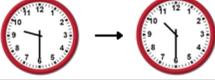
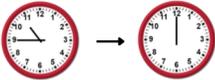
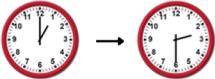
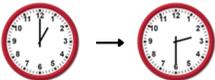
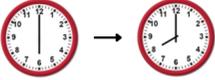
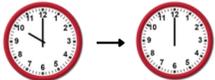


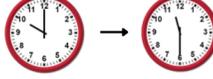
Birmingham Adults Community Timetable: 2nd - 27th February 2026

	Activity	Where	When	Cost
Monday 2nd February	Table Tennis 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am 	£7.50 
Monday 2nd February	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10.45am - 12:00pm 	£7.50 
Monday 2nd February	Stretch & Flow Mobility Yoga with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	11.00am to 12.15pm 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 2nd February	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm 	£7.50 
Monday 2nd February	*NEW* Console Games 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm 	£7.50 
Monday 2nd February	Dynamo Adults Social Gathering Costa Coffee 	Meet at: Costa Coffee, Selly Oak Retail Park B29 6SQ	6:00pm - 8:00pm 	£2.50 Trip Fee  Bring money for a drink. Booking essential.
Tuesday 3rd February	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: 2nd - 27th February 2026

	Activity	Where	When	Cost
Tuesday 3rd February	Football 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30 - 11:30am 	£7.50 - Booking essential 
Tuesday 3rd February	Bingo 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Tuesday 3rd February	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 - Booking essential 
Wednesday 4th February	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30pm 	£8 - Booking essential 
Wednesday 4th February	Bake Off Cheese Scones 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  Please arrive by 10:15am at the latest.	£10 Booking essential. 
Wednesday 4th February	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Wednesday 4th February	*New Digital Pictionary 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:00pm - 3:00pm 	£7.50 

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Birmingham Adults Community Timetable: 2nd - 27th February 2026

	Activity	Where	When	Cost
Thursday 5th February	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am 	£7.50 
Thursday 5th February	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm 	£7.50 
Thursday 5th February	*NEW* Sketch and Scribble 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 Bring a sketchbook (optional) 
Thursday 5th February	*NEW* Feel-Good Fitness 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	3:00pm - 4:00pm 	£7.50 
Friday 6th February	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 - Booking essential 
Friday 6th February	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 6th February	Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm 	£6 - Booking essential 
Friday 6th February	Movement and Relaxation with Jacky Bring a Blanket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50 Everyone Welcome! 

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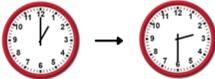
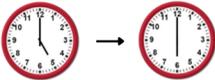
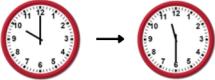
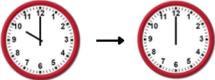
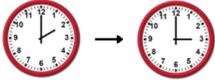
Birmingham Adults Community Timetable: 2nd - 27th February 2026

	Activity	Where	When	Cost
Monday 9th February	Table Tennis 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am  → 	£7.50 
Monday 9th February	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10.45am - 12:00pm  → 	£7.50 
Monday 9th February	Stretch & Flow Mobility Yoga with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	11.00am to 12.15pm  → 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 9th February	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm  → 	£7.50 
Monday 9th February	*NEW* Mindful Mondays 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm  → 	£7.50 
Monday 9th February	Dynamo - Adult Social Gathering Games Night 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm  → 	£7.50 
Tuesday 10th February	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Tuesday 10th February	Football 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30 - 11:30am  → 	£7.50. Booking essential. 

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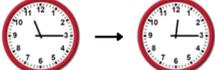
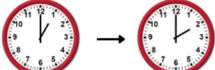
Birmingham Adults Community Timetable: 2nd - 27th February 2026

	Activity	Where	When	Cost
Tuesday 10th February	Valentines Day Cards 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Tuesday 10th February	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 - Booking essential 
Wednesday 11th February	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30pm 	£8 - Booking essential 
Wednesday 11th February	Bake Off - Valentines Red Velvet Cupcakes 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  Please arrive by 10:15am at the latest.	£10 - Booking essential 
Wednesday 11th February	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Wednesday 11th February	*NEW* Console Games 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:00pm - 3:00pm 	£7.50 
Thursday 12th February	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: 2nd - 27th February 2026

	Activity	Where	When	Cost
Thursday 12th February	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm 	£7.50 
Thursday 12th February	Arts & Crafts - Hanging Hearts 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50. Booking essential. 
Thursday 12th February	*NEW* Feel-Good Fitness 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm - 3:30pm 	£7.50 
Friday 13th February	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 - Booking essential 
Friday 13th February	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 13th February	Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm 	£6 - Booking essential 
Friday 13th February	Movement and Relaxation with Jacky Bring a Blanket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50  Everyone Welcome!

