
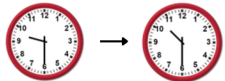


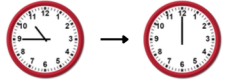








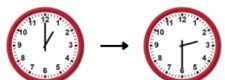


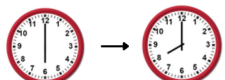


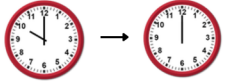
























































Birmingham Adults Community Timetable: 6th - 31st January 2025

	Activity	Where	When	Cost
Monday 6th January	Tennis 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 6th January	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 6th January	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 6th January	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	Free. Booking is Essential. 
Monday 6th January	*New* Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Monday 6th January	Dynamo Adults Social Gathering Board Games 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm 	£7.50 
Tuesday 7th January	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 

To book and for more information call: 0121 427 6404

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Birmingham Adults Community Timetable: 6th - 31st January 2025

	Activity	Where	When	Cost
Tuesday 7th January	Tennis 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am  → 	£7.50    
Tuesday 7th January	Arts and Crafts Birds 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50    
Tuesday 7th January	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50    
Wednesday 8th January	Weoley Castle Community Centre Closed			
Thursday 9th January	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50    
Thursday 9th January	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50    
Thursday 9th January	Coffee, Cake and Create 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 2:30pm  → 	Free. 
Thursday 9th January	Bingo 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:15pm - 2:30pm  → 	£7.50    
Friday 10th January	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50    

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Birmingham Adults Community Timetable: 6th - 31st January 2025


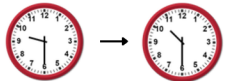


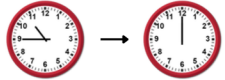








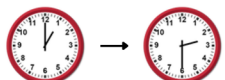


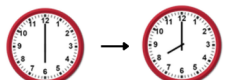


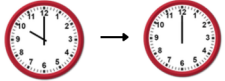

	Activity	Where	When	Cost
Friday 10th January	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Friday 10th January	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm  → 	£7.50- Bring a blanket 

Happy New Year

To book and for more information call: 0121 427 6404

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Birmingham Adults Community Timetable: 6th - 31st January 2025

	Activity	Where	When	Cost
Monday 13th January	Tennis 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 13th January	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 13th January	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 13th January	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	Free. Booking is Essential. 
Monday 13th January	*New* Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Monday 13th January	Dynamo Adults Social Gathering Loco Lounge 	Meet at: Loco Lounge, 32-34 High St, King's Heath, Birmingham B14 7JT	6:00pm - 8:00pm 	£2.50 if you require support  Plus bring spending money for food and drinks.
Tuesday 14th January	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 

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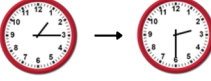


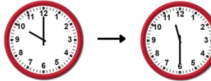


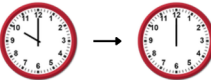


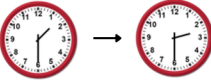


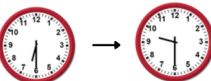

Birmingham Adults Community Timetable: 6th - 31st January 2025

	Activity	Where	When	Cost
Tuesday 14th January	Tennis 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am  → 	£7.50 
Tuesday 14th January	Jewellery Making 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Tuesday 14th January	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50 
Wednesday 15th January	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am  → 	£8 - Booking Essential 
Wednesday 15th January	Bake Off Savoury Rolls 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm  → 	£7.50 
Wednesday 15th January	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50 
Thursday 16th January	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50 
Thursday 16th January	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50 
Thursday 16th January	Coffee, Cake and Create 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 2:30pm  → 	Free. 

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Birmingham Adults Community Timetable: 6th - 31st January 2025


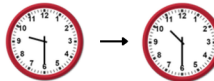


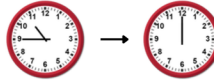


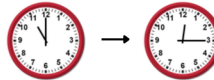


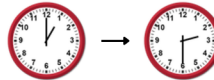


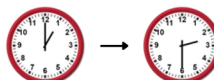


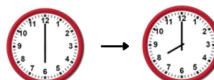


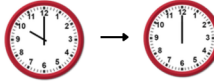

	Activity	Where	When	Cost
Thursday 16th January	Arts and Crafts Outer Space 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:15pm - 2:30pm 	£7.50 
Friday 17th January	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 
Friday 17th January	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 17th January	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50- Bring a blanket 
Friday 17th January	Monthly Disco Pyjamas Themed Food: Hot food Available 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:30pm - 9:30pm 	£5 admission + £5 food. Please book if you wish to have food. 

