

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

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
(31/10/24)



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



Walk & Talk

11:00 - 12:00

West Smethwick Park