

Activity Calendar for people aged 50+

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

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

or email info@ageukcountydurham.org.uk

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 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 (including quiz)	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

TUESDAY			
What	When	Where	Suggested Donation
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

TUESDAY (Continued)			
What	When	Where	Suggested Donation
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
Derwentside College Lunch Club <i>Dates vary – term time only</i>	Monthly on Tuesday 12noon – 2.00pm	Derwentside College Front Street Consett DH8 5EE	£8.50 per person
Exercise to music	Weekly 1.30pm – 2.30pm	The Fulforth Centre Front Street Sacriston DH7 6JT	FREE
Craft Workshops	Weekly 1.00pm – 3.00pm	The Shed Charity Superstore Yard Mandale Business Park Durham DH1 1TH	£3.00 per session
Physio – Led Gentle Exercise	Weekly Starting 12 November to 17 December 2.00pm – 3.00pm	Cotherstone Village Hall Cotherstone DL12 9PU	Donations Welcome

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
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
Social Steps Dance	Weekly 11.30am – 12.30pm *Do both Social Steps and Needles & Natter/Circuits in same week for only £4.00	The Venue Community Centre Wear Road Stanley DH9 6LU	£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
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
Yoga For All Abilities	FREE Taster Session 21 November (Weekly from 28 November*) 10.00am - 11.00am	Hamsterley and Low Westwood Community Hall Hamsterley Colliery NE17 7BY	*£3.00 per session
Woodcraft at The Shed	Weekly 10.00am – 3.00pm	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 11.00am – 12.00noon	Delves Lane Village Hall Delves Lane Consett DH8 7BH	£3.00 per session
East Durham College Lunch Club at the Peterlee Campus	3 rd Thursday of the month 12noon – 2.00pm <i>Dates vary – term time only</i>	East Durham College Willerby Grove Peterlee SR8 2RN	£9.00 per person
Bishop Auckland College Lunch Club	Monthly on Thursday 12 noon – 2.00pm <i>Dates vary – term time only</i>	Bishop Auckland College Woodhouse Lane Bishop Auckland DL14 6JZ	£7.50 per person
Social Steps Dance	Weekly 1.00pm – 2.00pm	Tow Law Community Centre Tow Law, DL13 4AW	£3.00 per session
Cuppa Companions (including quiz)	3 rd Thursday of the month 2.00pm - 3.00pm	The Honest Lawyer Croxdale Bridge DH1 3SP	£4.50 for refreshments with a scone

CULTURE COMPANIONS			
What	When	Where	Suggested Donation
Visits to interesting places and spaces throughout County Durham Pre -booking essential due to limited spaces Transport is not included	<ul style="list-style-type: none"> • Wednesday 4 December 10.30am – 12noon • Monday 9 December 11.00am – 12.30pm • Wednesday 11 December 10.30am – 12noon • Wednesday 18 December 10.30am – 12noon 	<ul style="list-style-type: none"> • Christmas Comedy & Cricket Stories, Framwellgate Moor Social Club, DH1 5EE • Angel Wings Trail and Talk, Ushaw House, DR7 9RH • Christmas Crafts and Hatfield College Tour, DH1 3RQ • Christmas Crafts and Chat, Framwellgate Moor Social Club, DH1 5EE 	FREE entry with small charge for refreshments

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

Accurate at time of issue