


























































# Birmingham Adults Community Timetable: 5th January - 30th January

|                     | Activity  | Where   | When   | Cost  |
|---------------------|---|---|--|---|
| Monday 5th January  | Tennis<br>   | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE | 9.30am-10.30am<br> →         | £7.50<br>  |
| Monday 5th January  | Tea & Toast Morning<br>Share Your Christmas Stories<br>                                | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE | 10.45am - 11.45am<br> →      | £2.50<br>  |
| Monday 5th January  | Stretch & Flow Mobility<br>Yoga with Coffee<br>& Cake<br>                              | HL Therapy Studio,<br>1401 Bristol Road South,<br>B31 2SU   | 11.00am to 12.15pm<br> →     | £12 - BOOKING IS ESSENTIAL.<br>Wheelchair Accessible<br>   |
| Monday 5th January  | Digital Content<br>Creating Workshop<br>   | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE | 1.00pm - 2.30pm<br> →        | £7.50<br>  |
| Monday 5th January  | Dynamo<br>Adults Social Gathering<br><br>Brewdog Birmingham<br>(Travel by train)<br> | Meet at:<br>Selly Oak Station<br>Bristol Road<br>B29 6DW    | 5.30pm - 8.30pm<br> →        | £2.50 Trip Fee<br><br>£3.60 Train Fare<br><br>Bring money<br>for food & drinks<br>BOOKING ESSENTIAL |
| Tuesday 6th January | Journey Through Music<br>with Henry Liggins<br>                                      | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE | 10:00am - 12:00pm<br> →  | £7.50<br>  |

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.


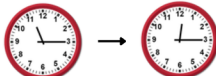


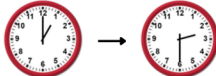


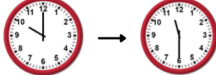


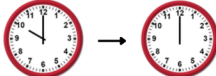





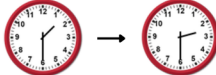

# Birmingham Adults Community Timetable: 5th January - 30th January

|                       | Activity  | Where   | When   | Cost   |
|-----------------------|---|---|--|--|
| Tuesday 6th January   | Boccia<br>                       | Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB   | 10:30 - 11:30am<br> →        | £7.50 - Booking essential<br> |
| Tuesday 6th January   | Gardening & Upcycling<br>        | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                      | 1:00pm - 2:30pm<br> →        | £7.50<br>                     |
| Tuesday 6th January   | Football<br>                     | Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP            | 5:00pm - 6:00pm<br> →        | £7.50 - Booking essential<br> |
| Wednesday 7th January | Lets Get FIT Gym Session<br>     | Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD | 10:00am - 11:30pm<br> →      | £8 - Booking essential<br>    |
| Wednesday 7th January | Line Dancing with Trevor<br>     | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                      | 10:45am - 12:00pm<br> →      | £7.50<br>                     |
| Wednesday 7th January | Creative Dance With Hayley<br> | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                      | 1:00pm - 2:00pm<br> →    | £7.50<br>                   |
| Wednesday 7th January | Carnival Hour<br>              | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                      | 2:00pm - 3:00pm<br> →    | £7.50<br>                   |
| Thursday 8th January  | Drama Games with Rob<br>       | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                      | 10:00am - 11:00am<br> →  | £7.50<br>                   |

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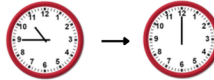





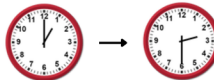


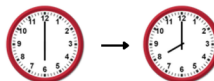


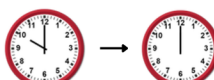


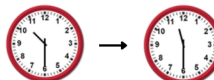


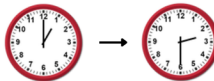

# Birmingham Adults Community Timetable: 5th January - 30th January

|                      | Activity  | Where   | When   | Cost   |
|----------------------|---|---|--|--|
| Thursday 8th January | Musical Singalong with Rob                               | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                                    | 11:15am - 12:15pm<br> | £7.50<br>                       |
| Thursday 8th January | New Years Mood Boards 2026                               | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                                    | 1:00pm - 2:30pm<br>   | £7.50 - Booking essential<br>   |
| Friday 9th January   | Swimming   | The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET | 10:00am - 11:30am<br> | £7.50 - Booking essential<br>   |
| Friday 9th January   | Creative Minds with Henry Liggins                        | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                                    | 10:00am - 12:00pm<br> | £7.50<br>                       |
| Friday 9th January   | Hot Lunch for Citizens and Carers                        | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                                    | 12:00pm - 1:00pm<br>  | £6 - Booking essential<br>      |
| Friday 9th January   | Movement and Relaxation with Jacky<br>Bring a Blanket  | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                                    | 1:30pm - 2:30pm<br> | £7.50<br><br>Everyone Welcome! |

