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	Activity	Where	When	Cost
Monday 4th August	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 4th August	Community Meet Up Shopping Trip to Red Brick Market in Digbeth 	Travel by train. Meet at: Selly Oak Train Station, Bristol Road, B29 6DW	10:00am - 4:00pm  → 	£2.50 if you require support. Booking essential.  Bring money for train and spending money
Monday 4th August	Dynamo Adults Social Gathering The Bristol Pear 	Meet at: The Bristol Pear, 676 Bristol Rd, Selly Oak, Birmingham B29 6BJ	6:00pm - 8:00pm  → 	£2.50 if you require support. Booking essential.  Bring spending money for food and drinks
Tuesday 5th August	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Tuesday 5th August	Trip to Thrive Garden Club 	Meet at: Kings Heath Park, Vicarage Road B14 7TQ	9:30am - 12:00pm  → 	£2.50 if you require support. Booking essential. 

To book and for more information call: 0121 427 6404

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Birmingham Adults Community Timetable: 4th - 15th August 2025

	Activity	Where	When	Cost
Tuesday 5th August	Tabletop Games 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Tuesday 5th August	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50 
Wednesday 6th August	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30pm  → 	£8 
Wednesday 6th August	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm  → 	£7.50 
Wednesday 6th August	*New* Exhibition Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 3:00pm  → 	Free 
Thursday 7th August	Community Meet Up Birmingham Botanical Gardens.  (Booking essential by 1st August.)	Meet at: Birmingham Botanical Gardens Westbourne Road, B13 3TR	10:30pm - 2:30pm  → 	£8 for entry.  £2.50 if you require support.  Carers go free. Bring a packed lunch or money to buy food.
Friday 8th August	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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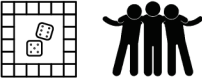
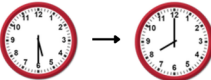


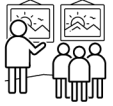






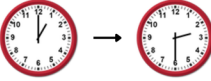

Birmingham Adults Community Timetable: 4th - 15th August 2025

	Activity	Where	When	Cost
Friday 8th August	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Friday 8th August	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm  → 	£7.50- Bring a blanket 
Friday 8th August	*New* Exhibition Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm - 3:30pm  → 	Free 

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Birmingham Adults Community Timetable: 4th - 15th August 2025

	Activity	Where	When	Cost
Monday 11th August	Community Meet Up Train Trip to Worcester 	Travel by train. Meet at: University railway station, 51 Vincent Drive, B15 2AG	10:00am - 3:30pm 	£2.50 if you require support. Booking essential.  £12 for train ticket  Bring money for lunch
Monday 11th August	Dynamo Adults Social Gathering Sliced n Diced Board Game Café 	Meet at: Sliced n Diced Board Game Café, 850 Bristol Road, Selly Oak B29 6HW	5:30pm - 8:00pm 	£2 per hour  £2.50 if you require support. Booking essential.  Bring money for a drink
Tuesday 12th August	*New* Exhibition Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	Free 
Tuesday 12th August	Tag Rugby 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am 	£7.50 
Tuesday 12th August	Gardening and Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 

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Birmingham Adults Community Timetable: 4th - 15th August 2025

	Activity	Where	When	Cost
Tuesday 12th August	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50    
Wednesday 13th August	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30pm  → 	£8    
Wednesday 13th August	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm  → 	£7.50    
Wednesday 13th August	Handball 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50    
Thursday 14th August	Community Meet Up Lapworth Museum and lunch at The Goose Selly Oak 	Meet at: University of Birmingham Edgbaston B15 2TT	10:30pm - 3:00pm  → 	£2.50 if you require support. Booking essential.    Bring approx £15-20 for food and drinks   - 
Friday 15th August	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50    
Friday 15th August	Creative Minds 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: 4th - 15th August 2025

	Activity	Where	When	Cost
Friday 15th August	Movement and Relaxation With Jacky 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm  → 	£7.50- Bring a blanket    
Friday 15th August	*New* Exhibition Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm - 3:30pm  → 	Free 
Friday 15th August	Country and Western Disco 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	5:30pm - 8:30pm  → 	£5 admission + £5 food. Please book if you wish to have food.  +  Food: Chilli and rice.