2025

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Birmingham Adults Community Timetable: 6th - 31st January 2025

	Activity	Where	When	Cost
Monday 20th January	Tennis 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 20th January	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 20th January	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 20th January	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	Free. Booking is Essential. 
Monday 20th January	*New* Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Monday 20th January	Dynamo Adults Social Gathering Movie Night with Hot Chocolates 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm 	£7.50 
Tuesday 21st January	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 

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Birmingham Adults Community Timetable: 6th - 31st January 2025

	Activity	Where	When	Cost
Tuesday 21st January	Tennis 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am  → 	£7.50 
Tuesday 21st January	Arts and Crafts Mosaic's 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Tuesday 21st January	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50 
Wednesday 22nd January	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am  → 	£8 - Booking Essential 
Wednesday 22nd January	Bake Off Blondies 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm  → 	£10 - Booking Essential 
Wednesday 22nd January	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50 
Thursday 23rd January	Quiz and Play Your Cards Right 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm  → 	£7.50 
Thursday 23rd January	Coffee, Cake and Create 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 2:30pm  → 	Free. 
Thursday 23rd January	Arts and Crafts Burns Night 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:15pm - 2:30pm  → 	£7.50 

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Birmingham Adults Community Timetable: 6th - 31st January 2025


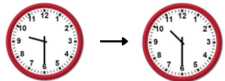


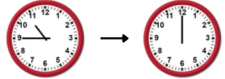





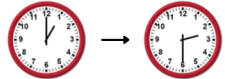





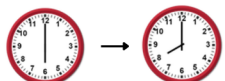


	Activity	Where	When	Cost
Friday 24th January	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 
Friday 24th January	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 24th January	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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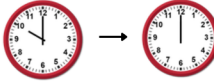





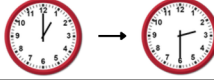





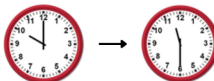





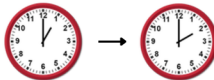







Birmingham Adults Community Timetable: 6th - 31st January 2025

	Activity	Where	When	Cost
Monday 27th January	Tennis 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 27th January	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 27th January	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 27th January	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	Free. Booking is Essential. 
Monday 27th January	*New* Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Monday 27th January	Dynamo Adults Social Gathering Bowling Booking essential 	Meet at: Hollywood Bowl Birmingham, Broadway Plaza Ladywood Middleway, Birmingham B16 8EQ	6:00pm - 8:00pm 	£2.50 if you require support  £3.70 per game.  Bring extra money for drinks and snacks

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Birmingham Adults Community Timetable: 6th - 31st January 2025

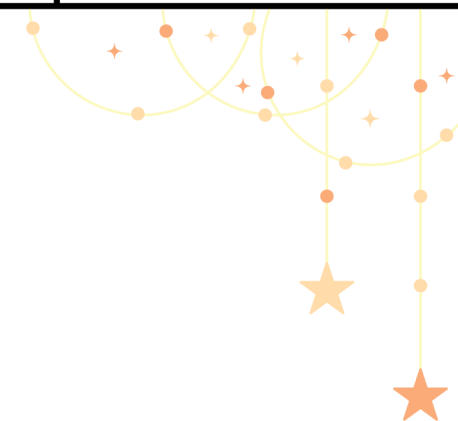
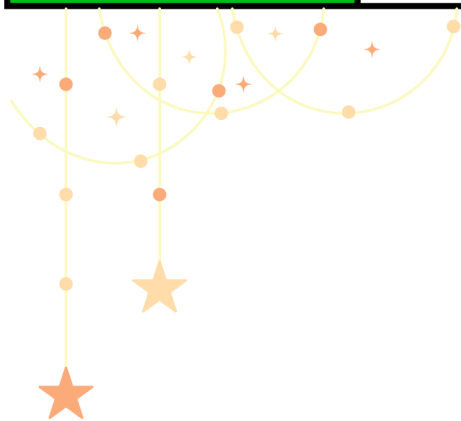
	Activity	Where	When	Cost
Tuesday 28th January	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Tuesday 28th January	Tennis 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am 	£7.50 
Tuesday 28th January	Chinese New Year Year of the Snake 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Tuesday 28th January	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 
Wednesday 29th January	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am 	£8 - Booking Essential 
Wednesday 29th January	Bake Off Fairy Cakes 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm 	£10 - Booking Essential 
Wednesday 29th January	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Thursday 30th January	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am 	£7.50 
Thursday 30th January	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm 	£7.50 

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Birmingham Adults Community Timetable: 6th - 31st January 2025

	Activity	Where	When	Cost
Thursday 30th January	Coffee, Cake and Create 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 2:30pm  → 	Free. 
Thursday 30th January	Chinese New Year Cherry Blossoms 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:15pm - 2:30pm  → 	£7.50 
Friday 31st January	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50 
Friday 31st January	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Friday 31st January	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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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.

Coffee, Cake and Create:

Join us for a drink and a chat about the activities you'd like to see at our Clifton Road Centre.

Chinese New Year Activities:

Join us in celebrating the Chinese New Year with fun activities! Try crafts and learn about traditions with friends.

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.

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.

ACTIVITY DESCRIPTION:

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.

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.

Pajamas Disco:

Put on your favourite pyjamas and dance the night away! Enjoy music, fun, and friends in a cozy, relaxed disco party.

Movement and Relaxation:

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

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.

Quiz and Play Your Cards Right:

Test your knowledge with a fun quiz, then try your luck with the card game "Play Your Cards Right."

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.