
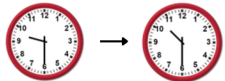


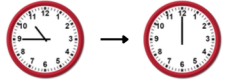








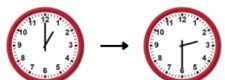


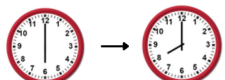














































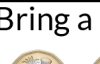


Birmingham Adults Community Timetable: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Monday 3rd March	Squash 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 3rd March	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 3rd March	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 3rd March	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	Free. Booking is Essential. 
Monday 3rd March	Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Monday 3rd March	Dynamo Adults Social Gathering Loco Lounge 	Meet at: Loco Lounge, 32-34 High St, King's Heath, Birmingham B14 7JT	6:00pm - 8:00pm 	Booking Essential. £2.50 if you require support.  Bring extra money if you want to buy food and drink.
Tuesday 4th March	<h2>Weoley Castle Community Centre Closed</h2>			

To book and for more information call: 0121 427 6404

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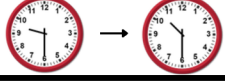





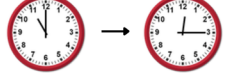





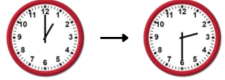


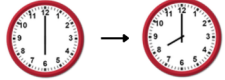


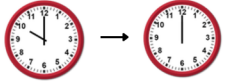

Birmingham Adults Community Timetable: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Wednesday 5th March	Weoley Castle Community Centre Closed			
Thursday 6th March	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50    
Thursday 6th March	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50    
Thursday 6th March	Coffee, Cake and Create 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 2:30pm  → 	Free. 
Thursday 6th March	Arts and Crafts Ceramic Painting 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:15pm - 2:30pm  	£7.50. Booking Essential.    
Friday 7th March	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50    
Friday 7th March	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50    
Friday 7th March	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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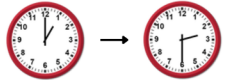


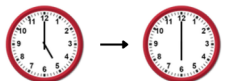








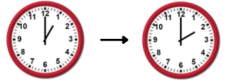


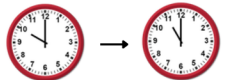


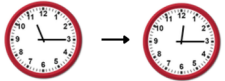

Birmingham Adults Community Timetable: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Monday 10th March	Squash 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 10th March	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 10th March	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 10th March	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	Free. Booking is Essential. 
Monday 10th March	Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Monday 10th March	Dynamo Adults Social Gathering Bingo 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm 	£7.50 
Tuesday 11th March	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: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Tuesday 11th March	Squash 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am 	£7.50 
Tuesday 11th March	*New* Sketchbook Sessions Capturing Movement 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Tuesday 11th March	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 
Wednesday 12th March	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am 	£8 - Booking Essential 
Wednesday 12th March	Bake Off St Patrick's Clover Cookies 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm 	£10 - Booking Essential 
Wednesday 12th March	Quiz 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Thursday 13th March	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am 	£7.50 
Thursday 13th March	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm 	£7.50 

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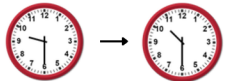


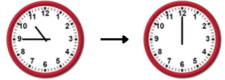








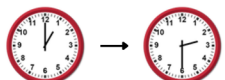


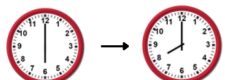


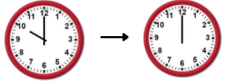

Birmingham Adults Community Timetable: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Thursday 13th March	Coffee, Cake and Create 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 2:30pm  → 	Free. 
Thursday 13th March	Arts and Crafts St Patrick's Day 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Friday 14th March	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50 
Friday 14th March	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Friday 14th March	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: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Monday 17th March	Squash 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 17th March	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 17th March	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 17th March	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	Free. Booking is Essential. 
Monday 17th March	Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Monday 17th March	Dynamo Adults Social Gathering Group Meal at The Green Man 	Meet at: Green Man, 2 High St, Harborne, Birmingham B17 9NE	6:00pm - 8:00pm 	Booking Essential. £2.50 if you require support.  Bring between £15 - £20 for food and drink.
Tuesday 18th March	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: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Tuesday 18th March	Squash 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am  → 	£7.50 
Tuesday 18th March	*New* Sketchbook Sessions Movement in Nature 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Tuesday 18th March	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50 
Wednesday 19th March	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am  → 	£8 - Booking Essential 
Wednesday 19th March	Bake Off Flapjacks 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm  → 	£10 - Booking Essential 
Wednesday 19th March	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50 
Thursday 20th March	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50 
Thursday 20th March	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50 

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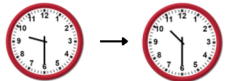


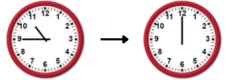








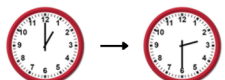


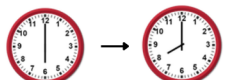


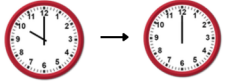

Birmingham Adults Community Timetable: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Thursday 20th March	Coffee, Cake and Create 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 2:30pm  → 	Free. 
Thursday 20th March	Arts and Crafts Friendship Bracelets 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:15pm - 2:30pm  → 	£7.50 
Friday 21st March	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50 
Friday 21st March	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Friday 21st March	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm  → 	£7.50- Bring a blanket 
Friday 21st March	Monthly Disco St Patrick's Day 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. 

