

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 EASTER MONDAY Games Night 6.00pm Pilates 6.30pm	2 Slimming World 6.00pm Reminiscence 6.00pm	3 Seated Exercise 11.00am U3A Film Group 1.00pm	4 Xpress Yourself Dance 12.30pm Chair Yoga 2.00pm Exercise with Ms 3.00pm Conexus Tuition 4.00pm Zumba 6.00pm	5 Moo Music 9.20am Knit & Natter 2.00pm	6 Tai Chi 9.30am Pilates 10.45am Autum Talk Therapies 12.30pm Private Event	7 Learn Wiz 10.00am
8 U3A Photo group 2.00pm Games Night 6.00pm Pilates 6.30pm	9 U3A Monthly Meeting 2.00pm Slimming World 6.00pm Reminiscence 6.00pm	10 Seated Exercise 11.00am U3A Film Group 1.00pm Conexus Tuition .00pm	11 Xpress Yourself Dance 12.30pm Chair Yoga 2.00pm Exercise with Ms 3.00pm Conexus Tuition 4.00pm Zumba 6.00pm	12 Moo Music 9.20am	13 Tai Chi 9.30am Pilates 10.45am Autum Talk Therapies 12.30pm Primal Sounds 2.00pm Private Event	14 Learn Wiz 10.00am MS Society Private Event
15 Pure Hear – 9.00am 1.30pm - Footwell Film Club – 2.00pm Games Night 6.00pm Pilates 6.30pm	16 Slimming World 6.00pm Reminiscence 6.00pm	17 Seated Exercise 11.00am U3A Film Group 1.00pm Conexus Tuition 5.00pm	18 Xpress Yourself Dance 12.30pm Chair Yoga 2.00pm Exercise with Ms 3.00pm Conexus Tuition 4.00pm Zumba 6.00pm	19 Moo Music 9.20am Knit & Natter 2.00pm Art Workshop - 6.30pm -	20 Tai Chi 9.30am Pilates 10.45am Autum Talk Therapies 12.30pm	21 Learn Wiz 10.00am Womans Wellness 9.30am
22 Foot Well – 1.30 Games Night 6.00pm Pilates 6.30pm	23 ST GEORGES DAY Slimming World 6.00pm Reminiscence 6.00pm	24 Seated Exercise 11.00am U3A Film Group 1.00pm Conexus Tuition 5.00pm	25 Xpress Yourself Dance 12.30pm Chair Yoga 2.00pm Exercise with Ms 3.00pm Conexus Tuition 4.00pm Zumba 6.00pm	26 Moo Music 9.20am	27 Tai Chi 9.30am Pilates 10.45am Autum Talk Therapies 12.30pm Primal Sounds 2.00pm	28 Learn Wiz 10.00am Womans Wellness 9.30am
29 Pure Hear – 9.00am Games Night 6.00pm Pilates 6.30pm	30 Afternoon Tea 1.00pm Slimming World 6.00pm Reminiscence 6.00pm					

Bistro

Open Daily serving freshly prepared meals From
Mon – Fri - 8.00am till 5.00pm
Sat - Sun – 8.00am – 4.00pm
(limited Food Availability)

**KIDS
EAT FOR
£2.50**

Opal bar

Mon- Closed
Tue- Wed – 6.00pm till 9.00pm
Thu – Fri- Sat- 6.00pm till 11.00pm
Sun – Closed

To book any of the classes please contact:

Arden Wellness – 07854467529 (Tai Chi, Yoga, Pilates, Chair Yoga)
Xpress Yourself (Thur) – 07984423534
Seated Exercise (Wed) - 07570333439
Slimming World – 07940737023
Foot Clinic – 0121 369 2779
Zumba – 07572446662
Exercise with MS - 07707931439
Conexus Tuition – 07719 5533325
U3A Groups - <https://u3asites.org.uk/>
Mandy's Counselling – 07535325233 0790
Moo Music -07908785543
Pure Hear (Ear Wax Removal) 07480973066
Art Workshop (Fri Evening) 07519287564
Learn Wizz - 07507675757

Events



THE SHIRES

Please join us for an

Eid Bazaar

Sunday 7th April 2024
start at 3pm till 7pm

Come and celebrate Eid with your friends and family at The Shires as we celebrate Eid. There is something for everyone! Lets make memories, share laughter and spread the joy of Eid together.

216 Wake Green Road, Moseley B13 9PQ

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THE SHIRES
Afternoon Tea
Tuesday 30th April
from 1.00 pm till 3.00pm
BOOKING ESSENTIAL, PLEASE
BOOK AT RECEPTION OR CALL
0121 4494870
£19.95 PER PERSON

THE SHIRES
216 Wake Green Road, Moseley, B13 9PQ
MOVIE CLUB
Monday 15th APRIL
£1.00 Entry
MOVIE STARTS AT: 2.00PM
FEATURED MOVIE:
Genevieve
DINAH SHERIDAN
JOHN GREGSON
KAY KENDALL
KENNETH MORE

Easter Offer
KIDS MENU
Cheese Burger
Cheese, Tomato Sauce with Chips
Spaghetti Bolognaise
4 x Chicken Nuggets
Beans or Peas with Chips
2 x Fish Fingers
Peas and Chips
Sausage, Chips and Beans
1. Offer includes main meal and squash only, excludes starters, desserts drinks.
2. Up to two children can eat with every one full paying adult.
3. Not available in conjunction with any other promotion.
4. Available from Mondays 25th March to Friday 5th April only. Excludes Weekends.
Kids 10 and over