

# 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](mailto: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 <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

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

<b>TUESDAY (Continued)</b>			
<b>What</b>	<b>When</b>	<b>Where</b>	<b>Suggested Donation</b>
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
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

<b>WEDNESDAY</b>			
<b>What</b>	<b>When</b>	<b>Where</b>	<b>Suggested Donation</b>
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 6AH	£3.00 per session*
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
Needles & Natter	Weekly 1.00pm - 3.00pm	The Venue Community Centre Wear Road Stanley DH9 6AH	£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 6AH	£3.00 per session
Yoga For All Abilities	Weekly 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 <sup>rd</sup> 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 <sup>rd</sup> Thursday of the month 2.00pm - 3.00pm	The Honest Lawyer Croxdale Bridge DH1 3SP	£4.50 for refreshments with a scone

<b>CULTURE COMPANIONS</b>			
<b>What</b>	<b>When</b>	<b>Where</b>	<b>Suggested Donation</b>
Visits to interesting places and spaces throughout County Durham  <b>Pre -booking essential due to limited spaces</b>  Transport is not included	<ul style="list-style-type: none"> <li>• Wednesday 8 January 10.30am – 12noon</li> <li>• Wednesday 15 January 10.30am – 2.00pm</li> <li>• Tuesday 21 January 10.30am – 12noon</li> <li>• Wednesday 5 February 10.30am – 12noon</li> <li>• Thursday 6 February 1.00pm – 3.00pm</li> </ul>	<ul style="list-style-type: none"> <li>• Pool and Dominoes, Framwellgate Moor Social Club, DH1 5EE</li> <li>• Bowes Museum Visit and Handling Session, Bowes Museum, DL12 8NP</li> <li>• Walking Tour of Amazon, Integra 61, Bowburn</li> <li>• Macrame with Anna, Framwellgate Moor Social Club, DH1 5EE</li> <li>• Schools through Time, The Story, DH1 3TQ</li> </ul>	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](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)

***Accurate at time of issue***