



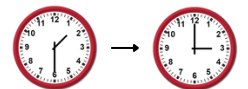





























Walsall Adults Community Timetable: 29th April to 24th May 2024

	Activity	What	Where	When	Cost
Monday 29th April	The Brunch Club 	Join us for a hot toastie and a fun quiz or game!	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:00 AM-12:30 PM 	£7.50 
Monday 29th April	Crafty Creations 	Painting and printing session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-3:00 PM 	£7.50 
Tuesday 30th April	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 30th April	Panto Rehearsal 	Join the fun preparing for our pantomime.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	12:45 PM-1:45 PM 	Free 
Tuesday 30th April	Men's Chill Out Session 	Active games	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	2:00 PM-3:00 PM 	£5 
Tuesday 30th April	Strictly Social Evening 	Bingo and Nibbles Night	The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU	6:00 PM-7:30 PM 	£7.50 
Wednesday 1st May	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

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


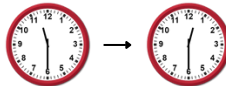


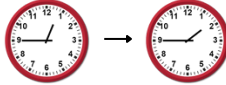


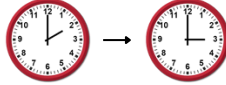


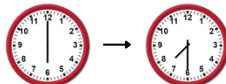


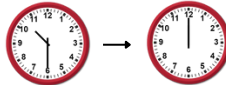


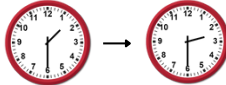

Walsall Adults Community Timetable: 29th April to 24th May 2024

	Activity	What	Where	When	Cost
Thursday 2nd May	Fun with Friends 	Wellbeing Walk and coffeeshop visit at Arboretum	Meet at: The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM  → 	£7.50 
Thursday 2nd May	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 3rd May	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: 29th April to 24th May 2024

	Activity	What	Where	When	Cost
Monday 6th May	Walsall Disability Hub Closed - May Day Bank Holiday				
Tuesday 7th May	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 7th May	(Last)Panto Rehearsal 	Join the fun preparing for our pantomime.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	12:45 PM-1:45 PM 	Free 
Tuesday 7th May	Men's Chill Out Session 	Boccia and ball games	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	2:00 PM-3:00 PM 	£5 
Tuesday 7th May	Strictly Social Evening 	Karaoke Night	The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU	6:00 PM-7:30 PM 	£7.50 
Thursday 9th May	Fun with Friends 	'Creative' Session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM 	£7.50 
Thursday 9th May	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 

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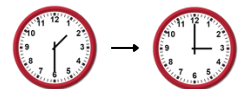


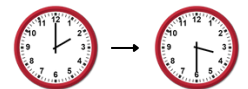



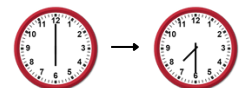






Walsall Adults Community Timetable: 29th April to 24th May 2024

	Activity	What	Where	When	Cost
Friday 10th May	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: 29th April to 24th May 2024

	Activity	What	Where	When	Cost
Monday 13th May	The Brunch Club 	Join us for a hot toastie and a fun quiz or game!	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:00 AM-12:30 PM 	£7.50 
Monday 13th May	Crafty Creations 	Collage session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-3:00 PM 	£7.50 
Tuesday 14th May	The Big Walsall Community PANTOMIME 	Enjoy a lively pantomime with fun performances, interactive singing, and provided refreshments.	St Martins Church, 1 Sutton Rd, Daffodil Rd, Walsall WS5 3DQ	2:00 PM-3:30 PM 	£5 per ticket  £2.50 Carers ticket  Booking in advanced is essential.
Tuesday 14th May	Strictly Social Evening 	Games session	The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU	6:00 PM-7:30 PM 	£7.50 
Wednesday 15th May	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
Thursday 16th May	Fun with Friends 	Wellbeing Walk and coffeshop visit at Arboretum	Meet at: The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM 	£7.50 

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Walsall Adults Community Timetable: 29th April to 24th May 2024


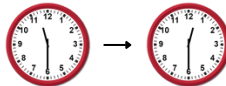


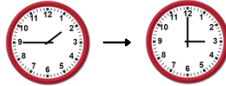


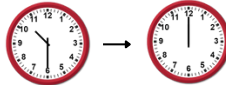


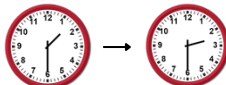


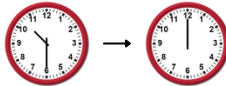

	Activity	What	Where	When	Cost
Thursday 16th May	Music and Drama with Rob 	Join Rob for a music and drama session.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-2:30 PM  → 	£7.50 
Friday 17th May	Techy Friday 	Join us for an IT drop in session with a fun quiz.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM  → 	£5 

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Walsall Adults Community Timetable: 29th April to 24th May 2024

	Activity	What	Where	When	Cost
Monday 20th May	Walsall Disability Hub Closed				
Tuesday 21st May	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 21st May	Men's Chill Out Session 	Wellbeing games in the Arboretum	Meet at: The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:45 PM-3:00 PM 	£5 
Thursday 23rd May	Fun with Friends 	'Games Show' Session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM 	£7.50 
Thursday 23rd May	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 24th May	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: 29th April to 24th May 2024

Activity	What is it?
THE BRUNCH CLUB	A weekly Brunch club 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.
DAFFODIL CLUB WOPP	Join our active over 50's group for a fun filled day and hot lunch.
PANTO REHEARSAL	Come along and join in the fun in preparing for the Walsall Pantomime performance.
THE BIG WALSALL COMMUNITY PANTOMIME	Pantomime is a lively theatrical performance blending drama, music, and comedy.

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