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Birmingham Adults Community Timetable: 2nd - 27th February 2026

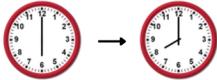
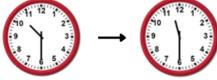
	Activity	Where	When	Cost
Friday 13th February	Valentines Disco 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:30pm - 9:30pm 	£5 admission + £5 food. Please book if you wish to have food.  Booking essential for food by 12th February



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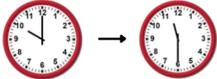
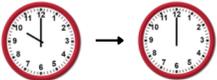
Birmingham Adults Community Timetable: 2nd - 27th February 2026

	Activity	Where	When	Cost
Monday 16th February	Strech & Flow Mobility Yoga with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	11.00am to 12.15pm 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 16th February	Community Meet Up Pottery Painting at Bisque and Bean 	Meet at: Bisque and Bean 17A Raddlebarn Road Selly Oak B29 6HJ	11:00am - 2:00pm 	£2.50 trip fee  £10 - £20 for pottery piece  Bring money for food & drink.
Monday 16th February	Dynamo Adult Social Gathering at Loco Lounge 	Meet at: Loco Lounge 32 - 34 High Street Kings Heath B14 7JT	6:00pm - 8:00pm 	£2.50 Trip Fee  Bring money for food & drink. Booking essential.
Tuesday 17th February	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Tuesday 17th February	Football 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30 - 11:30am 	£7.50. Booking essential. 
Tuesday 17th February	Chinese New Year: Year of the Horse 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 

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Birmingham Adults Community Timetable: 2nd - 27th February 2026

	Activity	Where	When	Cost
Tuesday 17th February	Birmingham Mind Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:00pm - 3:30pm 	Free 
Tuesday 17th February	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 - Booking essential 
Wednesday 18th February	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30pm 	£8 - Booking essential 
Wednesday 18th February	Bake Off Oat Cookies 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  Please arrive by 10:15am at the latest.	£10 Booking essential. 
Wednesday 18th February	Carnival Hour 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Wednesday 18th February	*New Kahoot Quiz 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:00pm - 3:00pm 	£7.50 
Thursday 19th February	Community Meet Up Shopping Trip to Redditch 	Travel by Train from: Selly Oak Station Bristol Road B29 6DW	9:30am - 3:30pm 	£2.50 trip fee £6.60 for train fare Bring spending money 

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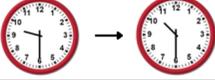
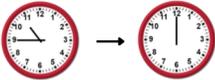
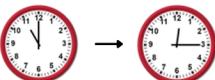
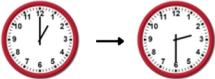
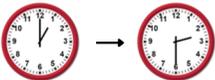
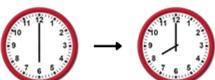
Birmingham Adults Community Timetable: 2nd - 27th February 2026

	Activity	Where	When	Cost
Friday 20th February	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 - Booking essential 
Friday 20th February	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 20th February	Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm 	£6 - Booking essential 
Friday 20th February	Movement and Relaxation with Jacky Bring a Blanket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50 Everyone Welcome! 

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Birmingham Adults Community Timetable: 2nd - 27th February 2026

	Activity	Where	When	Cost
Monday 23rd February	Table Tennis 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am 	£7.50 
Monday 23rd February	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10.45am - 12:00pm 	£7.50 
Monday 23rd February	Stretch & Flow Mobility Yoga with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	11.00am to 12.15pm 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 23rd February	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm 	£7.50 
Monday 23rd February	*NEW* Console Games 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm 	£7.50 
Monday 23rd February	Dynamo Adults Social Gathering Craft & Chat 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm 	£7.50  Bring your sketchbook from last session if you have one!
Tuesday 24th February	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: 2nd - 27th February 2026

