	Bingo & raffle. Contact 0121 770 3283 before attending.
You are not alone Chelmunds Court Café 2 Pomeroy Way Chelmsley Wood B37 7WB	Ring for dates and times	Support, companionship and advice for those with a loved one living with dementia. Small fee for refreshments. No need to book. Contact Adele 0121 770 4254

St Clements Church Green Lane Corner of Clevedon Avenue Castle Bromwich B36 0BA	Every other Tuesday 2.00pm 2nd & 4th Thursday of each month 1.00pm - 2.30pm	<u>Crafternoon Group</u> Bring your favourite craft to enjoy with others or just come for a chat and refreshments. Contact 0121 748 5550 <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. Contact Alison 07958 653 924
Chelmsley Wood Library Chelmsley Wood Shopping Centre B37 5TN	Tuesday 2.00pm - 4.00pm Thursday 10.30 am - 12.30pm	<u>Knit and Natter</u> Share skills and knitting patterns or brush up on your crochet over a cup of tea and a friendly chat! No need to book, just drop in! Contact the library on 0121 788 4380 or email libraries@solihull.gov.uk <u>Art & Crafts Workshop for adults</u> Free arts and craft workshop to help you relax and have fun.
Moorfield Community Centre Hartshill Road Birmingham B34 6QX	Tuesday 4.00pm - 6.30pm Friday 12.00pm - 1.30pm	Social group with refreshments & various activities, board games, karaoke or bingo. Fish & chip lunch with a hot drink & pudding. Contact 0121 362 3650

Three Trees Hedingham Grove Chelmund's Cross Chelmsley Wood B37 7TP	Monday 10.45am -12.30pm (Fortnightly)	<u>Pop In – Drop In</u> Social club & support group with Independent Advocacy.
	1.30pm -2.30pm (Fortnightly)	<u>The Listening Project</u> Experiment, analyse and enjoy music.
	Tuesday 6.30pm - 7.30pm	<u>Northern Star Ukulele Band</u> Beginners & experts welcome.
	7.30 - 9.45pm	<u>North Solihull Singers</u> Community choir singing all kinds of songs.
	Wednesday 1.00pm - 3.00pm	<u>St!Art Art Group</u> Art group for adults.
	1.30pm - 3.30pm	<u>Live Music</u> Music from the resident musician.
	7.00pm - 8.30pm	<u>Circle</u> A men's group to meet, chat, solve the world's problems & go home.
	Thursday 10.30am -12.00pm	<u>Come Out Come In</u> A social support group with coffee, chat & new friends.
	1st Friday of each month 2.00 pm - 4.00pm	<u>Ladies Fellowship</u> Ecumenical group. Contact 0121 582 0767 for more info on all the groups above.

Seeds of Hope Community Hall St Barnabas Church Overgreen Drive Kingshurst B37 6EY	3rd Monday of each month 1.00pm - 2.30pm Wednesday 9.30am - 11.30am Friday 11.00am - 1.00pm <u>Excluding the 1st</u> <u>Friday of each</u> <u>month</u>	<u>Singing for the Brain</u> Run by the Alzheimer's Society. Meet new people in a friendly, fun and social environment. Contact 0121 706 4052 or email birminghamandsolihull@alzheimers.org.uk <u>Mid-Week Minglers</u> A coffee morning to chat over coffee/tea and toast. Contact Cyndy on 0121 770 6152 <u>Young@Heart</u> A friendly club offering sequence dancing for the over 50's. Contact Ann 0121 770 5140
The Jolly Club Kingshurst & District Labour Club Clopton Crescent Chelmsley Wood B37 6QU	Thursday 12.00pm - 3.00pm	For over 50's. Singers, bingo, raffle plus lots of fun and dancing! Contact Brian 07592 550 115
Forget Me Not Memory Café Coleshill Town Hall Old Court Room High Street Coleshill B46 3BG	3rd Thursday of each month 12.00pm - 3.00pm	Entertainment and games for those with memory loss and their carers. Tea, coffee & cakes. Contact 01675 464 634