To book and for more information call: 0121 427 6404

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# Birmingham Adults Community Timetable: 5th January - 30th January






















































|                      | Activity  | Where   | When  | Cost  |
|----------------------|---|---|---|---|
| Monday 12th January  | Tennis<br>   | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 9.30am-10.30am<br>     | £7.50<br>  |
| Monday 12th January  | Line Dancing with Trevor<br>                           | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 10.45am - 12:00pm<br>  | £7.50<br>  |
| Monday 12th January  | Stretch & Flow Mobility<br>Yoga with Coffee & Cake<br> | HL Therapy Studio,<br>1401 Bristol Road South,<br>B31 2SU                         | 11.00am to 12.15pm<br> | £12 - BOOKING IS ESSENTIAL.<br>Wheelchair Accessible<br> |
| Monday 12th January  | Digital Content<br>Creating Workshop<br>               | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 1.00pm - 2.30pm<br>    | £7.50<br>  |
| Monday 12th January  | Dynamo - Adult Social<br>Gathering<br>Craft & Chat<br> | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 6:00pm - 8:00pm<br>    | £7.50<br>  |
| Tuesday 13th January | Journey Through Music<br>with Henry Liggins<br>       | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 10:00am - 12:00pm<br> | £7.50<br>   |
| Tuesday 13th January | Boccia<br>   | Clifton Road, Outdoor Education<br>Centre Clifton Rd, Sutton Coldfield<br>B73 6EB | 10:30 - 11:30am<br>  | £7.50 BOOKING ESSENTIAL<br>                            |
| Tuesday 13th January | Gardening &<br>Upcycling<br>                         | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 1:00pm - 2:30pm<br>  | £7.50<br>  |

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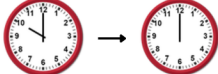


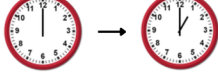


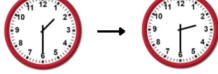


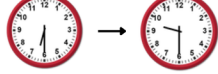

# Birmingham Adults Community Timetable: 5th January - 30th January

|                               | Activity   | Where   | When   | Cost   |
|-------------------------------|--|---|--|--|
| <b>Tuesday 13th January</b>   | Football<br>  | Moseley School Fitness Centre,<br>Springfield Rd, Birmingham,<br>B13 9NP            | 5:00pm - 6:00pm<br> →        | £7.50 - Booking essential<br>    |
| <b>Wednesday 14th January</b> | Lets Get FIT<br>Gym Session<br>   | Northfield Leisure Centre,<br>Bristol Road South, Northfield,<br>Birmingham B31 2PD | 10:00am - 11:30pm<br> →      | £8 - Booking essential<br>       |
| <b>Wednesday 14th January</b> | Bake Off - Apple &<br>Carrot Muffins<br>                                      | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 10:30am - 12:00pm<br> →      | £10 - Booking essential<br>   |
| <b>Wednesday 14th January</b> | Creative Dance<br>With Hayley<br>   | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 1:00pm - 2:00pm<br> →        | £7.50<br>                        |
| <b>Wednesday 14th January</b> | Carnival Hour<br>   | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 2:00pm - 3:00pm<br> →        | £7.50<br>                        |
| <b>Thursday 15th January</b>  | Drama Games<br>with Rob<br>  | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 10:00am - 11:00am<br> →  | £7.50<br>                |
| <b>Thursday 15th January</b>  | Musical<br>Singalong<br>with Rob<br>  | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 11:15am - 12:15pm<br> →  | £7.50<br>                |
| <b>Thursday 15th January</b>  | Sketchbook Sessions<br>Bring your own<br>sketchbook if you<br>have one!<br> | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 1:00pm - 2:30pm<br> →    | £7.50<br>                |

