









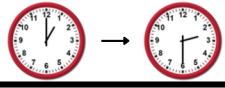













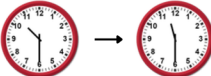











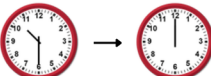





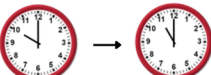







Birmingham Adults Community Timetable: 7th April - 2nd May 2025

	Activity	Where	When	Cost
Monday 7th April	Table Tennis 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am 	£7.50 
Monday 7th April	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 7th April	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 7th April	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	Free. Booking is Essential. 
Monday 7th April	Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Monday 7th April	Dynamo Adults Social Gathering Arts & Crafts 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm 	£7.50 
Tuesday 8th 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.


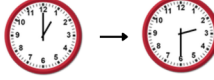





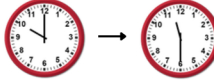


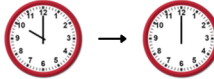


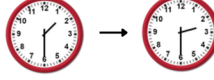




Birmingham Adults Community Timetable: 7th April - 2nd May 2025

	Activity	Where	When	Cost
Tuesday 8th April	Tennis 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am 	£7.50 
Tuesday 8th April	Sketchbook Sessions 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Tuesday 8th April	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 
Wednesday 9th April	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am 	£8 - Booking Essential 
Wednesday 9th April	Bake Off Carrot Cake Cupcakes 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm 	£10 - Booking Essential 
Wednesday 9th April	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Thursday 10th April	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am 	£7.50 
Thursday 10th April	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm 	£7.50 
Thursday 10th April	Easter Arts and Crafts 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	11:00am - 12:30pm 	£7.50 

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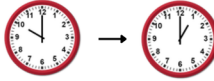
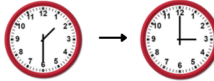



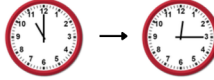





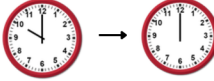

Birmingham Adults Community Timetable: 7th April - 2nd May 2025

	Activity	Where	When	Cost
Thursday 10th April	Wellbeing Walk 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	1:00pm - 2:30pm 	Free. 
Thursday 10th April	Easter Arts and Crafts 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:15pm - 2:30pm 	£7.50 
Friday 11th April	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 
Friday 11th April	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 11th April	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50- Bring a blanket 
Friday 11th April	Monthly Disco Superheros Food: Pulled pork baps 	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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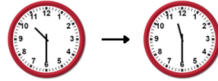


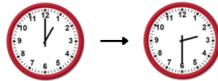








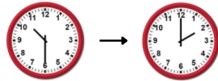






Birmingham Adults Community Timetable: 7th April - 2nd May 2025

	Activity	Where	When	Cost
Monday 14th April	Community Meet Up Cinema trip to see 'Flow' at the MAC and Picnic in the Park 	Meet at: Midlands Arts Centre (MAC), Cannon Hill Park, Birmingham B12 9QH	Cinema Trip 10:00am - 1:00pm  Park Games 1:30pm - 3:00pm 	Cinema Ticket £7.95  £2.50 if you require support.  Bring own packed lunch or bring money to buy food.
Monday 14th April	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 14th April	Dynamo Adults Social Gathering One Trick Pony Club 	Meet at: One Trick Pony Club, 93 Alcester Rd, Moseley, Birmingham B13 8DD	6:00pm - 8:00pm 	Booking Essential. £2.50 if you require support.  Bring extra money if you want to buy food and drink.
Tuesday 15th April	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: 7th April - 2nd May 2025

	Activity	Where	When	Cost
Tuesday 15th April	Tennis 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am 	£7.50 
Tuesday 15th April	Sketchbook Sessions 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Tuesday 15th April	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 
Wednesday 16th April	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am 	£8 - Booking Essential 
Wednesday 16th April	Community Meet Up Winterbourne House & Gardens 	Meet at: Winterbourne House & Garden, 58 Edgbaston Park Rd, Birmingham B15 2RT	10:30am - 2:00pm 	Ticket £9.80  £2.50 if you require support.  Approx £10 - 15 for lunch or bring own packed lunch 
Thursday 17th April	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am 	£7.50 

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Birmingham Adults Community Timetable: 7th April - 2nd May 2025