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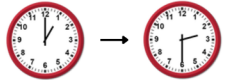


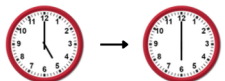





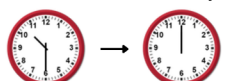


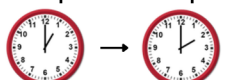


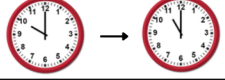


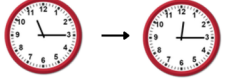

Birmingham Adults Community Timetable: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Monday 24th March	Squash 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 24th March	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 24th March	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 24th March	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	Free. Booking is Essential. 
Monday 24th March	Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Monday 24th March	Dynamo Adults Social Gathering Board Games 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm 	Free. 
Tuesday 25th March	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: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Tuesday 25th March	Squash 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am 	£7.50 
Tuesday 25th March	*New* Sketchbook Sessions Movement in Music 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Tuesday 25th March	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 
Wednesday 26th March	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am 	£8 - Booking Essential 
Wednesday 26th March	Bake Off Mincemeat and Apple Tarts 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm 	£10 - Booking Essential 
Wednesday 26th March	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Thursday 27th March	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am 	£7.50 
Thursday 27th March	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm 	£7.50 

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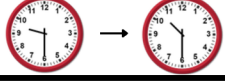





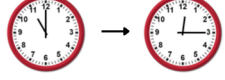





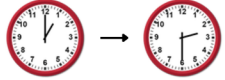


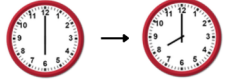


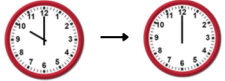

Birmingham Adults Community Timetable: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Thursday 27th March	Coffee, Cake and Create 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 2:30pm  → 	Free. 
Thursday 27th March	Arts and Crafts Pipe Cleaner Butterflies 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:15pm - 2:30pm  → 	£7.50 
Friday 28th March	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50 
Friday 28th March	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Friday 28th March	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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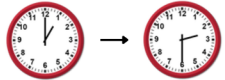


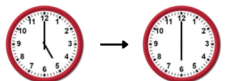








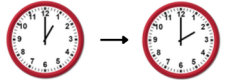


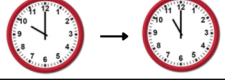


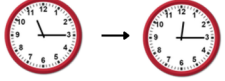

Birmingham Adults Community Timetable: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Monday 31st March	Squash 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 31st March	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 31st March	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 31st March	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	Free. Booking is Essential. 
Monday 31st March	Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Monday 31st March	Dynamo Adults Social Gathering Lucky Claw 	Lucky Claw, 2nd Floor 143 Bromsgrove Street Birmingham, B5 6RG	6:00pm - 8:00pm 	Booking Essential. £2.50 if you require support.  Bring extra money for arcade games.
Tuesday 1st April	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

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: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Tuesday 1st April	Squash 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am 	£7.50 
Tuesday 1st April	*New* Sketchbook Sessions Capturing Emotions 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Tuesday 1st April	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 
Wednesday 2nd April	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am 	£8 - Booking Essential 
Wednesday 2nd April	Bake Off Savoury Muffins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm 	£10 - Booking Essential 
Wednesday 2nd April	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Thursday 3rd April	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am 	£7.50 
Thursday 3rd April	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: 3rd March - 4th April 2025

	Activity	Where	When	Cost
Thursday 3rd April	Coffee, Cake and Create 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 2:30pm  → 	Free. 
Thursday 3rd April	Movie and Popcorn 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:45pm  → 	£7.50 
Friday 4th April	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50 
Friday 4th April	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Friday 4th April	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm  → 	£7.50- Bring a blanket 

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.

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.

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.

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.

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.

ACTIVITY DESCRIPTION:

Movement and Relaxation:

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

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.

Sketchbook Sessions:

Develop your art skills and explore a range of techniques.

St Patrick's Day Disco:

The St Patrick's Day themed disco is a fun dance party with colored lights and lively music. People come together to dance and enjoy themselves.

Squash:

Squash is a racket sport played indoors where players hit a small rubber ball against a wall. It's a fun exercise that helps build speed and agility.

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.