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# Birmingham Adults Community Timetable: 5th January - 30th January

| Friday 16th January | Swimming<br>  | The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET | 10:00am - 11:30am<br> | £7.50 - Booking essential<br>  |
|---------------------|--|---|--|---|
| Friday 16th January | Creative Minds with Henry Liggins<br>                     | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                                    | 10:00am - 12:00pm<br> | £7.50<br>  |
| Friday 16th January | Hot Lunch for Citizens and Carers<br>                     | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                                    | 12:00pm - 1:00pm<br>  | £6 - Booking essential<br>   |
| Friday 16th January | Movement and Relaxation with Jacky<br>Bring a Blanket<br> | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                                    | 1:30pm - 2:30pm<br>   | £7.50<br>Everyone Welcome!<br>   |
| Friday 16th January | Monthly Disco<br>  | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                                    | 6:30pm - 9:30pm<br>  | £5 admission + £5 food.<br>Please book if you wish to have food.<br> |

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# Birmingham Adults Community Timetable: 5th January - 30th January

|                      | Activity   | Where   | When   | Cost   |
|----------------------|--|---|--|--|
| Monday 19th January  | Tennis<br>  | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 9.30am-10.30am<br> →         | £7.50<br>   |
| Monday 19th January  | Line Dancing with Trevor<br>                            | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 10.45am - 12:00pm<br> →      | £7.50<br>   |
| Monday 19th January  | Strech & Flow Mobility<br>Yoga with Coffee & Cake<br>   | HL Therapy Studio,<br>1401 Bristol Road South,<br>B31 2SU                         | 11.00am to 12.15pm<br> →     | £12 - Booking essential .<br>Wheelchair Accessible<br>            |
| Monday 19th January  | Digital Content<br>Creating Workshop<br>                | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 1.00pm - 2.30pm<br> →        | £7.50<br>   |
| Monday 19th January  | Dynamo<br>Adults Social Gathering<br>Hare & Hounds<br> | Meet at:<br>Hare & Hounds<br>106 High Street<br>Kings Heath<br>B14 7JZ            | 6:00pm - 8:00pm<br> →        | £2.50 - Booking essential<br><br>Bring money<br>for food & drinks |
| Tuesday 20th January | Journey Through Music<br>with Henry Liggins<br>       | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 10:00am - 12:00pm<br> →  | £7.50<br>   |
| Tuesday 20th January | Boccia<br>  | Clifton Road, Outdoor Education<br>Centre Clifton Rd, Sutton Coldfield<br>B73 6EB | 10:30 - 11:30am<br> →    | £7.50 - Booking essential<br>                                   |

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# Birmingham Adults Community Timetable: 5th January - 30th January


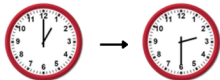








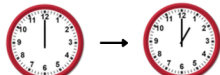


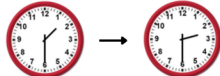

|                               | Activity  | Where   | When   | Cost   |
|-------------------------------|---|---|--|--|
| <b>Tuesday 20th January</b>   | Gardening & Upcycling<br>                | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 1:00pm - 2:30pm<br> →        | £7.50<br>                        |
| <b>Tuesday 20th January</b>   | Football<br>                             | Moseley School Fitness Centre,<br>Springfield Rd, Birmingham,<br>B13 9NP            | 5:00pm - 6:00pm<br> →        | £7.50 - Booking essential<br>    |
| <b>Wednesday 21st January</b> | Lets Get FIT<br>Gym Session<br>          | Northfield Leisure Centre,<br>Bristol Road South, Northfield,<br>Birmingham B31 2PD | 10:00am - 11:30pm<br> →      | £8 - Booking essential<br>       |
| <b>Wednesday 21st January</b> | Bake Off -<br>Lemon Curd<br>Biscuits<br> | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 10:30am - 12:00pm<br> →      | £10 - Booking essential<br>   |
| <b>Wednesday 21st January</b> | Creative Dance<br>With Hayley<br>        | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 1:00pm - 2:00pm<br> →        | £7.50<br>                        |
| <b>Wednesday 21st January</b> | Carnival Hour<br>                       | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 2:00pm - 3:00pm<br> →    | £7.50<br>                |
| <b>Thursday 22nd January</b>  | Drama Games<br>with Rob<br>            | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 10:00am - 11:00am<br> →  | £7.50<br>                |
| <b>Thursday 22nd January</b>  | Musical<br>Singalong<br>with Rob<br>   | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 11:15am - 12:15pm<br> →  | £7.50<br>                |

