

To book or find out more information please  
call us on 0121 437 0033 or email  
info@ageuksandwell.org.uk.

# Activity timetable



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Sunday**



## Information & Advice

10:00 - 13:00

Wesley Church  
West Bromwich



## Coffee Mates

(On the third Monday of  
each month)

11:00 - 12:00

Cradley Heath Library

## Dementia Café

(Monthly)

10:30 - 12:30

Wednesbury Museum & Art  
Gallery

## The Stroke Community

### Stroke Exercise & Recovery Group

11:00 - 12:00

Oldbury

## Sandwell Mecca Bingo

10:45 - 12:00

£3 per session includes a hot  
drink and 2 games of bingo

Mecca Bingo Oldbury



## Stepping Into Digital

11:00 - 12:00

Oldbury Library

13:00 - 14:00

West Smethwick Park Sons  
of Rest building

Health & Wellbeing Digital Awareness  
sessions available to groups upon  
request



## Sandwell Hope Church Bowls Club

10:15 - 12:30

£2 per session  
(includes light  
refreshments)

Hope Church Oldbury



10:30 - 12:00

ASDA Cape Hill  
Community  
room



## Walk & Talk

11:00 - 12:00

West Smethwick Park



## Sandwell Veterans Breakfast Club

11:00 am

On the first Sunday of  
each month

Waggon & Horses  
Oldbury