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Birmingham Adults Community Timetable: 4th - 29th August 2025

	Activity	Where	When	Cost
Monday 18th August	Community Meet Up Dudley Canal Underground Experience 	Travel by train. Meet at: Selly Oak Train Station, Bristol Road, B29 6DW	9:30am - 4:00pm 	£15 Booking essential by 8 th August  Carers go free. Bring a packed lunch or money for food Bring money for transport
Monday 18th August	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 18th August	Dynamo Adults Social Gathering Costa Coffee 	Meet at: Costa Coffee, Selly Oak Retail Park Selly Oak Shopping Park B29 6SJ	5:30pm - 8:00pm 	£2.50 if you require support. Booking essential.  Bring spending money for food and drinks
Tuesday 19th August	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Tuesday 19th August	Tag Rugby 	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: 4th - 29th August 2025

	Activity	Where	When	Cost
Tuesday 19th August	*New* Exhibition Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 3:00pm  → 	Free 
Tuesday 19th August	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50 
Wednesday 20th August	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30pm  → 	£8 
Wednesday 20th August	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm  → 	£7.50 
Wednesday 20th August	*New* Exhibition Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 3:00pm  → 	Free 
Thursday 21st August	Community Meet Up: Swanshurst Park and lunch at The Billesley 	Meet and pick up: Billesley Pub, The Billesley Brook Lane, B13 0AB	10:30pm - 3:00pm  → 	£2.50 if you require support. Booking Essential.  Bring approx £15-20 for lunch 

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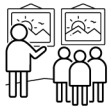




























Birmingham Adults Community Timetable: 4th - 29th August 2025

	Activity	Where	When	Cost
Friday 22nd August	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 
Friday 22nd August	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 22nd August	Movement and Relaxation With Mo 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50- Bring a blanket 
Friday 22nd August	*New* Exhibition Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm - 3:30pm 	Free 

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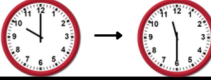







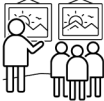
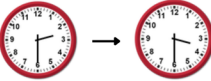

Birmingham Adults Community Timetable: 4th - 29th August 2025

	Activity	Where	When	Cost
Monday 25th August	Weoley Castle Community Centre - Closed Bank Holiday			
Tuesday 26th August	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50    
Tuesday 26th August	Tag Rugby 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30am - 11:30am  → 	£7.50    
Tuesday 26th August	*New* Exhibition Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 3:00pm  → 	Free 
Tuesday 26th August	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50    
Wednesday 27th August	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30pm  → 	£8    
Wednesday 27th August	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm  → 	£7.50    
Wednesday 27th August	*New* Exhibition Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 3:00pm  → 	Free 

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Birmingham Adults Community Timetable: 4th - 29th August 2025

	Activity	Where	When	Cost
Thursday 28th August	Community Meet Up: Train trip to Coventry to see Dippy the Dinosaur! 	Travel by train. Meet at: Selly Oak Train Station, Bristol Road, B29 6DW	9:30pm - 4:00pm 	£4.50 for museum entry Booking Essential.  £8.50 for train ticket  Bring a packed lunch or money for food and drinks
Friday 29th August	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 
Friday 29th August	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 29th August	Movement and Relaxation With Mo 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50- Bring a blanket 
Friday 29th August	*New* Exhibition Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm - 3:30pm 	Free 

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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.

Community Meet up:

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

Creative Minds:

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

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.

Exhibition Workshop

Develop your art skills and explore a range of techniques.

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.

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.

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.

Summer Disco:

Dance to fun music with colourful lights. A great way to move your body and have fun with friends.

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.

ACTIVITY DESCRIPTION:

Tag Rugby:

Run, pass, and score points without tackling – just pull the tags! A fun and safe way to play rugby with your friends.

Tabletop Games:

Play fun games on a table like cards, board games, or puzzles. A great way to relax, think, and enjoy time with others.

Handball:

Throw, catch, and score goals using your hands. A fast and exciting team game played indoors.