	Activity	Where	When	Cost
Tuesday 24th February	Football 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:30 - 11:30am 	£7.50 - Booking essential 
Tuesday 24th February	Safety Chat with West Midlands Police 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	Free 
Tuesday 24th February	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 
Wednesday 25th February	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30pm 	£8 - Booking essential 
Wednesday 25th February	Bake Off Sausage Rolls 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  Please arrive by 10:15am at the latest.	£10 Booking essential. 
Wednesday 25th February	Creative Dance With Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Wednesday 25th February	Board Games 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:00pm - 3:00pm 	£7.50 

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Birmingham Adults Community Timetable: 2nd - 27th February 2026

	Activity	Where	When	Cost
Thursday 26th February	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am 	£7.50 
Thursday 26th February	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm 	£7.50 
Thursday 26th February	Pixel Bead Art 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 - Booking essential 
Thursday 26th February	*NEW* Feel-Good Fitness 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm - 3:30pm 	£7.50 
Friday 27th February	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 - Booking essential 
Friday 27th February	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 27th February	Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm 	£6 - Booking essential 
Friday 27th February	Movement and Relaxation with Jacky Bring a Blanket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50  Everyone Welcome!

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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 fun baking session where we cook and decorate tasty treats together. It's a chance to make friends, share food, and enjoy baking in a relaxed group.

Bingo:

Bingo is a game where you listen to numbers and mark them on your card. Come and play in a fun and friendly group, with prizes and time to chat.

Birmingham Mind Workshop:

This is a workshop run by Birmingham Mind, a mental health charity. You will learn simple ways to look after and discuss your mental health and wellbeing.

Board Games:

Board games are games you play on a table using cards, dice, or boards. Come and enjoy playing games together, taking turns, and having fun with others.

Carnival Hour:

Join us for carnival games, challenges and fun!

Chinese New Year: Year of the Horse session:

This is a celebration that marks the start of the new year in Chinese culture. Enjoy fun activities, learning about traditions, & celebrate together.

Community Meet up:

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

Console Games:

Play your favourite games on the Wii and Nintendo Switch or have a go at something new. Grab a controller and join the fun with friends.

Creative Dance With Hayley:

Join Hayley for a fun, creative dance session! You can move to music, learn new dance steps, and express yourself with friends.

Creative Minds with Henry Liggins:

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

Disco:

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

Digital Content Creating:

Discover your voice, and creative talents and learn how to make amazing online content for the digital world!

ACTIVITY DESCRIPTION:

Digital Pictionary:

Digital Pictionary is a drawing game played on a screen. Take turns drawing pictures while others guess what it is.

Drama Games 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 Adults Social Gathering:

An evening social group for 18-35 year olds. Meet new friends and play table tennis, games, quizzes, baking, art, and more.

Feel-Good Fitness:

A fun, accessible exercise session designed to get you moving, laughing, and feeling great at your own pace.

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.

Hot Lunch for Citizens and Carers:

This is a chance to enjoy a warm meal together. Citizens and carers can relax, eat, and spend time chatting with others.

Journey Through Music with Henry Liggins:

Join Henry Liggins for a fun, interactive music session! You can play instruments, make your own music, and enjoy creating sounds with friends.

Kahoot Quiz:

Kahoot is an online quiz game played on a phone, tablet, or computer. Answer fun questions and play together as a group.

Lets Get FIT Gym Session:

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 with Trevor:

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.

Mindful Mondays:

A peaceful, creative session where you can unwind with jigsaws and simple crafts in a friendly, relaxed space.

Movement and Relaxation with Jacky:

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

Musical Singalong 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.

ACTIVITY DESCRIPTION:

Pixel Bead Art:

Pixel bead art is a craft where you make pictures using small colourful beads. Place the beads on a board to create a design and turn it into art.

Safety Chat with West Midlands Police:

This is a talk with the local police about staying safe. You can ask questions and learn simple tips to keep yourself safe.

Sketch and Scribble:

A calm, creative session for sketching, journalling, and exploring ideas. Work freely in your own style, with optional tips and support available throughout.

Stretch & Flow Mobility Yoga with Coffee & Cake:

This is a gentle yoga session with easy stretches to help your body move and relax. After the session, enjoy coffee, cake, and time to chat together.

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 across a table using a bat. Play games, practice your skills, and have fun being active.