
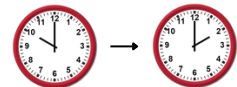



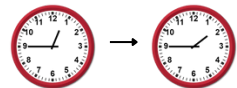


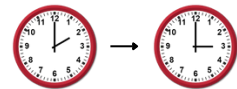


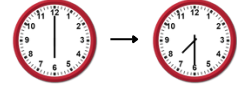



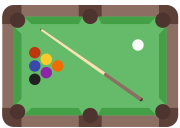
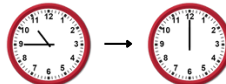




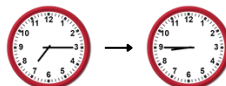




Walsall Adults Community Timetable: 20th November - 1st December 2023

	Activity	What	Where	When	Cost
Monday 20th November	Pamper Day 	Join us for a variety of pampering treatments delivered by Walsall college students.	The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU	10:00 PM-2:00 PM 	Free but booking essential 
Tuesday 21st November	Chair Yoga for Women 	No Session. Back next week	No Session. Back next week	No Session. Back next week	No Session. Back next week
Tuesday 21st November	Panto Rehearsal 	Join the fun preparing for our January pantomime.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	12:45 PM-1:45 PM 	Free 
Tuesday 21st November	Men's Chill Out Session 	Active games session	The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU	2:00 PM-3:00 PM 	£5. Booking essential. 
Tuesday 21st November	Strictly Social Evening 	November crafts	The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU	6:00 PM-7:30 PM 	£7.50 

To Book and for more information call: 01922 616 798 - Places are limited

Please note when booking that some community sessions are weather dependant and must have enough people to go ahead on the day.




























Walsall Adults Community Timetable: 20th November - 1st December 2023

	Activity	What	Where	When	Cost
Wednesday 22nd November	Wellbeing Wednesday Community Activity 	Group pool session at Tenpin bowling Crown wharf	You Can Either Meet at 10:30am: The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU Or Meet at 10:45: Tenpin Walsall Crown Wharf Retail Park, Wolverhampton St, Walsall WS2 8LL	10:45 AM-12:00 PM 	£5. Booking essential. 
Thursday 23rd November	Fun with Friends 	No Session. Back next week	No Session. Back next week	No Session. Back next week →	No Session. Back next week
Thursday 23rd November	Music and Drama with Rob 	No Session. Back next week	No Session. Back next week	No Session. Back next week	No Session. Back next week
Thursday 23rd November	Monthly Disco 	Join us for a fun evening of music and dancing.	Pelsall Community Association, Station Road, Pelsall, WS3 4BQ	7:15PM - 8:45PM 	£7.50 
Friday 24th November	Techy Friday 	Join us for an IT drop in session with a fun quiz.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM 	£5 

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Walsall Adults Community Timetable: 20th November - 1st December 2023

	Activity	What	Where	When	Cost
Monday 27th November	The Brunch Club 	Join us for a toastie, hot drink and fun quiz	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:00 AM-12:30 PM  → 	£7.50 
Monday 27th November	Crafty Creations 	Christmas crafts	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-3:00 PM  → 	£7.50 
Tuesday 28th November	Chair Yoga for Women 	Join Kirsty for a gentle yoga session.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:30 AM-12:30 PM  → 	£5 
Tuesday 28th November	Panto Rehearsal 	Join the fun preparing for our January pantomime.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	12:45 PM-1:45 PM  → 	Free 
Tuesday 28th November	Men's Chill Out Session 	Games session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	2:00 PM-3:00 PM  → 	£5 
Tuesday 28th November	Strictly Social Evening 	Christmas crafts	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	6:00 PM-7:30 PM  → 	£7.50 
Wednesday 29th November	Daffodil Club WOPP 	Join our active over 50's group for a fun filled day & hot lunch	St Martins Church, 1 Sutton Rd, Daffodil Rd, Walsall WS5 3DQ	10:00 AM-3:00 PM  → 	Call 01922 616 798 for more details to book

To Book and for more information call: 01922 616 798 - Places are limited

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Walsall Adults Community Timetable: 20th November - 1st December 2023

	Activity	What	Where	When	Cost
Thursday 30th November	Fun with Friends 	Join us each week for a different group activity.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM  → 	£7.50 
Thursday 30th November	Music and Drama with Rob 	Join Rob for a music and drama session.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-2:30 PM  → 	£7.50 
Friday 1st December	Techy Friday 	Join us for an IT drop in session with a fun quiz.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM  → 	£5 

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Walsall Adults Community Timetable: 20th November - 1st December 2023

Activity	What is it?
THE BRUNCH CLUB	A weekly Brunch club where you can come along to meet new friends and enjoy a toastie and hot drink and fun quiz or activity.
CRAFTY CREATIONS	Get crafty and have a go and different things each week using various materials.
MEN'S CHILL OUT	Meet and make new friends in a fun group activity where you can come along for a natter and a chill out with different activities each week like, Wii games, boccia and archery.
STRICTLY SOCIAL EVENING	An evening social club for adults in Walsall. Join Becky and the volunteers for a fun evening with friends.
FUN WITH FRIENDS	Join us each week for a different activity—meet and make new friends in a fun daytime club.
TECHY FRIDAY	An IT session running weekly. Come along and chill out with people in a relaxed session, try out IT equipment and get support if needed from our volunteers, bring along IT issues, chill out and take part in an occasional fun quiz.
YOGA (FOR WOMEN)	Come along and join Kirsty for a relaxing hour of chair yoga.
MUSIC AND DRAMA WITH ROB	Join Rob Lane for an afternoon of music and drama in a social group setting.
PAMPER DAY	Walsall College beauty students provide free haircuts, beauty treatments, and relaxation, including men's barbering and women's hairdressing.
MONTHLY DISCO	Join us for a fun monthly disco and chance to dance the night away with friends.
DAFFODIL CLUB WOPP	Join our active over 50's group for a fun filled day & hot lunch
WELLBEING WEDNESDAY COMMUNITY ACTIVITY	Join us out in the community as we visit different community spaces accross Walsall.

To Book and for more information call: 01922 616 798 - Places are limited

Please note when booking that some community sessions are weather dependant and must have enough people to go ahead on the day.