

ABC



It's as Easy as ABC!

Activities include gentle exercise/ physical activity to make your heart stronger, maintain and protect healthy bones and improve your mobility

Meet up with old friends and make new ones, have a fun game of bingo and enjoy social time for a 'cuppa' and chat.

A Activity

B Bingo

C Cuppa



£2 per session



www.slt-leisure.co.uk

0121 506 4980

A Activity

B Bingo

C Cuppa



Tuesdays

10-11.30am

Tipton Sports Academy,
Wednesbury Oak Road,
DY4 0BS

Tuesdays

*£1.50

12.45-1.30pm

(social club until 3pm)

West Bromwich
Community Centre,
Gayton Road,
B71 1QS

Wednesdays

10.30-12noon

Haden Hill Leisure Centre
Barrs Rd, Cradley Heath,
B64 7HA

Wednesdays

1.30-3pm

Langley Swimming Centre
Vicarage Rd, Oldbury
B68 8HS

Thursdays

10.45am-12.15pm

Wednesbury Leisure Centre,
High Bullen,
WS10 7HP



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