Life Ascending Group St John and St Anthony Oakthorpe Drive Kingshurst B37 6HY	Thursday 1.30 - 3.00pm	For Christians over 50. Bible study and friendship. Contact Barbara 0121 681 4248
North Solihull Sports Centre Conway Road, Solihull, B37 5LA	Swimming Pool Monday - Friday: 9.00am -3.00pm (Not available during school holidays) Gym Monday – Sunday: 9.00am -5.00pm (Not available during school holidays)	<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 classes during off-peak times. Visit reception and present your ID as proof of eligibility to activate your FREE membership! Contact 0121 770 3822 for info.
Seniors Afternoon The Bell Inn 12 Birmingham Road (just off the High St) Coleshill B46 1AA	2 nd & 4 th Tuesday of each month 1.00pm - 4.00pm	2 course meal, bingo, local singers or DJ's Contact Kelly 01675 463 310
Age UK Solihull Marston Green Tavern Lunch Club Station Road Marston Green B37 7AS	Tuesday 12.00pm - 3.00pm	A lunch club for over 65's run by Age UK Solihull staff & volunteers. A hot meal, activities and entertainment. Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending. 0121 704 7811 or email activities@ageuksolihull.org.uk

Keep Fit Fordbridge Centre Nineacres Drive Fordbridge B37 5DD	Thursday 1.30pm - 3.30pm	Gentle joint exercise, some line dancing followed by a cuppa and a chat. Waiting list in operation. Contact Sheila 0121 770 2432
Line Dancing Shard End Community Centre 170 Packington Ave Birmingham B34 7RD	Thursday 12.00pm - 1.00pm 1.15pm -2.15pm	Beginners class Advanced class Contact 0121 464 5485
The Onward Club 107 Helmswood Drive Chelmsley Wood B37 7NS	Every other Thursday 1.00pm - 2.00pm Friday 10.00am - 1.00pm	<u>Solihull Memory Singers</u> Singing group for people living with dementia and their carers bringing people together in a fun, friendly and safe environment. Contact Sarah 07722 632 242 or email sriddell@armonica.org.uk <u>Recycled Teenagers</u> Warm hub for over 60's. Hot drinks, food, activities, days out, games, bingo, music and company for local residents. Free to attend. Contact 0121 770 4499

Section Five – Rural Solihull

Club / Location	Day	Details
Dorridge Methodist Church 103 Mill Lane Bentley Heath Dorridge B93 8NY	Tuesday 10.30am - 12.30pm	<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 Contact Karen 07974 263 742 or email karen.wilkinson@uniquecare.co.uk
	1 st & 3 rd Tuesday of each month 2.00 – 4.00pm	<u>Tea Party</u> Afternoon tea & chat. No charge, donations welcome. Contact Joan 01564 205121
	Wednesday 10.45am	<u>Ladies Circle</u> Tea/coffee followed by a session with a speaker/discussion/entertainment. Email ladiescircle@dorridgemethodists.org.uk
	3 rd Friday of each month 12.30pm	<u>Lunch Club</u> Chat & a 2 course meal for a small charge Contact 07956 888 459

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 Last Tuesday of each month 11.15am - 12.45pm	<u>Forever Active</u> Classes for older adults that blend fitness and community, enhancing strength, balance, and social connections. 1st class free. Contact 07738 830 848. <u>Inspire</u> 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 or email parishoffice@stphilips&stjames.org <u>Community Support Coffee morning</u> Free event held by Bright Dawn Homecare with stimulating and inclusive activities. Each coffee morning will feature a different guest speaker. Contact Bright Dawn directly on 01564 784 598 for more info.
Memory Café Birchmere Mews Care Home 1270A Warwick Road Knowle B93 9LQ	1st Tuesday of each month 10.30am - 12.00pm	Meet new people with complimentary refreshments & pastries. All welcome & no booking required. Contact 01564 732 660

Bentley Heath Community Centre Widney Road Solihull B93 9BQ	3rd Monday of each month 2.00pm - 4.00pm Wednesday 10.45am - 11.45am Wednesday 1.00pm - 4.00 pm Thursday 11.30am - 12.30pm Thursday 2.00pm - 3.30pm 1st Thursday of each month 7.30pm <u>only certain months</u>	<u>Knit & Natter</u> Bring your own project. Just turn up, no charge. Contact Denise 07899 914 228 <u>EXTEND</u> Gentle exercise for the older person. Can be done seated. Cost £4.00. Contact Jenny 01564 772268 <u>F I R S Art Group</u> Contact Ros 01564 739 129 or email roswithers@googlemail.com <u>Keep Dancing</u> 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 <u>Line Dancing</u> Contact Mavis 07714 771 048 <u>Solihull RSPB Group</u> Contact Sophie 0121 744 4529 or email sophie.rspbsolihull@gmail.com
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Bentley Heath Community Centre continued	2 nd Thursday of each month 7.30pm <u>(Sept – May only)</u>	<u>Dorridge & District Gardening Club</u> Talks about various gardening topics. Email berylharrison111@gmail.com
	Last Thursday of each month 8.00pm <u>only certain months</u>	<u>South Devon Railway Club</u> Contact Roger Inwood 0121 704 9764
	1 st Saturday of each month 10.00am - 12.00pm	<u>The Café @ Bentley Heath</u> Warm & friendly atmosphere, all welcome & profits go to charity.
	1 st Saturday of each month 2.30pm <u>Sept to April only</u>	<u>The Cottage Garden Society</u> Contact Jennifer 07983 955 664 or Monica 07920 003 760
	2 nd Saturday of each month 2.30pm <u>only certain months</u>	<u>The Hardy Plant Society</u> Contact Bridget 01564 205 363 or email wmids@hardy-plant.org.uk
	Sunday 7.30pm	<u>Jubilee Club</u> Bingo and social. Arrive at 7.00pm on your 1 st visit to register. Contact Cliff 07976 236 141