	Activity	Where	When	Cost
Thursday 17th April	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50 
Thursday 17th April	Easter Arts and Crafts 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 12:00pm  → 	£7.50 
Thursday 17th April	Wellbeing Walk 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	12:30pm - 2:00pm  → 	Free. 
Thursday 17th April	Bake Off Easter Chocolate Nest Eggs 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:15pm - 2:30pm  → 	£10 - Booking Essential 
Friday 18th April	Weoley Castle Community Centre Closed - Good Friday			

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Birmingham Adults Community Timetable: 7th April - 2nd May 2025

	Activity	Where	When	Cost
Monday 21st April	Weoley Castle Community Centre Closed - Easter Monday			
Tuesday 22nd April	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Tuesday 22nd April	Tennis 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am  → 	£7.50 
Tuesday 22nd April	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:45pm - 1:45pm  → 	£7.50 
Tuesday 22nd April	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:00pm - 3:00pm  → 	£7.50 
Tuesday 22nd April	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50 
Wednesday 23rd April	Community Meet Up Sports & Games in Kings Heath Park 	Meet at: Kings Heath Park, Vicarage Road, Birmingham B14 7TQ	10:30am - 2:30pm  → 	£5  £2.50 if you require support.  Bring own packed lunch or bring money to buy food.

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Birmingham Adults Community Timetable: 7th April - 2nd May 2025

	Activity	Where	When	Cost
Thursday 24th April	Community Meet Up One Trick Pony, Meal & Pool Social 	Meet at: One Trick Pony Club, 93 Alcester Rd, Moseley, Birmingham B13 8DD	12:00pm - 4:00pm 	£2.50 if you require support.  £15 - £20 for food and drinks 
Friday 25th April	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 
Friday 25th April	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 25th April	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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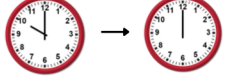





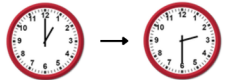


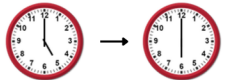








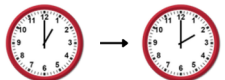


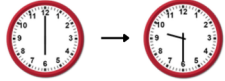


Birmingham Adults Community Timetable: 7th April - 2nd May 2025

	Activity	Where	When	Cost
Monday 28th April	Table Tennis 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9:30am - 10:30am  → 	£7.50 
Monday 28th April	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm  → 	£7.50 
Monday 28th April	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 28th April	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	Free. Booking is Essential. 
Monday 28th April	Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Monday 28th April	Dynamo Adults Social Gathering Arcade Games at NQ64 	Meet at: NQ64 Arcade Bar, The Custard Factory, Gibb St, Deritend, Birmingham B9 4BG	6:00pm - 8:00pm  → 	Booking Essential. £10 for 20 game tokens  £2.50 if you require support.  Bring extra money if you want to buy drinks & snacks.

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Birmingham Adults Community Timetable: 7th April - 2nd May 2025

	Activity	Where	When	Cost
Tuesday 29th April	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Tuesday 29th April	Tennis 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am 	£7.50 
Tuesday 29th April	Sketchbook Sessions 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Tuesday 29th April	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 
Wednesday 30th April	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30am 	£8 - Booking Essential 
Wednesday 30th April	Bake Off Lemon Butterfly Cakes 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm 	£10 - Booking Essential 
Wednesday 30th April	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Wednesday 30th April	Community Meet Up Babs Bingo Herbert's Yard (food and bingo) 	Meet at: Herbert's Yard 49 Austin Way, Longbridge, Rednal, Birmingham B31 2QR	6:00pm - 9:30pm 	Booking Essential. £8 for ticket  £10-£20 for food and drinks 

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Birmingham Adults Community Timetable: 7th April - 2nd May 2025

	Activity	Where	When	Cost
Thursday 1st May	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50 
Thursday 1st May	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50 
Thursday 1st May	Easter Arts and Crafts 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 12:00pm  → 	£7.50 
Thursday 1st May	Wellbeing Walk 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	12:30pm - 2:00pm  → 	Free. 
Thursday 1st May	Arts and Crafts VE Day Decorations 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:15pm - 2:30pm  → 	£7.50 
Friday 2nd May	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50 
Friday 2nd May	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Friday 2nd May	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.

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.

Gardening and Upcycling:

Grow plants and reuse old items in clever ways. Enjoy watching the WCCC garden flourish while giving new life to everyday objects!

Journey Through 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.

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.

Superhero Disco:

Superhero-themed disco is a fun dance party with colored lights and lively music. People come together to dance and enjoy themselves.

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.

Wellbeing Walk:

Join us for a gentle walk to enjoy fresh air, nature, and good company. Walk at your own pace and take breaks when you need to.