












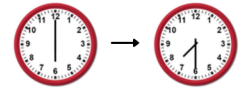




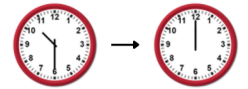











Walsall Adults Community Timetable: 6th - 31st January 2025

| | Activity | What | Where | When | Cost |
|--------------------------|--|--|--|--|--|
| Monday 6th January | 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 6th January | Crafty Creations  | Calendar crafts | The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU | 1:30 PM-3:00 PM  | £7.50  |
| Tuesday 7th January | 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 January | Men's Chill Out Session  | Active Games | The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU | 2:00 PM-3:00 PM  | £5  |
| Tuesday 7th January | Strictly Social Evening  | The Big New Year Quiz Night and Nibbles | The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU | 6:00 PM-7:30 PM  | £7.50  |
| Wednesday 8th January | 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 9th January | Fun with Friends  | Games and Hot Chocolate Session | The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU | 10:30 AM-12:00 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.


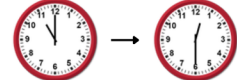


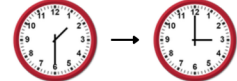


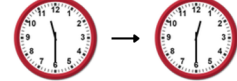


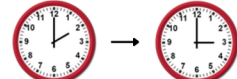


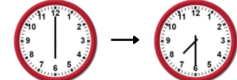


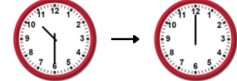


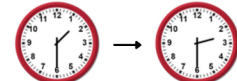

Walsall Adults Community Timetable: 6th - 31st January 2025

| | Activity | What | Where | When | Cost |
|---------------------------------|--|--|---|--|--|
| Thursday 9th January | 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 10th January | 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: 6th - 31st January 2025

| | Activity | What | Where | When | Cost |
|----------------------------------|---|---|--|--|--|
| Monday 13th January | 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 January | Crafty Creations  | Winter Crafts | The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU | 1:30 PM-3:00 PM  | £7.50  |
| Tuesday 14th January | 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 14th January | Men's Chill Out Session  | The Big Pub Hub Session | The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU | 2:00 PM-3:00 PM  | £5  |
| Tuesday 14th January | Strictly Social Evening  | Bingo Night | The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU | 6:00 PM-7:30 PM  | £7.50  |
| Thursday 16th January | Fun with Friends  | Music Quiz and Nibbles Session | The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU | 10:30 AM-12:00 PM  | £7.50  |
| Thursday 16th January | 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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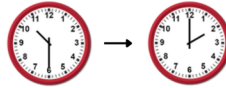


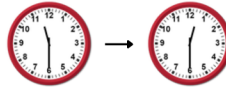


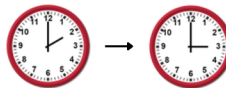





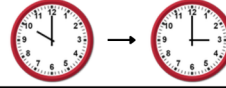

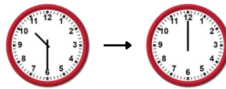

Walsall Adults Community Timetable: 6th - 31st January 2025

| | Activity | What | Where | When | Cost |
|--------------------------------|---|--|--|--|---|
| Friday 17th January | 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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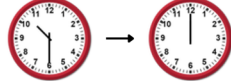

Walsall Adults Community Timetable: 6th - 31st January 2025

| | Activity | What | Where | When | Cost |
|-----------------------------------|--|---|--|--|--|
| Monday 20th January | Free Pamper Day for our members  | Join us for a selection of pamper treatments by Walsall college students. | The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU | 10:30 AM-2:00 PM  | Free. Booking essential. Call 01922 616 798  |
| Tuesday 21st January | 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 January | Men's Chill Out Session  | Skittles and Boccia | The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU | 2:00 PM-3:00 PM  | £5  |
| Tuesday 21st January | Strictly Social Evening  | Karaoke Night | The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU | 6:00 PM-7:30 PM  | £7.50  |
| Wednesday 22nd January | 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 23rd January | Fun with Friends  | Biscuit Decorating Session | The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU | 10:30 AM-12:00 PM  | £7.50  |

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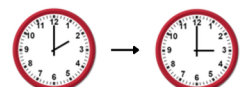










Walsall Adults Community Timetable: 6th - 31st January 2025

| | Activity | What | Where | When | Cost |
|----------------------------------|---|--|--|--|--|
| Thursday 23rd January | Lunch at Hungry Horse Waterfront  | Meet up in the community for a group meal. | Meet at: Hungry Horse, Waterfront North Leisure, 4 Wolverhampton Rd W, Walsall WS2 8DH | 1:00 PM-2:30 PM  | £2.50 for support  Bring money for meal Booking is essential as spaces are limited |
| Friday 24th January | 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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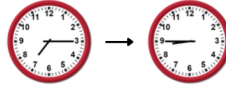


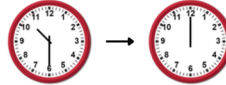

Walsall Adults Community Timetable: 6th - 31st January 2025

| | Activity | What | Where | When | Cost |
|----------------------------------|---|---|--|--|---|
| Monday 27th January | 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 27th January | Crafty Creations  | Fun With Paint | The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU | 1:30 PM-3:00 PM  | £7.50  |
| Tuesday 28th January | 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 January | Men's Chill Out Session  | Bowling at Tenpin Walsall Crown Wharf | Meet at: Tenpin Walsall, Crown Wharf Retail Park, Walsall, WS2 8LL | 2:00 PM-3:00 PM  | £5. Booking essential.  |
| Tuesday 28th January | Strictly Social Evening  | Games Show Night | The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU | 6:00 PM-7:30 PM  | £7.50  |
| Thursday 30th January | Fun with Friends  | Bead Craft Session | The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU | 10:30 AM-12:00 PM  | £7.50  |
| Thursday 30th January | 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: 6th - 31st January 2025

| | Activity | What | Where | When | Cost |
|----------------------------------|--|--|--|--|--|
| Thursday 30th January | Big Walsall Community January 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 31st January | 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: 6th - 31st January 2025

Activity description:

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.

Daffodil Club WOPP:

Join our active over 50's group for a fun filled day and hot lunch.

Fun with Friends:

Join us each week for a different activity—meet and make new friends in a fun daytime club.

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.

Monthly Disco:

Join us for a fun monthly disco and chance to dance the night away with friends.

Music and Drama with Rob:

Join Rob Lane for an afternoon of music and drama in a social group setting.

Strictly Social Evening:

An evening social club for adults in Walsall. Join Becky and the volunteers for a fun evening with friends.

Techy Friday:

A weekly IT session. 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, and take part in an occasional fun quiz.

YOGA (for Women):

Come along and join Kirsty for a relaxing hour of chair yoga.

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