
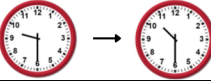


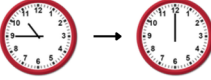


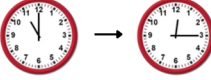


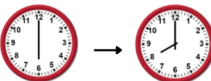


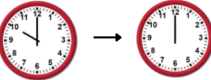


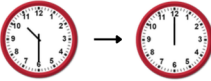


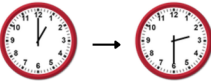































Birmingham Adults Community Timetable: 2nd - 20th December 2024

	Activity	Where	When	Cost
Monday 2nd December	Table Tennis 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 4th November	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 2nd December	Community Meet Up Stretch and Flow Mobility YOGA with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	11:00am - 12:15pm 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 2nd December	Dynamo Young Adults Social Gathering Christmas Trees 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm 	£7.50 
Tuesday 3rd December	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Tuesday 3rd December	Walk and Talk in Sutton Park 	Meet at: Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 12pm 	£7.50 
Tuesday 3rd December	Decorate the Hub for Christmas 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 

To book and for more information call: 0121 427 6404

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

Birmingham Adults Community Timetable: 2nd - 20th December 2024

	Activity	Where	When	Cost
Tuesday 3rd December	Community Meet Up: Football Christmas Meal Out 	Meet at: Covered Wagon, 298 Yardley Wood Rd, Birmingham B13 9JW	5:00pm - 7:30pm  → 	Between £20 - £25 Booking essential 
Wednesday 4th December	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am  → 	£8 - Booking Essential 
Wednesday 4th December	Bake Off Biscuit Decorating 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm  → 	£10 - Booking Essential 
Wednesday 4th December	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50 
Thursday 5th December	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50 
Thursday 5th December	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50 
Thursday 5th December	Pottery with Rachel Christmas Decorations Part 2 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:15pm - 2:30pm  → 	£10 - Booking Essential 

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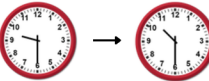





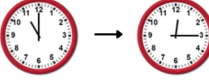





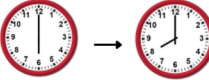





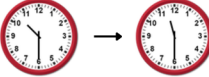

Birmingham Adults Community Timetable: 2nd - 20th December 2024

	Activity	Where	When	Cost
Friday 6th December	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50    
Friday 6th December	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50    
Friday 6th December	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm  → 	£7.50- Bring a blanket    

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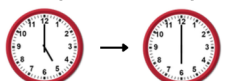


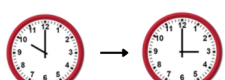


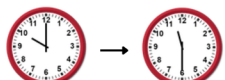


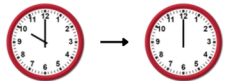




Birmingham Adults Community Timetable: 2nd - 20th December 2024

	Activity	Where	When	Cost
Monday 9th December	Table Tennis 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 9th December	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 9th December	Community Meet Up Stretch and Flow Mobility YOGA with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	11:00am - 12:15pm 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 9th December	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	Free. Booking is Essential. 
Monday 9th December	Dynamo Young Adults Social Gathering Christmas Carvery 	Meet at: Old House At Home - Pub & Carvery, 193 Lordswood Rd, Harborne, Birmingham B17 8QP	6:00pm - 8:00pm 	£20 - Booking Essential £2.50 if you require support 
Tuesday 10th December	Arts and Crafts Christmas Cards 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm 	£7.50 
Tuesday 10th December	Boccia 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am 	£7.50 

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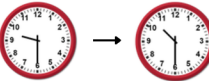





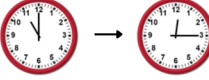














Birmingham Adults Community Timetable: 2nd - 20th December 2024

	Activity	Where	When	Cost
Tuesday 10th December	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:45pm - 2:45pm 	£7.50 
Tuesday 10th December	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 
Wednesday 11th December	Community Meet Up: Nature walk in Cannon Hill Park and visit the MAC 	Meet at: Midlands Arts Centre, Cannon Hill Park, B12 9QH	10:00am - 3:00pm 	£2.50 if you require support  Booking essential. Bring money to purchase lunch and drinks
Thursday 12th December	Weoley Castle Community Centre Closed			
Friday 13th December	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 
Friday 13th December	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 13th December	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50- Bring a blanket 

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Birmingham Adults Community Timetable: 2nd - 20th December 2024