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# Birmingham Adults Community Timetable: 5th January - 30th January

|                       | Activity  | Where   | When   | Cost   |
|-----------------------|---|---|--|--|
| Thursday 22nd January | Candle Making<br>  | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                                    | 1:00pm - 2:30pm<br>   | £12.50 - Booking essential<br>Limited Spaces Left<br> |
| Friday 23rd January   | Swimming<br>   | The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET | 10:00am - 11:30am<br> | £7.50 - Booking essential<br>                         |
| Friday 23rd January   | Creative Minds with Henry Liggins<br>                      | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                                    | 10:00am - 12:00pm<br> | £7.50<br>   |
| Friday 23rd January   | Hot Lunch for Citizens and Carers<br>                      | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                                    | 12:00pm - 1:00pm<br>  | £6 - Booking essential<br>                            |
| Friday 23rd January   | Movement and Relaxation with Jacky<br>Bring a Blanket<br> | Weoley Castle Community Centre, Bottetourt Road, B29 5TE                                    | 1:30pm - 2:30pm<br>   | £7.50<br>Everyone Welcome!<br>                        |

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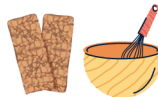



















# Birmingham Adults Community Timetable: 5th January - 30th January

|                      | Activity   | Where   | When   | Cost  |
|----------------------|--|---|--|---|
| Monday 26th January  | Tennis<br>  | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 9.30am-10.30am<br> →         | £7.50<br>  |
| Monday 26th January  | Line Dancing with Trevor<br>  | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 10.45am - 12:00pm<br> →      | £7.50<br>  |
| Monday 26th January  | Strech & Flow Mobility<br>Yoga with Coffee & Cake<br>                             | HL Therapy Studio,<br>1401 Bristol Road South,<br>B31 2SU                         | 11.00am to 12.15pm<br> →     | £12 - - Booking essential .<br>Wheelchair Accessible<br> |
| Monday 26th January  | Digital Content<br>Creating Workshop<br>  | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 1.00pm - 2.30pm<br> →        | £7.50<br>  |
| Monday 26th January  | Dynamo -<br>Adult Social Gathering<br>Movie Night, Hot<br>Chocolate & Popcorn<br> | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 6:00pm - 8:00pm<br> →        | £7.50<br>  |
| Tuesday 27th January | Journey Through Music<br>with Henry Liggins<br>                                 | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                       | 10:00am - 12:00pm<br> →  | £7.50<br>  |
| Tuesday 27th January | Boccia<br>  | Clifton Road, Outdoor Education<br>Centre Clifton Rd, Sutton Coldfield<br>B73 6EB | 10:30 - 11:30am<br> →    | £7.50 - Booking essential<br>                          |

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# Birmingham Adults Community Timetable: 5th January - 30th January

|                        | Activity  | Where   | When   | Cost   |
|------------------------|---|---|--|--|
| Tuesday 27th January   | Quiz<br>                               | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 1:00pm - 2:30pm<br> →        | £7.50<br>                     |
| Tuesday 27th January   | Football<br>                           | Moseley School Fitness Centre,<br>Springfield Rd, Birmingham,<br>B13 9NP            | 5:00pm - 6:00pm<br> →        | £7.50 - Booking essential<br> |
| Wednesday 28th January | Lets Get FIT<br>Gym Session<br>        | Northfield Leisure Centre,<br>Bristol Road South, Northfield,<br>Birmingham B31 2PD | 10:00am - 11:30pm<br> →      | £8 - Booking essential<br>    |
| Wednesday 28th January | Bake Off -<br>Flapjacks<br>            | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 10:30am - 12:00pm<br> →      | £10 - Booking essential<br>   |
| Wednesday 28th January | Creative Dance<br>With Hayley<br>      | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 1:00pm - 2:00pm<br> →        | £7.50<br>                     |
| Thursday 29th January  | Drama Games<br>with Rob<br>           | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 10:00am - 11:00am<br> →    | £7.50<br>                    |
| Thursday 29th January  | Musical<br>Singalong<br>with Rob<br> | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 11:15am - 12:15pm<br> →  | £7.50<br>                   |
| Thursday 29th January  | Art Challenge<br>                    | Weoley Castle Community Centre,<br>Bottetourt Road, B29 5TE                         | 1:00pm - 2:30pm<br> →    | £7.50<br>                   |

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# Birmingham Adults Community Timetable: 5th January - 30th January

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



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.