

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 <i>*Do both Bellyfit and Exercise to Music at Castleside in same week for only £5.00</i>	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 10.00am – 12noon	Seaham Town Hall Stockton Road Seaham SR7 0HP	FREE
Dementia Therapy <i>Pre-booking is essential due to limited spaces</i>	Weekly 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
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
Digital Drop In Sessions	Weekly 10.00am – 12noon	The Well Christ Church Hall Station Road Seaham SR7 0BH	FREE

TUESDAY (Continued)	TUESDAY (Continued)	TUESDAY (Continued)	TUESDAY (Continued)
What	What	What	What
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

WEDNESDAY			
What	When	Where	Suggested Donation
Digital Drop In Session	Weekly 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 at 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 – 12noon	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 Dates vary – term time only	East Durham College Willerby Grove Peterlee SR8 2RN	£9.00 per person
Bishop Auckland College Lunch Club	Monthly on Thursday 12 noon – 2.00pm Dates vary – term time only	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

NEW EVENTS			
What	When	Where	Suggested Donation
Boogie after Noon	Friday 12 September 1.00pm – 3.30pm	Delves Lane Village Hall Consett DH8 7BH	FREE (Donations Welcome)

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"> Tuesday 12 August 10.30am – 12.30pm Thursday 14 August 11.00am – 2.30pm Monday 8 September 12noon – 3.00pm Wednesday 10 September 10.30am – 12.30pm Wednesday 17 September 2.00pm – 3.00pm Wednesday 22 October 10.30am – 12noon 	<ul style="list-style-type: none"> Buddhism Tour at Oriental Museum, Durham, DH1 3TH George Elmy Lifeboat Tour and Edan Art Gallery Visit, Seaham Harbour Marina, SR7 7EE Art Event with The Fusion Art Club, Wolsingham, DL13 3AA Bollywood Dancing, Framwellgate Moor Social Club, DH1 5EE Tyne Theatre & Opera House Tour, Newcastle upon Tyne NE1 4AG Durham Market Hall Tour, Market Square, DH1 3NJ 	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 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