	Activity	Where	When	Cost
Monday 16th December	Table Tennis 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 16th December	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 16th December	Community Meet Up Stretch and Flow Mobility YOGA with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	11:00am - 12:15pm 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 16th December	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	Free. Booking is Essential. 
Monday 16th December	Dynamo Young Adults Social Gathering Karaoke 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm 	£8  £2.50 if you require support 
Tuesday 17th December	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Tuesday 17th December	Walk and Talk in Sutton Park 	Meet at: Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 12pm 	£7.50 

To book and for more information call: 0121 427 6404

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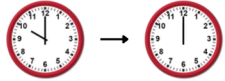


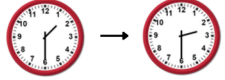


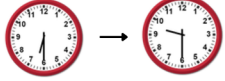

Birmingham Adults Community Timetable: 2nd - 20th December 2024

	Activity	Where	When	Cost
Tuesday 17th December	Arts and Crafts Pine Cone Christmas Trees 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Tuesday 17th December	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50 
Wednesday 18th December	*NEW* Padel Sport Limited Spaces 6 people max 	CorteSport at The Hayes, 300 Redhill Road, Alvechurch, Birmingham B38 9EL	11:00am - 12:00pm  → 	£8 - Booking Essential 
Wednesday 18th December	Party Games 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm  → 	£7.50 
Wednesday 18th December	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50 
Thursday 19th December	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50 
Thursday 19th December	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50 
Thursday 19th December	Digital Workshop Christmas Quiz 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:15pm - 2:30pm  → 	£7.50 

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Birmingham Adults Community Timetable: 2nd - 20th December 2024

	Activity	Where	When	Cost
Friday 20th December	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 20th December	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50- Bring a blanket 
Friday 20th December	Christmas Monthly Disco Food: Turkey Rolls and Trimmings 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:30pm - 9:30pm 	£5 admission + £5 food. Please book if you wish to have food. 



To book and for more information call: 0121 427 6404

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ACTIVITY DESCRIPTION:

Arts and Crafts:

Join us for group arts and crafts. You can make fun and creative things using materials like paper, paint, and glue, while having a great time with friends.

Bake Off:

A baking session is where you learn to make tasty treats like cakes and cookies. You can have fun mixing ingredients and baking with friends.

Bingo:

Bingo is a game where you mark off numbers on a card as they are called out. You can have fun and try to be the first to shout 'Bingo!' with friends.

Community Meet up:

Join us out in the community as we visit different community spaces across Birmingham and the West Midlands.

Creative Dance:

Join Hayley for a fun, creative dance session! You can move to music, learn new dance steps, and express yourself with friends.

Creative Minds:

Join Henry Liggins group creative storywriting session using music as a way to inspire the story.

Digital Content Creating:

Discover your voice, and creative talents and learn how to make amazing online content for the digital world!

Drama with Rob:

Join Rob for a fun group drama session. Drama is about acting and telling stories, and you can explore characters, play games, and perform with friends.

Dynamo Social Club:

An evening social group for 18-35 year olds. Meet new friends and play table tennis, games, quizzes, baking, art, and more.

Football:

Join us for fun football training. Football is a game where you kick a ball to score goals, and you can learn new skills, play with friends, and get active.

Games Afternoon:

Games Afternoon is a time to play different games like cards or board games. You can have fun, try new games, and enjoy time with friends.

JourneyThrough Music:

Join Henry Liggins for a fun, interactive music session! You can play instruments, make your own music, and enjoy creating sounds with friends.

Let's Get Fit:

A gym session is where you can use equipment to exercise and get stronger. You can improve your fitness and have fun working out with others.

ACTIVITY DESCRIPTION:

Line Dancing:

Line dancing is a fun way to dance in a group, where everyone follows the same steps in a line. You can enjoy learning new moves with friends.

Masquerade Disco:

Join us for a fun Masquerade Disco, where you can dance and wear a mysterious mask. Enjoy music, friends, and a night full of excitement!

Movement and Relaxation:

Exercise, calm down, take deep breaths, and relax with Jacky.

Paddle Sport:

Padel, also sometimes called padel tennis, is a racket sport, typically played in doubles on an enclosed court slightly smaller than a doubles tennis court.

Pottery with Rachel:

Join Rachel for a pottery session where you can shape and create with clay. Make your own unique pieces and have fun with friends.

Sing along with Rob:

Join Rob's group music circle and sing along to his guitar playing. Warm up your voice with singing exercises and join in with our percussion instruments.

Swimming:

Join us for fun swimming sessions. Swimming is moving through water using your arms and legs, and you can learn new skills, get fit, and have fun.

Table Tennis:

Table tennis is a game where you hit a small ball back and forth across a table. You can improve your skills while playing with friends.