

Community Services Activities

Free activities for adults of all ages

Day	Activity	Time	Location
Monday	Talking Together (English, 2 days)	9:30 - 11:30	Springfield Centre
	Mindful Movement**	1:30 - 2:30	Springfield Centre
Tuesday	Reading Club (start date TBC)	10:00 - 11:00	Meet @ Sparkhill Library
	Healthy Walk (start date TBC)	1:00 - 2:00	Meet @ Sparkhill Pool & Fitness Centre
	Gym Time*** (start date TBC)	2:00 - 3:00	Sparkhill Pool & Fitness Centre
Wednesday	Creative English	12:00 - 2:00	Springfield Centre
	Creative Wednesday:		
	<ul style="list-style-type: none"> • Beginners' Art Class • Sewing Community • Crafting Community 	1:00 - 3:00	Springfield Centre
Thursday	Cooking Group	12:00 - 2:00	Springfield Centre
	Place of Welcome:		
	<ul style="list-style-type: none"> • Free food, internet access/IT support • Knitting and friendship • Relaxation techniques • Board games and snooker/pool • Colouring in/drawing/painting • Social care advice 	1:30 - 3:30	Springfield Centre
Friday	Talking Together (English, 2 days)	9:30 - 11:30	Springfield Centre
	Women's Wellness Group (start date TBC)	12:30 - 1:30	Springfield Centre
	Men's Swimming***	3:00 - 4:00	Sparkhill Pool & Fitness Centre

Sessions in red are proposed, please register interest at reception

* Register interest at Reception

** Term time only

*** Leisure card required

Times are subject to change, please check with reception.