Walsall Adults Community Timetable: 9th November - 4th December

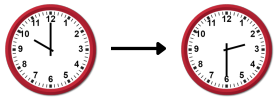
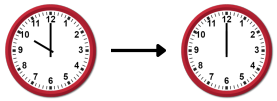
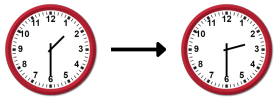
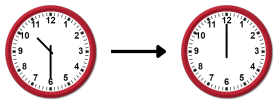
	Icon	Activity	What	Where	When	Cost
Monday 9th November		The Brunch Club	Join us for a hot toastie and a game or quiz!	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:00 AM - 12:30 PM 	£7.50 
Monday 9th November		Crafty Creations	November salt and watercolour leaves and Poppy Day crafts	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM - 3:00 PM 	£7.50 
Tuesday 10th 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 10th 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 10th November		Strictly Social Evening	Poppy Crafts Night	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	6:00 PM - 7:30 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 dependent and must have enough people to go ahead on the day.

midland mencap

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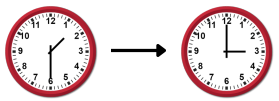
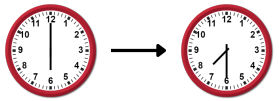
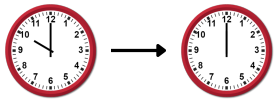
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Wednesday 11th November		Daffodil Club WOPP	Poppy Day: join our active over 50s group for a fun filled day and hot lunch	St Martins Church, 1 Sutton Rd, Daffodil Rd, Walsall WS5 3DQ	10:00 AM - 2:30 PM 	Call 01922 616 798 for more details to book BOOKING ESSENTIAL FOR NEW MEMBERS
Thursday 12th 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	10:00 AM - 12:00 PM 	£7.50 
Thursday 12th November		Fun with Friends	Karaoke Session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM - 2:30 PM 	£7.50 
Friday 13th 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 
Friday 13th November		The Easy Cook Club	No Easy Cook Club session this week.			

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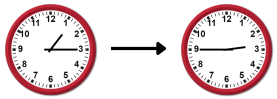
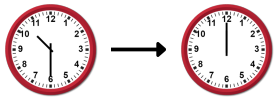
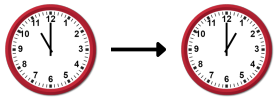
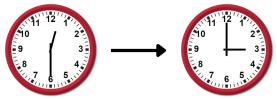
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Monday 16th November		The Brunch Club	Join us for a hot toastie and a game or quiz!	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:00 AM - 12:30 PM 	£7.50 
Monday 16th November		Crafty Creations	Autumnal wooden ornaments	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM - 3:00 PM 	£7.50 
Tuesday 17th 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 17th November		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. 
Tuesday 17th November		Strictly Social Evening	Bingo Night	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	6:00 PM - 7:30 PM 	£7.50 
Thursday 19th 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	10:00 AM - 12:00 PM 	£7.50 

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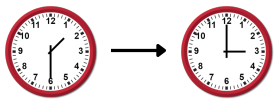
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Thursday 19th November		Fun with Friends	Mystery outing. Please arrive at the hub by 1pm and bring a warm waterproof jacket.	Meet at: The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:15 PM - 2:45 PM 	£7.50  Includes outing charge and a free drink
Friday 20th 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 
Friday 20th November		Parkride Session at Walsall Arboretum	Try inclusive cycling around the Walsall Arboretum	Walsall Arboretum, 139 Broadway N, Walsall WS1 2QB	11:00 AM - 1:00 PM 	£7.50  Booking essential. Call the Parkride team on 0121 442 2944 to book.
Friday 20th November		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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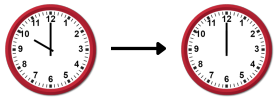
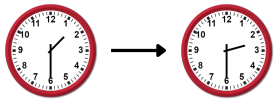
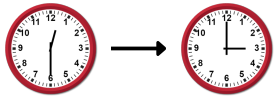
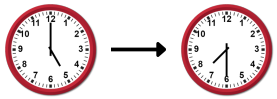
	Icon	Activity	What	Where	When	Cost
Monday 23rd November		The Brunch Club	Join us for a hot toastie and a game or quiz!	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:00 AM - 12:30 PM 	£7.50 
Monday 23rd November		Crafty Creations	Autumnal bead craft	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM - 3:00 PM 	£7.50 
Tuesday 24th 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 24th November		Men's Chill Out Session	Active Games Session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:45 PM - 3:00 PM 	£5 
Wednesday 25th November		Daffodil Club WOPP	Join our active over 50s group for a fun filled day and 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

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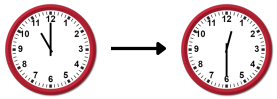
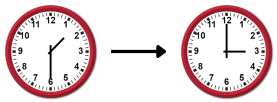
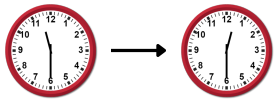
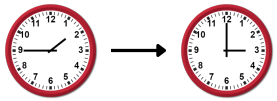
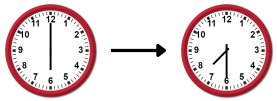
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Thursday 26th November		Journey through Music with Henry	Join us for a group music session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	10:00 AM - 12:00 PM 	£7.50 
Thursday 26th November		Fun with Friends	Karaoke Session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM - 2:30 PM 	£7.50 
Friday 27th November		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)
Friday 27th November		Friday Quiz and Feast Night	Join us for an evening of fun with food and a fun interactive quiz.	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	5:00 PM - 7:30 PM 	£10  Booking and payment essential before the night.

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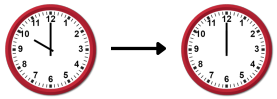
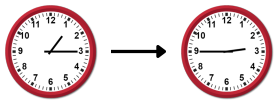
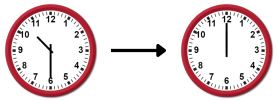
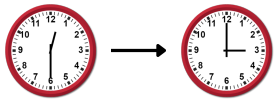
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Monday 30th November		The Brunch Club	Join us for a hot toastie and help to decorate the hub and Christmas trees!	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	11:00 AM - 12:30 PM 	£7.50 
Monday 30th November		Crafty Creations	Christmas crafts and hub and tree decorating	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:30 PM - 3:00 PM 	£7.50 
Tuesday 1st December		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 1st December		Men's Chill Out Session	The Big Hub Pub Session	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:45 PM - 3:00 PM 	£5 
Tuesday 1st December		Strictly Social Evening	Karaoke Night	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	6:00 PM - 7:30 PM 	£7.50 

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Thursday 3rd December		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	10:00 AM - 12:00 PM 	£7.50 
Thursday 3rd December		Fun with Friends	Christmas Crafts	The Walsall Disability Hub, Lichfield St, Walsall WS1 1TU	1:15 PM - 2:45 PM 	£7.50 
Friday 4th December		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 4th December		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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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 at different things each week using lots of materials.

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

Friday Quiz and Feast Night: Join us for an evening of tasty food, friends and a fun interactive quiz. Please book and pay before the night.

Fun with Friends: A friendly afternoon group with something different each week, like karaoke, crafts and outings. Come along, have fun and make new friends.

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.

Journey through Music with Henry: Join Henry Liggins for a relaxed music session. You can listen, sing along and play instruments with friends.

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

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 where you can chill out with people, try out IT equipment and get support from our volunteers. Bring along any IT problems and join in with an occasional fun quiz.

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

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

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