

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

MONDAY			
What	When	Where	Suggested Donation
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
Tai Chi	Weekly 10.30am – 12noon	Alington House 4 North Bailey Durham DH1 3ET	£3.00 per session
Exercise to music	Weekly 12.30pm-1.30pm	Ebchester Village Hall Shaw Terrace Ebchester DH8 0PY	FREE up to end of June
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
Cuppa Companions	3 rd Monday of the month 12.45pm – 2.15pm	The Venue Wear Road Stanley DH9 6AH	FREE

TUESDAY			
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
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
Exercise to music	Weekly 1.30pm - 2.30pm	The Fulforth Centre Sacriston DH7 6JT	FREE up to end of June

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
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
Derwentside College Lunch Club (Group 1) <i>Dates vary - term time only</i>	Monthly on Wednesday 12.00pm - 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 12.00pm - 2.00pm	Derwentside College Front Street Consett DH8 5EE	£8.50 per person
Craft & Chat	Fortnightly from 1.00pm-3.00pm	The Venue Community Centre Wear Road Stanley DH9 6LU	£4.00 per session
Needles & Natter	Fortnightly from 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 - 12.00noon	The Shed Charity Superstore Yard Mandale Business Park, Durham DH1 1TH	FREE
Exercise to Music	Weekly 10.30am – 11.30am	Castleside Village Hall Drover Road, Castleside Consett DH8 9RE	FREE up to end of April

Thursday continued ...			
What	When	Where	Suggested Donation
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 12.00noon – 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
Culture Companions <i>Pre-booking is essential due to limited spaces</i>	3 rd Thursday of the month 2.00pm – 3.00pm	Visits to venues throughout County Durham (transport is not included)	FREE entry with small charge for refreshments

FRIDAY			
What	When	Where	Suggested Donation
Tunes and Chat Community Café	4 th Friday of the month 1.30pm – 2.30pm	St John's Catholic School & Sixth Form College Woodhouse Lane Bishop Auckland DL14 6JT	FREE but pre booking is essential

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