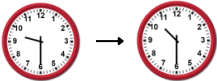
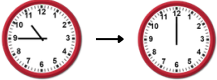
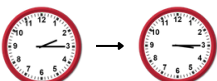
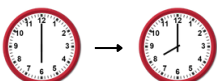


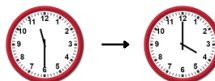
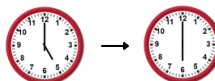
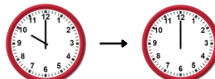
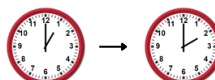
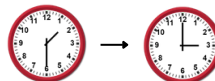
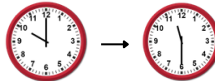
Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Monday 3rd August	Cricket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am 	£7.50 
Monday 3rd August	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 3rd August	Stretch & Flow Mobility Yoga with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	10:45am to 12:00pm 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 3rd August	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Monday 3rd August	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:15pm - 3:15pm 	£7.50 
Monday 3rd August	Booking Essential! Dynamo Adults Social Gathering Country Girl Selly Oak 	Meet at: Country Girl Selly Oak, 1 Raddlebarn Road Selly Oak B29 6HJ	6:00pm - 8:00pm 	£2.50  Bring money for food and drink

To book and for more information call: 0121 427 6404

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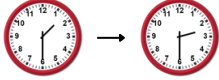
Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Tuesday 4th August	Booking Essential! Community Trip: Shopping and Lunch in Town 	Travel by train meet at: Selly Oak Train Station Bristol Road B29 6DW	11:30am - 4:00pm 	£2.50 Trip fee  £3.60 Train fare  Bring money for shops and lunch
Tuesday 4th August	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 - Booking essential 
Wednesday 5th August	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Wednesday 5th August	Dance for Wellbeing 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Thursday 6th August	Booking Essential! Feel Good Art with Charlotte 	Midland Mencap Pinewood, Bell Heath Way Woodgate Business Park, B32 3BZ	1:30 pm - 3:00 pm 	£7.50 - Limited Spaces 
Friday 7th August	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 - Booking essential 

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Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Friday 7th August	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 7th August	Booking Essential! Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm 	£6 
Friday 7th August	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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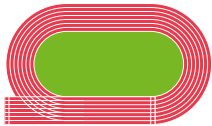
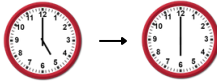
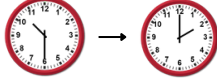
Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Monday 10th August	Netball 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am  → 	£7.50 
Monday 10th August	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm  → 	£7.50 
Monday 10th August	Strech & Flow Mobility Yoga with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	10:45am to 12:00pm  → 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 10th August	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50 
Monday 10th August	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:15pm - 3:15pm  → 	£7.50 
Monday 10th August	Booking Essential! Dynamo Adults Social Gathering Movie & Popcorn 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm  → 	£7.50 

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Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Tuesday 11th August	Booking Essential! European Athletics Championships 	Alexander Stadium Walsall Road Perry Barr B42 2LR	10:00am - 1:30pm 	£2.50 Trip fee  £10 per ticket  Limited Spaces. Carers go free.
Tuesday 11th August	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 - Booking essential 
Wednesday 12th August	Bingo 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00pm 	£7.50 
Wednesday 12th August	Dance for Wellbeing 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Wednesday 12th August	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:00pm - 4:00pm 	£7.50 
Thursday 13th August	Booking Essential! Community Meet Up: Coffee, Cake & Charity Shop Crawl 	Meet at: Sainsburys Local 77 High Street Harborne B17 9NS	10:30am - 2:00pm 	£2.50 Trip fee  Bring spending money

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Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Friday 14th August	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Friday 14th August	Booking Essential! Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm  → 	£6 
Friday 14th August	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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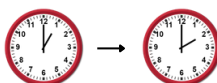
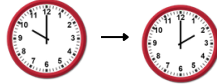
Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Monday 17th August	Netball 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am  → 	£7.50 
Monday 17th August	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm  → 	£7.50 
Monday 17th August	Strech & Flow Mobility Yoga with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	10:45am to 12:00pm  → 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 17th August	Digital Quiz 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Monday 17th August	Creative Dance with Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm to 3:30pm  → 	£7.50 
Monday 17th August	Booking Essential! Dynamo Adults Social Gathering Chat & Chill 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm  → 	£7.50 

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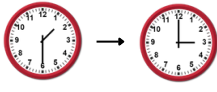
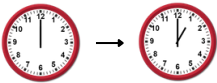
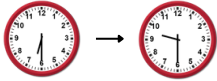
Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Tuesday 18th August	Booking Essential! Return to Wonderland - Immersive Theatre 	Northfield Methodist Church Chatham Road B31 2PH	10:00am - 12:00pm 	£2.50 Trip fee  £2.50 theatre ticket  Cash payments only. Limited Spaces
Tuesday 18th August	Booking Essential! Community Lunch at The Black Horse 	The Black Horse, Bristol Rd S, Northfield, B31 2QT	12:30pm - 2:00pm 	£2.50 Trip fee  Bring lunch money.
Tuesday 18th August	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 - Booking essential 
Wednesday 19th August	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Wednesday 19th August	Dance for Wellbeing 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Thursday 20th August	Booking Essential! Sutton Walk and Lunch	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 2:00pm 	£2.50 Trip fee  Bring lunch money.

