

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 follow us on Facebook <https://www.facebook.com/Ageukcountydurham>

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 sessions) in same week for only £5.00	Temporary move – May Only: Tank Girl Training Old Post Office Buildings Front Street Consett DH8 5AB	£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 12.15pm – 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

TUESDAY (Continued)			
What	When	Where	Suggested Donation
Digital Drop In Sessions	Weekly 10.00am – 12noon	The Well Christ Church Hall Station Road Seaham SR7 0BH	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
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
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
Craft Workshops	Weekly 1.00pm – 3.00pm	The Shed Charity Superstore Yard Mandale Business Park Durham DH1 1TH	£3.00 per session
Exercise to music	Weekly 1.30pm – 2.30pm	The Fulforth Centre Front Street Sacriston DH7 6JT	FREE

WEDNESDAY			
What	When	Where	Suggested Donation
Digital Drop In Session	Fortnightly 14 th and 18 th May 10.00am -12noon	Willington Open Door Methodist Church Wesley Street Willington DL15 0AG	FREE
New Age Kurling	Weekly 10.30am – 12noon	St Marys Church Hall, Easington Village Peterlee SR8 3GA	£3.00 per session
A Chance to Dance	Weekly 11.30am – 12.30pm *Do both A Chance to Dance 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 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 6AH	£2.00 per session
Social Shed Drop-in	Weekly 1.00pm – 3.00pm	The Shed Charity Superstore Yard Mandale Business Park, Durham DH1 1TH	FREE (Donations Welcome)

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 6AH	£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 sessions) in same week for £5.00	Temporary move – May Only : Tank Girl Training Old Post Office Buildings Front Street Consett DH8 5AB	£3.00 per session*
Exercise for 50+	Weekly 11.00am – 12noon	Delves Lane Village Hall Delves Lane Consett DH8 7BH	£3.00 per session
A Chance to Dance	Weekly Starting 10 April 11.00am – 12noon	Jubilee Fields Community Centre Unit 3 Jubilee Road Shildon DL4 2AL	First session free- then £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
A Chance to 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 - 3.30pm	The Honest Lawyer Croxdale Bridge DH1 3SP	£4.50 for refreshments with a scone

FRIDAY			
What	When	Where	Suggested Donation
A Chance to Dance	Weekly 10.30am – 11.30am	Blackhall Community Centre Hesleden Road TS27 4LG	First session free- then £3.00 per session

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"> Monday 19 May 11.00am – 1.00pm Thursday 22 May 1.30pm – 3.30pm Wednesday 4 June 10.30am – 12.30pm Wednesday 18 June, 10.30am (11.00am showing) 	<ul style="list-style-type: none"> Sea Glass Hunting, Seaham SR7 7EU Old Durham Gardens Tour, Durham DH1 2RY Bollywood Dance, Framwellgate Moor Social Club, DH1 5EE Nostalgic Day at The Flicks, Beamish Museum, DH9 0RG 	FREE entry with small charge for refreshments

NEW EVENTS			
What	When	Where	Suggested Donation
Boogie after Noon	Friday 16 May 1.00pm – 3.30pm	Pelton Community Centre Chester le Street DH2 1DE	£3.00 (Includes raffle ticket)
Age Without Limits Day (Canoeing and paddle boarding)	Wednesday 11 June Sessions: <ul style="list-style-type: none"> 10.30am – 12noon 1.00pm – 2.30pm 	Durham Riverside, Green Lane, Old Elvet, Durham, DH1 3JU	FREE (Donations Welcome)
Boogie after Noon	Friday 18 July 1.00pm – 3.30pm	Blackhall Community Centre Hesleden Road TS27 4LG	FREE (Donations Welcome)

Pre-booking is essential for all listings
For more information contact us

Social activities & lunch clubs call 0191 386 3856
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