Bentley Heath Tennis Courts next to Community Centre Widney Rd Bentley Heath, Solihull B93 9BJ	Monday & Wednesday 1.00pm - 3.00pm Friday 7.00pm - 9.00pm	<u>Pickleball</u> An outside sport for all ages, combines elements of tennis, badminton & table tennis. Free of charge and all equipment is provided but trainers or tennis shoes are required. Contact Bob 07890 996 716
Knowle Parish Church The Guild House High Street Knowle B93 0LN	4th Monday of each month 2.00 - 4.00pm Wednesday 2.00pm - 4.00pm	<u>Knowle Knitwits</u> Knitting or tapestry. Wool, needles & patterns supplied for charity knitting or bring your own. No experience needed. Voluntary donation. Chat & coffee. Contact Judy 01564 774413 or email judyandmike@btinternet.com <u>Renew Café</u> 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 Email office@kpc.org.uk
Pop Voices Adult Choir Knowle British Legion 1611 Warwick Road Knowle B93 9LU	Thursday 10.30am - 12.00 pm	For adults of all ages & abilities. Email info@pop-voices.co.uk

Eastcote Park Retirement Village & Care Home Knowle Road Eastcote Solihull B92 0JA	Certain Mondays 3.00pm - 4.30pm Wednesday 11.30am - 1.00pm Monthly on Thursdays 2.30pm – 4.00pm Friday 11.00am - 1.00pm 1st Wednesday of each month 2.00pm - 3.30pm	<u>Memory Moments café</u> Do you care for someone with dementia? Both come along and enjoy an afternoon filled with music and memories. Booking is essential. <u>Knit and Natter</u> Making blankets and hats for charity <u>Gentlemans club</u> Exclusive club for gents, a place for friendship, fun & relaxation with light refreshments. <u>Check for dates.</u> <u>Coffee Morning</u> Everyone is welcome to enjoy a coffee and meet new people in a safe environment. Contact 0121 269 1236 for more info on the clubs above. <u>Welcome Wednesdays</u> 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. 0121 704 7811 or email activities@ageuksolihull.org.uk
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Warm Hub Jubilee Centre (behind Costa) 225 Station Road Balsall Common CV7 7FE	1st & 3rd Thursday of each month <u>throughout the winter months.</u> 9.30am - 11.30am	Balsall Common Lions will greet you with a smile, a warm drink and a slice of something sweet! Enjoy a chat with new friends in a welcoming warm space. See website for details: www.balsallcommonlions.org
Balsall Common Village Hall 112 Station Road Balsall Common CV7 7FF	Monday 10.00am - 11.00am 3rd Friday of each month 2.30pm - 3.30pm 2nd Wednesday of each month 1.15pm - 3.15pm	<u>Over 50's dance fit</u> Fun, easy to follow steps, suitable for all abilities. Contact Lorraine 07590 697 835 <u>Circle Dance for wellbeing</u> Light form of exercise suitable for all ages and no partners are needed. 1st class free! Contact Anne 07816 422614 or email annesburrell@gmail.com <u>Memories Café</u> For anyone experiencing memory problems and their carers to socialise, share experiences and relax. Raffle, activity sessions. Contact Christine 07974 140 353 before attending.

