








































Walsall Adults Community Timetable: 22nd July to 16th August 2024

	Activity	What	Where	When	Cost
Monday 22nd July	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 22nd July	Crafty Creations 	Summer crafts	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-3:00 PM  → 	£7.50 
Tuesday 23rd July	NEW Women's Relaxation Session 	Join us for an hour of breathing exercises and mindfulness	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:30 AM-12:30 PM  → 	£5 
Tuesday 23rd July	Men's Chill Out Session 	Active games	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	2:00 PM-3:00 PM  → 	£5 
Tuesday 23rd July	Strictly Social Evening 	Games Shows Night	The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU	6:00 PM-7:30 PM  → 	£7.50 
Wednesday 24th July	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 25th July	Fun with Friends 	Wellbeing Walk in Arboretum	Meet at: The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM  → 	£5 

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.


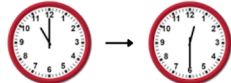


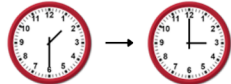


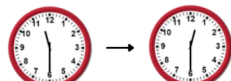





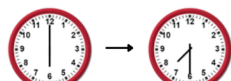


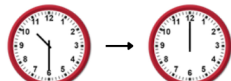


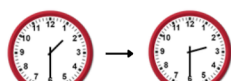

Walsall Adults Community Timetable: 22nd July to 16th August 2024

	Activity	What	Where	When	Cost
Thursday 25th July	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 
Thursday 25th July	Big Walsall Community Summer 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 26th July	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: 22nd July to 16th August 2024

	Activity	What	Where	When	Cost
Monday 29th July	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 July	Crafty Creations 	Summer crafts	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-3:00 PM 	£7.50 
Tuesday 30th July	NEW Women's Relaxation Session 	Join us for an hour of breathing exercises and mindfulness	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:30 AM-12:30 PM 	£5 
Tuesday 30th July	NEW Men's Chill Out Session 	Summer games in the Arboretum.	Meet at: Walsall Arboretum Visitor Centre, Arboretum Rd, Walsall WS1 2QH	2:00 PM-3:00 PM 	£5 
Tuesday 30th July	Strictly Social Evening 	Bingo Night	The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU	6:00 PM-7:30 PM 	£7.50 
Thursday 1st August	Fun with Friends 	Art session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM 	£7.50 
Thursday 1st August	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: 22nd July to 16th August 2024

	Activity	What	Where	When	Cost
Friday 2nd August	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: 22nd July to 16th August 2024

	Activity	What	Where	When	Cost
Monday 5th August	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 5th August	Crafty Creations 	Summer crafts	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-3:00 PM  → 	£7.50    
Tuesday 6th August	Men's Chill Out Session 	Active games	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	2:00 PM-3:00 PM  → 	£5 
Tuesday 6th August	Strictly Social Evening 	Quiz and Games Night	The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU	6:00 PM-7:30 PM  → 	£7.50    
Wednesday 7th August	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 8th August	Fun with Friends 	Arts session	Meet at: The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM  → 	£5 
Thursday 8th August	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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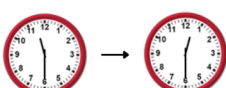


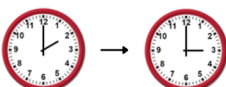










Walsall Adults Community Timetable: 22nd July to 16th August 2024

	Activity	What	Where	When	Cost
Friday 9th August	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: 22nd July to 16th August 2024

	Activity	What	Where	When	Cost
Monday 12th August	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 12th August	Crafty Creations 	Summer crafts	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-3:00 PM 	£7.50 
Tuesday 13th August	NEW Women's Relaxation Session 	Join us for an hour of breathing exercises and mindfulness	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:30 AM-12:30 PM 	£5 
Tuesday 13th August	NEW Men's Chill Out Session 	Summer games in the Arboretum.	Meet at: Walsall Arboretum Visitor Centre, Arboretum Rd, Walsall WS1 2QH	2:00 PM-3:00 PM 	£5 
Tuesday 13th August	Strictly Social Evening 	Karaoke Night	The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU	6:00 PM-7:30 PM 	£7.50 
Thursday 15th August	Fun with Friends 	Art session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM 	£7.50 
Thursday 15th August	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: 22nd July to 16th August 2024

	Activity	What	Where	When	Cost
Friday 16th August	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: 22nd July to 16th August 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.
WOMEN'S RELAXATION	Join us for an hour of breathing exercises and mindfulness.
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.
MUSIC AND US THROUGH THE DECADES PROJECT	Exploring how music changes over time, connecting us through different decades and diverse melodies.

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