

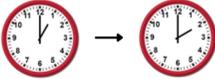
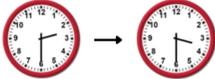
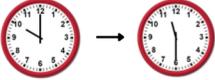
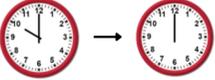
# Birmingham Adults Community Timetable: March 2nd -27th 2026

	Activity	Where	When	Cost
Monday 2nd March	Curling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am 	£7.50 
Monday 2nd March	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10.45am - 12:00pm 	£7.50 
Monday 2nd March	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 March	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm 	£7.50 
Monday 2nd March	Mindful Mondays 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm 	£7.50 
Monday 2nd March	Dynamo Adults Social Gathering  NQG4 Arcade Bar 	Meet at: NQ64 Arcade Bar - Birmingham 7 Custard Factory Gibb Street B9 4BF	6:00pm - 8:00pm 	£2.50 Trip Fee  Bring money for a drink. Booking essential.
Tuesday 3rd March	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: March 2nd -27th 2026

	Activity	Where	When	Cost
Tuesday 3rd March	Gardening & Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00 PM - 2:00 PM 	£7.50 
Tuesday 3rd March	World Wildlife Day Quiz 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm - 3:30pm 	£7.50 
Tuesday 3rd March	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 - Booking essential 
Wednesday 4th March	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30pm 	£8 - Booking essential 
Wednesday 4th March	Bake Off Donuts 	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 March	Dance for Wellbeing 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Wednesday 4th March	Digital Pictionary 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:00pm - 3:00pm 	£7.50 

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# Birmingham Adults Community Timetable: March 2nd -27th 2026

	Activity	Where	When	Cost
Thursday 5th March	*NEW* Keep Fit Gentle Stretch & Movement 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 11:00am  → 	£7.50    
Thursday 5th March	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50    
Thursday 5th March	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50    
Thursday 5th March	*NEW* Squash 	Sutton Coldfield Squash Club, Highbridge road, Sutton Coldfield B73 5QB	11:30 am - 12:30 pm  → 	£7.50    
Thursday 5th March	Sketch and Scribble 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50     Bring a sketchbook (optional)
Thursday 5th March	Feel-Good Fitness 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	3:00pm - 4:00pm  → 	£7.50    
Friday 6th March	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 March	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: March 2nd -27th 2026

	Activity	Where	When	Cost
Friday 6th March	Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm 	£6 - Booking essential 
Friday 6th March	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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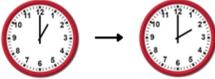
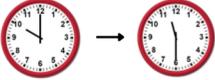
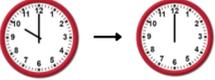
# Birmingham Adults Community Timetable: March 2nd -27th 2026

	Activity	Where	When	Cost
Monday 9th March	Curling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am 	£7.50 
Monday 9th March	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10.45am - 12:00pm 	£7.50 
Monday 9th March	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 March	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm 	£7.50 
Monday 9th March	Mindful Mondays 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm 	£7.50 
Monday 9th March	Dynamo Adults Social Gathering  The Country Girl 	Meet at: The Country Girl 1 Raddlebarn Road Selly Oak B29 6HJ	6:00pm - 8:00pm 	Booking essential. £2.50 Trip Fee  Bring money for food & drink
Tuesday 10th 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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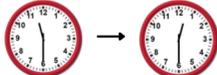
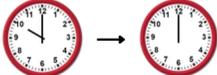
# Birmingham Adults Community Timetable: March 2nd -27th 2026

	Activity	Where	When	Cost
Tuesday 10th March	Gardening & Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00 PM - 2:00 PM 	£7.50 
Tuesday 10th March	Mother's Day Cards 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm - 3:30pm 	£7.50 
Tuesday 10th March	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 - Booking essential 
Wednesday 11th March	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30pm 	£8 - Booking essential 
Wednesday 11th March	Bake Off Mini Lemon Drizzle Cakes 	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 March	Dance for Wellbeing 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Wednesday 11th March	Carnival Games 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:00pm - 3:00pm 	£7.50 

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# Birmingham Adults Community Timetable: March 2nd -27th 2026

	Activity	Where	When	Cost
Thursday 12th March	*NEW* Keep Fit Gentle Stretch & Movement 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 11:00am 	£7.50 
Thursday 12th March	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am 	£7.50 
Thursday 12th March	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm 	£7.50 
Thursday 12th March	*NEW* Squash 	Sutton Coldfield Squash Club, Highbridge road, Sutton Coldfield B73 5QB	11:30 am - 12:30 pm 	£7.50 
Thursday 12th March	Mother's Day Afternoon Tea 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 3:00pm 	Booking essential. £12.50 
Friday 13th March	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 March	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 

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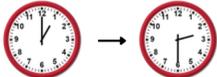
# Birmingham Adults Community Timetable: March 2nd -27th 2026

	Activity	Where	When	Cost
Friday 13th March	Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm 	£6 - Booking essential 
Friday 13th March	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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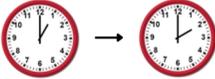
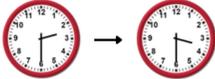
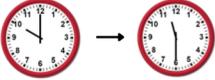
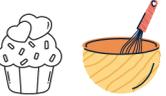
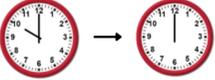
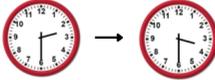
# Birmingham Adults Community Timetable: March 2nd -27th 2026

