

Activity Calendar for people aged 50+

Call us to find out how our Digital Inclusion Project can help you to use the internet safely and with confidence

Coming Soon - Introduction to Walking Tennis. Watch this space!!

MONDAY			
What	When	Where	Suggested Donation
Bellyfit	Weekly 9.45am-10.45am *Do both Bellyfit and Exercise to Music (Castleside) in same week for only £5.00	Castleside Village Hall Drover Road Castleside Consett DH8 9RE	£3.00 per session
Dementia Therapy <i>Pre-booking is essential due to limited spaces</i>	Weekly Monday & Wednesday 10.00am – 12noon	Various locations across County Durham – call for more information	FREE
Exercise to music	Weekly 12.30pm-1.30pm	Ebchester Village Hall Shaw Terrace Ebchester DH8 0PY	FREE
Cuppa Companions	3 rd Monday of the month 12.45pm – 2.15pm	The Venue Wear Road Stanley DH9 6AH	FREE (Donations Welcome)
Bereavement Support <i>By pre-booked appointment only</i>	2 nd & 4 th Monday of the month 1.00pm - 3.00pm	Belmont Parish Hall Broomside Lane Durham DH1 2QR	FREE
Step into Summer Walks (approx. 30min walks)	3 June & 1 July 1.00pm-2.30pm	Start at Ferryhill Library North Street Ferryhill DL17 8HX	FREE
Focus Group (Drop-in session)	1 st Monday of the month 2.00pm - 3.30pm	Newton Aycliffe Youth and Community Centre Burn Lane DL5 4HT	FREE
Focus Group (Drop-in session)	4 th Monday of the month 3.00pm - 4.30pm	The Four Clocks Centre 154A Newgate Street Bishop Auckland DL14 7EH	FREE

TUESDAY			
What	When	Where	Suggested Donation
Step into Summer Walks (approx. 30min walks)	11 June, 9 July & 13 August 9.30am -11.00am	Start at Peterlee Pavilion Helford Road Peterlee SR8 1ER	FREE
Tunes and Chat	2 nd Tuesday of the month Starting 11 June 10.00am – 11.00am	Annfield Plain Library North Road Stanley DH9 8EZ	FREE
Woodwork at The Shed	Weekly 10.00am – 12noon	The Shed Charity Superstore Yard Mandale Business Park, Durham DH1 1TH	FREE
The Old Mill Lunch Club	3 rd Tuesday of the month 12noon – 2.00pm	The Old Mill Metal Bridge Ferryhill DH6 5NX	£8.00 per person
The Elms Lunch Club	1 st Tuesday of the month 1.00pm – 2.30pm	The Elms Moorfoot Avenue Chester le Street DH2 3EJ	£8.00 per person
Exercise to music	Weekly 1.30pm – 2.30pm	The Fulforth Centre Sacriston DH7 6JT	FREE
Craft Workshops	Weekly 1.30pm – 3.30pm	The Shed Charity Superstore Yard Mandale Business Park, Durham DH1 1TH	FREE (Donations Welcome)
Focus Group (Drop-in session)	1 st Tuesday of the month 3.00pm - 4.30pm	North Road Methodist Church 28 North Road Durham DH1 4SG	FREE

WEDNESDAY			
What	When	Where	Suggested Donation
Gents Breakfast	3 rd Wednesday of the month 9.30am – 11.00am	Café Cenno, Durham Indoor Market, Durham City DH1 3NJ	£3.00-£6.00 per person
Dementia Therapy <i>Pre-booking is essential due to limited spaces</i>	Weekly Monday & Wednesday 10.00am – 12noon	Various locations across County Durham– call for more information	FREE
Social Shed Drop-in	Weekly 10.00am – 12noon	The Shed Charity Superstore Yard Mandale Business Park, Durham DH1 1TH	FREE (Donations Welcome)
New Age Kurling	Weekly 10.30am – 12noon	St Marys Church Hall, Easington Village, Peterlee SR8 3GA	£3.00 per session
The Saxon Inn Lunch Club	2 nd Wednesday of the month 12noon – 2.00pm	The Saxon Inn, 1 Saxon Green, Escomb, Bishop Auckland DL14 7SY	£8.00 per person

