

# Activity Calendar for people aged 50+

For more information about all our services and activities visit our website

<https://www.ageuk.org.uk/countydurham>

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

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 <sup>rd</sup> 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 <sup>nd</sup> & 4 <sup>th</sup> Monday of the month 1.00pm - 3.00pm	Belmont Parish Hall Broomside Lane Durham DH1 2QR	FREE
Help us Improve drop-in's	1 <sup>st</sup> Monday of the month 2.00pm - 3.30pm	Newton Aycliffe Youth and Community Centre Burn Lane DL5 4HT	FREE
Help us Improve drop-in's	4 <sup>th</sup> Monday of the month 3.00pm - 4.30pm	The Four Clocks Centre 154A Newgate Street Bishop Auckland DL14 7EH	FREE

<b>TUESDAY</b>			
<b>What</b>	<b>When</b>	<b>Where</b>	<b>Suggested Donation</b>
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 <sup>nd</sup> 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 <sup>rd</sup> Tuesday of the month 12noon – 2.00pm	The Old Mill Metal Bridge Ferryhill DH6 5NX	£8.00 per person
The Elms Lunch Club	1 <sup>st</sup> 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 <b>No session on 23 July</b>	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)
Help us Improve drop-in's	1 <sup>st</sup> Tuesday of the month 3.00pm - 4.30pm	North Road Methodist Church 28 North Road Durham DH1 4SG	FREE
Help us Improve drop-in's	4 <sup>th</sup> Tuesday of the month Starting 23 July 2.00pm – 3.30pm	Citizens House Station Road Consett DH8 5RL	FREE

<b>WEDNESDAY</b>			
<b>What</b>	<b>When</b>	<b>Where</b>	<b>Suggested Donation</b>
Gents Breakfast	3 <sup>rd</sup> 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

<b>WEDNESDAY (Continued)</b>			
<b>When</b>	<b>When</b>	<b>When</b>	<b>When</b>
The Saxon Inn Lunch Club	2 <sup>nd</sup> Wednesday of the month 12noon – 2.00pm	The Saxon Inn, 1 Saxon Green Escomb Bishop Auckland DL14 7SY	£8.00 per person
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

<b>THURSDAY</b>			
<b>What</b>	<b>When</b>	<b>Where</b>	<b>Suggested Donation</b>
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 <sup>rd</sup> 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 <sup>th</sup> 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

<b>THURSDAY (Continued)</b>			
<b>What</b>	<b>When</b>	<b>Where</b>	<b>Suggested Donation</b>
Culture Companions (visits to interesting places and spaces throughout County Durham) <i>Pre-booking is essential due to limited spaces</i>	3 <sup>rd</sup> Thursday of the month 2.00pm – 3.00pm  Transport is not included	<ul style="list-style-type: none"> <li>18 July – Introduction to Croquet, 2.00pm - 4.00pm Miners Recreation Ground, Chilton, DL17 0PD</li> <li>19 July - Connected Communities – Discover the history of Ushaw House, DH7 9RH, 11.00am-12 noon</li> <li>15 August - Old Durham Gardens Tour, DH1 2RY</li> </ul>	FREE entry with small charge for refreshments
Water Sports - Water bikes/Kayaks and Paddleboarding <i>Pre-booking is essential due to limited spaces</i>	Weekly Starting 13 June – 18 July 11.00am – 12.30pm	H2O Riders Witton Castle Country Park Sloshes Lane DL14 0DE	FREE (Donations Welcome)

<b>FRIDAY</b>			
<b>What</b>	<b>When</b>	<b>Where</b>	<b>Suggested Donation</b>
Water Sports - Canoeing and Paddleboarding <i>Pre-booking is essential due to limited spaces</i>	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)
Walking Tennis	Weekly Starting 12 July - 27 September 1.00pm – 2.00pm (Except for 2 August, 23 August, 6 September)	Pelton Community Centre, Front Street Pelton DH2 1DE	£2 donation per session incl. refreshments
Dragon Boat Session <i>Pre-booking is essential due to limited spaces</i>	Friday 2 August 10.00am – 12.00noon	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](mailto:wellbeing@ageukcountydurham.org.uk)

**For Information & Advice call us on 0191 374 6367**  
or send an email to [your.rights@ageukcountydurham.org.uk](mailto:your.rights@ageukcountydurham.org.uk)