	Activity	Where	When	Cost
Monday 16th March	Curling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am 	£7.50 
Monday 16th March	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10.45am - 12:00pm 	£7.50 
Monday 16th March	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 16th March	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm 	£7.50 
Monday 16th March	Mindful Mondays 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm 	£7.50 
Monday 16th March	Dynamo Adults Social Gathering Chat & Chill 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm 	£7.50  Includes a free hot drink
Tuesday 17th 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: March 2nd -27th 2026

	Activity	Where	When	Cost
Tuesday 17th March	Gardening & Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00 PM - 2:00 PM 	£7.50 
Tuesday 17th March	Arts & Crafts - St Patrick's Day 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm - 3:30pm 	£7.50 
Tuesday 17th March	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 - Booking essential 
Wednesday 18th March	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30pm 	£8 - Booking essential 
Wednesday 18th March	Bake Off Butterfly Cakes 	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 March	Dance for Wellbeing 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Wednesday 18th March	Red Nose Day - Design a Nose! 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm - 3:30pm 	£10 

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# Birmingham Adults Community Timetable: March 2nd -27th 2026

	Activity	Where	When	Cost
Thursday 19th March	*NEW* Keep Fit Gentle Stretch & Movement 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 11:00am  → 	£7.50    
Thursday 19th March	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50    
Thursday 19th March	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50    
Thursday 19th March	*NEW* Squash 	Sutton Coldfield Squash Club, Highbridge road, Sutton Coldfield B73 5QB	11:30 am - 12:30 pm  → 	£7.50    
Thursday 19th March	Arts & Crafts Lanterns for Eid 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00 pm - 2:30 pm  → 	£7.50    
Thursday 19th March	Feel-Good Fitness 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	3:00pm - 4:00pm  → 	£7.50    
Friday 20th March	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 March	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: March 2nd -27th 2026

	Activity	Where	When	Cost
Friday 20th March	Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm 	£6 - Booking essential 
Friday 20th March	Movement and Relaxation with Jacky Bring a Blanket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50  Everyone Welcome!
Friday 20th March	Monthly 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 Thursday 19th March.

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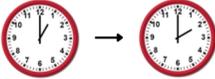
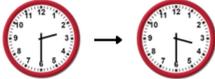
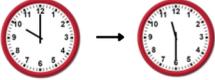
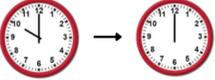
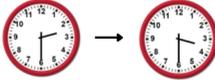
# Birmingham Adults Community Timetable: March 2nd -27th 2026

	Activity	Where	When	Cost
Monday 23rd March	Curling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am 	£7.50 
Monday 23rd March	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10.45am - 12:00pm 	£7.50 
Monday 23rd March	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 March	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm 	£7.50 
Monday 23rd March	Mindful Mondays 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1.00pm - 2.30pm 	£7.50 
Monday 23rd March	Dynamo Adults Social Gathering  Bingo 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm 	£7.50 
Tuesday 24th 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: March 2nd -27th 2026

	Activity	Where	When	Cost
Tuesday 24th March	Gardening & Upcycling 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00 PM - 2:00 PM 	£7.50 
Tuesday 24th March	Textiles - No Sew Pouch 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm - 3:30pm 	£7.50 
Tuesday 24th March	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 - Booking essential 
Wednesday 25th March	Lets Get FIT Gym Session 	Northfield Leisure Centre, Bristol Road South, Northfield, Birmingham B31 2PD	10:00am - 11:30pm 	£8 - Booking essential 
Wednesday 25th March	Bake Off Iced Biscuits 	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 March	Dance for Wellbeing 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Wednesday 25th March	Show and Share 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm - 3:30pm 	£5  Includes a hot drink

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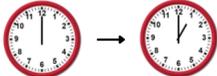
# Birmingham Adults Community Timetable: March 2nd -27th 2026

	Activity	Where	When	Cost
Thursday 26th March	*NEW* Keep Fit Gentle Stretch & Movement 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 11:00am  → 	£7.50 
Thursday 26th March	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50 
Thursday 26th March	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50 
Thursday 26th March	*NEW* Squash 	Sutton Coldfield Squash Club, Highbridge road, Sutton Coldfield B73 5QB	11:30 am - 12:30 pm  → 	£7.50 
Thursday 26th March	Sketch and Scribble 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00 pm - 2:30 pm  → 	£7.50 Bring a sketchbook (optional) 
Thursday 26th March	Feel-Good Fitness 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	3:00pm - 4:00pm  → 	£7.50 
Friday 27th March	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 March	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: March 2nd -27th 2026

	Activity	Where	When	Cost
Friday 27th March	Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm 	£6 - Booking essential 
Friday 27th March	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:

### **Afternoon Tea:**

Afternoon tea is a calm and friendly activity where you enjoy tea, sandwiches and small cakes while chatting with other people.

### **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.

### **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 storywriting session using music as a way to inspire the story.

### **Curling:**

Indoor curling is a fun game you play inside. You slide special stones with small wheels (ball bearings) across the floor and try to get closest to the target.

### **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!

### **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.

# ACTIVITY DESCRIPTION:

**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.

**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.

**Keep Fit Gentle Stretch & Movement**

Keep Fit Gentle Stretch & Movement is a gentle exercise session with easy stretches and simple movements to help you feel good.

**Red Nose Day - Design a Nose:**

Design a Nose is a fun arts and crafts activity where you decorate your own red nose and be creative.

**Show and Share:**

Friendly activity where you bring something important to you and talk about it with the group.

**Squash:**

Squash is a fast game where you hit a ball against a wall with a racket. It helps you stay active and have fun.

**Textiles**

A creative activity where you use fabric to make and decorate your own items.