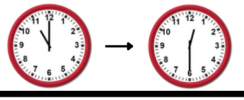
Walsall Adults Community Timetable: 12th October - 6th November

	Activity	What	Where	When	Cost
Monday 12th October	The Brunch Club 	Join us for a hot toastie and a fun quiz or game!	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:00 AM-12:30 PM 	£7.50 
Monday 12th October	Crafty Creations 	Halloween jar	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-3:00 PM 	£7.50 
Tuesday 13th October	Chair Yoga for Women 	Join Kirsty for a gentle yoga session.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:30 AM-12:30 PM 	£5 
Tuesday 13th October	Men's Chill Out Session 	The Big Hub Active Games Session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:45 PM-3:00 PM 	£5 
Tuesday 13th October	Strictly Social Evening 	Halloween crafts Night	The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU	6:00 PM-7:30 PM 	£7.50 
Wednesday 14th October	Daffodil Club WOPP 	Join our active over 50's group for a fun filled day & hot lunch	St Martins Church, 1 Sutton Rd, Daffodil Rd, Walsall WS5 3DQ	10:00 AM- 2:30 PM 	Call 01922 616 798 for more details to book BOOKING ESSENTIAL FOR NEW MEMBERS
Thursday 15th October	Journey through Art and Music Project with Henry 	Join us for a creative group music session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:00AM-12:00 PM 	£7.50 

To book and for more information call: 01922 616 798 - Places are limited

Please note when booking that some community sessions are weather dependant and must have enough people to go ahead on the day.

midland mencap

Walsall Adults Community Timetable: 12th October - 6th November

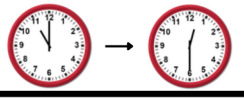
	Activity	What	Where	When	Cost
Thursday 15th October	Music and Drama with Rob 	Sing your favourite songs together	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-2:30 PM 	£7.50 
Friday 16th October	Walsall Community RAF Cosford Air Museum Trip 	Sing your favourite songs together	Meet at: The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	9:45 AM-3:45 PM 	Fully booked. No spaces available.
Friday 16th October	Parkride Session at Walsall Arboretum 	Try inclusive cycling session where you will cycle around the Walsall Arboretum	Walsall Arboretum, 139 Broadway N, Walsall WS1 2QB	10:00 AM -1:00 PM 	£7.50  Please call the Parkride team on 0121 442 2944 to book.
Friday 16th October	The Easy Cook Club 	Learn to make healthy and tasty meals	Willenhall CHART Community Hub 19 Gomer St, Willenhall WV13 2NS	12:30 PM-3:00 PM 	Free Booking essential  (Only open to those living independently)

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midland mencap

Walsall Adults Community Timetable: 12th October - 6th November

	Activity	What	Where	When	Cost
Monday 19th October	The Brunch Club 	Join us for a hot toastie and a fun quiz or game!	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:00 AM-12:30 PM 	£7.50 
Monday 19th October	Crafty Creations 	Musical shakers	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-3:00 PM 	£7.50 
Tuesday 20th October	Chair Yoga for Women 	Join Kirsty for a gentle yoga session.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:30 AM-12:30 PM 	£5 
Tuesday 20th October	Men's Chill Out Session 	Bowling at Tenpin	Tenpin Walsall, Crown Wharf Retail Park, Wolverhampton St, Walsall WS2 8LL	1:45 PM-3:00 PM 	£6 - Booking essential. 
Wednesday 21st October	Walsall Community Halloween Disco Party 	Join us for a fun Halloween party with music, dancing and friends.	Willenhall CHART Community Hub 19 Gomer St, Willenhall WV13 2NS	6:00 PM-8:30 PM 	£10 - Booking essential.  Food included
Thursday 22nd October	Journey through Art and Music Project with Henry 	Join us for a creative group music session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:00AM - 12:00 PM 	£7.50 

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midland mencap

Walsall Adults Community Timetable: 12th October - 6th November

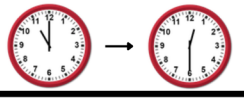
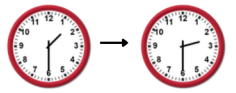
	Activity	What	Where	When	Cost
Friday 23rd October	Techy Friday 	Join us for an IT drop in session with a fun interactive quiz.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM 	£5 
Friday 23rd October	The Easy Cook Club 	Learn to make healthy and tasty meals	Willenhall CHART Community Hub 19 Gomer St, Willenhall WV13 2NS	12:30 PM-3:00 PM 	Free Booking essential  (Only open to those living independently)

