

To book or find out more information please  
call us on 0121 437 0033 or email  
wellbeing@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



### Coffee Mates

11:00 - 13:00

Smethwick Library

### 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 - 13:00

Oldbury Library

### St. James Church, Bowls Club

10:00 - 12:00

Lion Farm Estate,  
Oldbury

### Hope Church Bowls Club

10:15 - 12:30

Oldbury



### Women's walking cricket

10:00 - 11:30

Thimblemill REC,  
Smethwick



### 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

Health & Wellbeing Digital Awareness  
sessions available to groups upon  
request

