




# 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  
Bearwood

## 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


 **Teleconference**

**2pm - 3pm**  
Quiz

## Friday

 **Indoor Activity**

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

 **Indoor Activity**

**11am - 1pm**  
Bartley Green Library  
Friendship Club

## Sunday

 **Teleconference**

**11.30pm -  
12.30pm**  
Sunday Chat

To book for any of our activities contact  
0121 437 0033 or You can also email for  
information: [activities@ageukbirmingham.org.uk](mailto:activities@ageukbirmingham.org.uk)