To book and for more information call: 01922 616 798 - Places are limited

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midland mencap

Walsall Adults Community Timetable: 12th October - 6th November

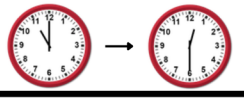
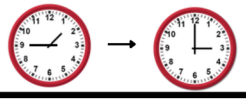
	Activity	What	Where	When	Cost
Monday 26th October	The Brunch Club 	Join us for a hot toastie and a fun quiz or game!	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:00 AM-12:30 PM 	£7.50 
Monday 26th October	Crafty Creations 	October bookmarks	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-3:00 PM 	£7.50 
Wednesday 28th October	Daffodil Club WOPP 	Join our active over 50's group for a fun filled day & hot lunch	St Martins Church, 1 Sutton Rd, Daffodil Rd, Walsall WS5 3DQ	10:00 AM- 2:30 PM 	Call 01922 616 798 for more details to book BOOKING ESSENTIAL FOR NEW MEMBERS
Thursday 29th October	Journey through Art and Music Project with Henry 	Join us for a creative group music session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:00AM-12:00 PM 	£7.50 
Thursday 29th October	Music and Drama with Rob 	Sing your favourite songs together	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-2:30 PM 	£7.50 
Friday 30th October	Techy Friday 	Join us for an IT drop in session with a fun interactive quiz.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM 	£5 

To book and for more information call: 01922 616 798 - Places are limited

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midland mencap

Walsall Adults Community Timetable: 12th October - 6th November

	Activity	What	Where	When	Cost
Monday 2nd November	The Brunch Club 	Join us for a hot toastie and a fun quiz or game!	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:00 AM-12:30 PM 	£7.50 
Monday 2nd November	Crafty Creations 	Bonfire crafts	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-3:00 PM 	£7.50 
Tuesday 3rd November	Chair Yoga for Women 	Join Kirsty for a gentle yoga session.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:30 AM-12:30 PM 	£5 
Tuesday 3rd November	Men's Chill Out Session 	The Big Hub Active Games Session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:45 PM-3:00 PM 	£5 
Tuesday 3rd November	Strictly Social Evening 	Karaoke Night	The Walsall Disability Hub, Lichfield St, Walsall, WS1 1TU	6:00 PM-7:30 PM 	£7.50 
Tuesday 5th November	Journey through Art and Music Project with Henry 	Join us for a creative group music session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:00AM - 12:00 PM 	£7.50 
Thursday 5th November	Music and Drama with Rob 	Sing your favourite songs together	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM-2:30 PM 	£7.50 

To book and for more information call: 01922 616 798 - Places are limited

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midland mencap

Walsall Adults Community Timetable: 12th October - 6th November

	Activity	What	Where	When	Cost
Friday 6th November	Techy Friday 	Join us for an IT drop in session with a fun interactive quiz.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:30 AM-12:00 PM 	£5 

To book and for more information call: 01922 616 798 - Places are limited

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midland mencap

Activity description:

Chair Yoga for Women: Come along and join Kirsty for a relaxing hour of chair yoga.

Crafty Creations: Get crafty and have a go and different things each week using various materials.

Daffodil Club WOPP: Join our active over 50's group for a fun filled day and hot lunch.

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

Men's Chill Out Session: Meet and make new friends in a fun group activity where you can come along for a natter and a chill out with different activities each week, like Wii games, boccia and archery.

Music and Drama with Rob: Join Rob Lane for an afternoon of music and drama in a social group setting.

Parkride Session at Walsall Arboretum: Come and try inclusive cycling using adapted and standard bikes, with support from our friendly Parkride team.

Strictly Social Evening: An evening social club for adults in Walsall. Join Becky and the volunteers for a fun evening with friends.

Techy Friday: A weekly IT session. Come along and chill out with people in a relaxed session, try out IT equipment and get support if needed from our volunteers, bring along IT issues, and take part in an occasional fun quiz.

The Brunch Club: A weekly brunch club to meet new friends and enjoy a toastie and hot drink and fun quiz or activity.

The Easy Cook Club: Learn how to make healthy and tasty meals while having fun cooking with others.

Walsall Community Halloween Disco Party: Join us for a fun Halloween party with music, dancing and friends.

Walsall Community RAF Cosford Air Museum Trip: Join us for a group trip to the museum, where you can explore the aircraft and enjoy a day out with friends.