Memories Coffee & Chat Balsall Common Library 283 Kenilworth Road Balsall Common CV7 7EL	1st Thursday of each month 11.00am - 12.30pm	For anyone experiencing memory problems and their carers to socialise, share experiences and relax. Raffle, activity sessions. Contact Christine 07974 140 353 before attending.
St George & St Teresa Parish Centre Station Road Dorridge B93 8EZ	Tuesday 10.00am - 11.30am <u>Term time only</u> Thursday 1.30pm	<u>Rock Choir</u> 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 email office@rockchoir.com <u>Move It or Lose It</u> 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 or email liz.gavin@moveitorloseit.co.uk
Tri Wellness Exercise classes Woodfield Farm Norton Lane Earlswood B94 5LS	Various days & times	Over 65's small group exercises including seated mobility, pilates, yoga, mindfulness & meditation and gentle dance aerobics. Contact Rob 07740 289 350 or email admin@triwellness.co.uk

United Reform Church Station Road Knowle B93 0HN	Tuesday 10.00am - 12.00pm Wednesday 11.45am	<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. Contact Stephanie 01564 775 527 <u>Paracise Exercise Club</u> 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
Age UK Solihull Lunch Club Red Lion 1672 High Street Knowle Solihull B93 0LY	Thursday 12.00pm - 2.30pm	A lunch club for over 65's run by Age UK Solihull staff & volunteers. A hot meal and wonderful company! Apply for a place by contacting Age UK Solihull, Clubs & Activities before attending. 0121 704 7811 or email activities@ageuksolihull.org.uk
Ye Olde Knowle Bowling Club Grange Road Dorridge B93 8QA	Ring for days & times	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. Contact Tony 07759 952 485

St Peter's Church Hall Balsall Street East Balsall Common CV7 7EA	Tuesday 11.00am – 12.00pm Thursday 11.00am - 12.00pm	Chair yoga & meditation. Good for those with an injury, joint or mobility issues. Gentle yoga targeted towards over 55's, those with injury or returning to exercise. Contact Jaime 08970686712
Warm Hub Birchmere House Care Home 1270 Warwick Road Knowle B93 9LQ	Wednesday 2.30pm - 4.30pm	Comfortable space, friendly conversation, a hot cup of tea and a slice of cake. Board games, puzzles and newspapers available to all. Contact Nicola 01564 732 400 or email birchmerehouse.csm@averyhealthcare.co.uk
The Pavilion Hockley Heath Recreation Ground Old Warwick Road Hockley Heath Solihull B94 6HH	Thursday 1.30pm	<u>Paracise Exercise Club</u> 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

DAY CENTRES

Maples Day Opportunity South Park View Building Monkspath Hall Road Solihull B91 3LU	Tel: 0121 704 7499 Email: info.parkview@solihull.gov.uk	Older people including those living with dementia. Monday - Friday
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/	<u>Veterans only.</u> Meet new people, have wonderful food and enjoy a host of entertainment. Monday, Tuesday, Wednesday & Friday
Colebrook Day Centre 291 Bosworth Drive Chelmsley Wood B37 5DP	Tel: 0121 717 1682 or 0121 717 1683	Older people. Social & leisure activities.
Shepherdson Court Day Centre 7 Damson Parkway Solihull B91 2PP	Tel: 0121 711 4266 Email: daycentremanager@raynerhouse.co.uk Website: https://raynerhouse.co.uk/our-care-portfolio/sheps-day-care-centre	Bookings accepted Monday - Friday from external visitors aged 60 and over who need some company, mental stimulation, and a change of scene.

Willow Grange Care Home 119 St Bernards Road Solihull B92 7DH	Tel: 0121 708 0804 Email: info@willowgrangecarehome.co.uk Website: www.willowgrangecarehome.co.uk/	Social activities for older people
The Blanning Day Centre Winster Avenue Dorridge Solihull B93 8ST	Tel: 01564 771 179 Email: enquiries@familycaretrust.co.uk Website: www.familycaretrust.co.uk/our-services/mental-health/dementia-day-centre-solihull/	Providing specialist care and support for people with memory problems, such as Alzheimer's, strokes, Parkinson's and other mental health problems.
Rose Cottage Care Farm Stratford Road Hockley Heath Solihull B94 5NH	Tel: 07711 372 795 Website: www.rosecottage.care	Person-centred care for people age 16+ with additional needs and dementia. Activities such as gardening, cooking arts & crafts. Transportation available.
Prince of Wales Nursing Home 246 Prince of Wales Lane Solihull Lodge Birmingham West Midlands B14 4LJ	Please phone for more details Lisa Fielding Wellbeing Activity Co-ordinator 0121 436 6464	Companionship, a free meal and / or join in with an activity.