



Wellbeing Activities - Timetable

Monday

 **Outdoors**

10:30am - 11:30am

Sheldon Country Park Walk

 **Teleconference**


2pm - 3pm
Gardening Chat

Tuesday

 **Indoor Activity**

11am - 12:noon

Pilates
Oscott
Community
Centre

 **Outdoors**

2pm - 3pm
Lightwoods Park
Walk

Wednesday

 **Indoor Activity**

11am - 12pm

Sit Move & be Fit
exercise class -
Kenrick Centre

 **Teleconference**

2pm - 4pm
Bereavement
Support Group

Thursday

 **Indoor Activity**

11am - 12:30pm

Erdington
Library
Friendship Club

 **Indoor Activity**

11am - 12:30pm
Sit Move & be
Fit exercise
class - Yardley
Hub

 **Outdoors**

11am - 12noon
Kings Heath
Park
Gentle walk

 **Indoor Activity**

1pm - 2pm
Sit Move & be
Fit (Adapted)
exercise class -
Yardley Hub

 **Teleconference**

2pm - 3pm
Quiz

Friday

 **Indoor Activity**

11am - 1pm

Bartley Green
Library
Friendship Club

 **Indoor Activity**

11am - 12:30pm
Kings Heath
Library
Friendship Club

Sunday

 **Teleconference**

**11.30-
12.30pm**
Sunday
Chat

To book for any of our activities
contact
0121 437 0033
email for information:
activities@ageukbirmingham.org.uk

Come Along
and Try
Something New!