WEDNESDAY (Continued)			
When	When	When	When
Derwentside College Lunch Club (Group 1) <i>Dates vary – term time only</i>	Monthly on Wednesday 12noon – 2.00pm	Derwentside College Front Street Consett DH8 5EE	£8.50 per person
Derwentside College Lunch Club (Group 2) <i>Dates vary – term time only</i>	Monthly on Wednesday 12noon – 2.00pm	Derwentside College Front Street Consett DH8 5EE	£8.50 per person
Needles & Natter	Weekly 1.00pm-3.00pm	The Venue Community Centre Wear Road Stanley DH9 6LU	£2.00 per session

THURSDAY			
What	When	Where	Suggested Donation
Seated Exercise	Weekly 9.45am – 10.45am	Glenroyd House Medomsley Road Consett DH8 5HL	£3.00 per session
Circuits Exercise	Weekly 10.00am – 11.00am	The Venue Community Centre Wear Road Stanley DH9 6LU	£3.00 per session
Woodcraft at The Shed	Weekly 10.00am – 12noon	The Shed Charity Superstore Yard Mandale Business Park, Durham DH1 1TH	FREE
Exercise to Music	Weekly 10.30am – 11.30am *Do both Bellyfit /Exercise to Music (Castleside) in same week for £5.00	Castleside Village Hall Drover Road Castleside Consett DH8 9RE	£3.00 per session*
Exercise for 50+	Weekly 10.45am – 11.45am	Delves Lane Village Hall Delves Lane Consett DH8 7BH	£3.00 per session
East Durham College Lunch Club at the Peterlee Campus <i>Dates vary – term time only</i>	3 rd Thursday of the month 12noon – 2.00pm	East Durham College Willerby Grove Peterlee SR8 2RN	£9.00 per person
Bishop Auckland College lunch club <i>Dates vary – term time only</i>	Monthly on Thursday 12 noon – 2.00pm	Bishop Auckland College Woodhouse Lane Bishop Auckland DL14 6JZ	£7.50 per person
Cuppa Companions	4 th Thursday of the month 1.30pm – 3.00pm	Café Cenno, Durham Indoor Market, Durham City DH1 3NJ	£4.50 for refreshments with a small cake/scone

THURSDAY (Continued)			
What	What	What	What
Cuppa Companions	3 rd Thursday of the month 2.00pm – 3.30pm	The Honest Lawyer Croxdale Bridge DH1 3SP	£4.50 for refreshments with a scone
Culture Companions (Visits to interesting places and spaces throughout County Durham) Pre-booking is essential due to limited spaces	3 rd Thursday of the month 2.00pm – 3.00pm (Transport is not included)	<ul style="list-style-type: none"> 20 June – Durham Wildlife Trust Talk - Rainton Meadows, DH4 5PH 18 July – Introduction to Croquet, 2.00pm - 4.00pm Chilton DL17 0PD 15 August - Old Durham Gardens Tour DH1 2RY 	FREE entry with small charge for refreshments
Water Sports - Water bikes/Kayaks and Paddleboarding Pre-booking is essential due to limited spaces	Weekly Starting 13 June – 18 July 11.00am – 12.30pm	H2O Riders Witton Castle Country Park Sloshes Lane DL14 0DE	FREE (Donations Welcome)

FRIDAY			
What	When	Where	Suggested Donation
Tunes and Chat Community Café	4 th Friday of the month 1.30pm – 2.30pm Next session 28 June	St John's Catholic School & Sixth Form College Woodhouse Lane Bishop Auckland DL14 6JT	FREE (pre booking is essential)
Water Sports - Canoeing and Paddleboarding Pre-booking is essential due to limited spaces	Weekly Starting 7 June – 19 July 10.30am – 12noon	Adventure Access Durham Amateur Rowing Club Green Lane Old Elvet Durham DH1 3JU	FREE (Donations Welcome)

Pre-booking is essential for all listings

For more information contact us

Social activities & lunch clubs call 0191 374 6577

Digital Inclusion call 0191 386 3856

Dementia & mental health work call 0191 386 3856
or send an email to wellbeing@ageukcountydurham.org.uk

For Information & Advice call us on 0191 374 6367
or send an email to your.rights@ageukcountydurham.org.uk