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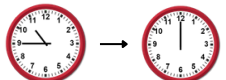
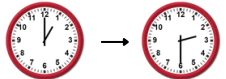
Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Thursday 20th August	Booking Essential! Feel Good Art with Charlotte 	Midland Mencap Pinewood, Bell Heath Way Woodgate Business Park, B32 3BZ	1:30 pm - 3:00 pm 	£7.50 - Limited Spaces 
Friday 21st August	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 - Booking essential 
Friday 21st August	The Hub will open at 11:30am for the pre-booked Friday lunch.			
Friday 21st August	Booking Essential! Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm 	£6 
Friday 21st August	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 21st August	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 20th August

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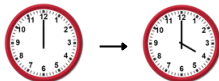
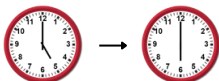
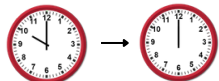
Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Monday 24th August	Netball 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am 	£7.50 
Monday 24th August	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:45am - 12:00pm 	£7.50 
Monday 24th August	Strech & Flow Mobility Yoga with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	10:45am to 12:00pm 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 24th August	Sports Day part 1 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£10 for part 1 and 2  Bring a towel and change of clothes
Monday 24th August	Creative Dance with Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm to 3:30pm 	£7.50 
Monday 24th August	Sports Day part 2 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	3:30pm - 4:00pm 	£10 for part 1 and 2 

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Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Tuesday 25th August	Booking Essential! Winterbourne House and Gardens 	Winterbourne House and Gardens 58 Edgbaston Park Road B15 2RT	12:00pm - 4:00pm 	£2.50 Trip fee  £10.80 Entry ticket  Card payments only.
Tuesday 25th August	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 - Booking essential 
Wednesday 26th August	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Wednesday 26th August	Dance for Wellbeing 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Thursday 27th August	Booking Essential! Community Brunch at Kitchen Garden Café 	Kitchen Garden Café 17 York Road Kings Heath B14 7SA	10:00am - 12:00pm 	£2.50 Trip fee  Bring money for food and drink.

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Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Thursday 27th August	Booking Essential! Special Olympics Opening Ceremony (To be confirmed) 	Alexander Stadium Walsall Road Perry Barr B42 2LR	To be confirmed	£2.50 Trip fee  Ticket price to be confirmed Limited spaces
Friday 28th August	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 - Booking essential 
Friday 28th August	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 28th August	Booking Essential! Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm 	£6 
Friday 28th August	Movement and Relaxation with Jacky Bring a Blanket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50  Everyone Welcome!
Weoley Castle Community Centre Closed at 3pm				
Friday 28th August	Booking Essential! Limited spaces. Community Theatre Trip: Sea Change 	Birmingham Hippodrome B5 4TB	6:30pm - 9:00pm 	£2.50 Trip fee  £14.50 theatre ticket 

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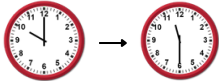
Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Monday 31st August	Weoley Castle Community Centre Closed - August Bank Holiday			
Tuesday 1st September	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Tuesday 1st September	Feel Good Fitness 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50 
Tuesday 1st September	Booking Essential! BYMT Theatre Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:00pm - 3:30pm  → 	£7.50  Limited spaces.
Tuesday 1st September	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50 - Booking essential 
Wednesday 2nd September	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Wednesday 2nd September	Dance for Wellbeing 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50 

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Birmingham Adults Community Timetable: August 3rd - 4th September

	Activity	Where	When	Cost
Thursday 3rd September	Fully booked no places available Community Theatre Trip: Mrs Doubtfire 	Travel by train meet at: Selly Oak Train Station Bristol Road B29 6DW	11:30am - 5:30 pm 	£2.50 Trip fee  £3.60 train fare  Bring money for lunch we will eat before the show
Friday 4th September	Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 - Booking essential 
Friday 4th September	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 4th September	Booking Essential! Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm 	£6 
Friday 4th September	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.

Bingo:

Bingo is a fun number game where you mark numbers on a card as they are called out. Try to complete a line or a full card.

Community Meet up:

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

Cricket:

Cricket is a team game where players use a bat and ball to score runs. Have fun learning cricket skills, playing games, and being active with friends.

Creative Dance with Hayley:

Join Hayley for creative dance, where you can move to music, express yourself, and have fun.

Creative Minds with Henry Liggins:

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

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.

Dance for Wellbeing:

A gentle dance session with music and simple moves. It helps your body stay active and can make you feel happy and relaxed.

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.

ACTIVITY DESCRIPTION:

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.

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:

Join Trevor for line dancing, follow the dance steps to music, and have fun with the group.

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.

Netball:

Netball is a team game where players pass a ball and try to score goals through a high hoop. Players cannot run while holding the ball.

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.

Sports Day:

Take part in fun sports and games with other people. Join in at your own pace and enjoy being part of a team.