

# 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 at 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 10.00am – 12noon	OakLeaf Sorts Complex School Aycliffe Lane Newton Aycliffe DL5 6QZ	FREE
Woodwork at The Shed	Weekly 10.00am – 12noon	The Shed Charity Superstore Yard Mandale Business Park Durham DH1 1TH	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 <sup>nd</sup> & 4 <sup>th</sup> Monday of the month 1.00pm - 3.00pm	Belmont Parish Hall Broomside Lane Durham DH1 2QR	FREE
Social Shed Drop-in	Weekly 1.00pm – 3.00pm	The Shed Charity Superstore Yard Mandale Business Park, Durham DH1 1TH	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>What</b>	<b>What</b>	<b>What</b>
Digital Drop In Sessions	<b>9 and 23 June</b> 10.00am – 12noon	Weardale Hub Stanhope, DL13 2UB	FREE
Digital Drop In Sessions	<b>9 and 23 June</b> 10.00am – 12noon	The Well Christ Church Hall Station Road, Seaham SR7 0BH	FREE
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	£8.50 per person
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>
Digital Drop In Session	<b>3 and 17 June</b> 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	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	£9.00 per person
Social Shed Drop-in	Weekly 1.00pm – 3.00pm	The Shed Charity Superstore Yard Mandale Business Park, Durham DH1 1TH	FREE (Donations Welcome)

<b>THURSDAY</b>			
<b>What</b>	<b>When</b>	<b>Where</b>	<b>Suggested Donation</b>
Circuits Exercise	Weekly 10.00am – 11.00am	The Venue Community Centre Wear Road Stanley DH9 6AH	£3.00 per session
Digital Drop In Session	<b>11 and 25 June</b> 10.00am – 12noon	Frosterley Village Hall Frosterley, DL13 2QW	FREE
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*

<b>THURSDAY (Continued)</b>			
<b>What</b>	<b>When</b>	<b>Where</b>	<b>Suggested Donation</b>
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
A Chance to Dance	Weekly 1.00pm – 2.00pm	Tow Law Community Centre Tow Law, DL13 4AW	£3.00 per session
Digital Drop In Session	<b>11 and 25 June</b> 1.00pm – 3.00pm	UTASS Middleton-in-Teesdale, DL12 0SN	FREE
Cuppa Companions (including quiz)	3 <sup>rd</sup> Thursday of the month 2.00pm - 3.30pm	The Honest Lawyer Croxdale Bridge, DH1 3SP	£4.50 for refreshments with a scone

<b>NEW EVENT</b>			
<b>What</b>	<b>When</b>	<b>Where</b>	<b>Suggested Donation</b>
Age Without Limits Day – Crossbow and Pistol Shooting	Wednesday 10 June 2026 10.00am – 1.00pm	Moor House Adventure Centre, Rainton Gate, Houghton-le-Spring, DH4 6QY	FREE

<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>Monday 15 June 10.30am – 12.30pm</li> <li>Tuesday 7 July 2026 11.00am – 1.30pm</li> </ul>	<ul style="list-style-type: none"> <li>Flower Festival, St Michael's Church, Bishop Middleham, DL17 9AF</li> <li>Tour of Ryhope Pump Station, Waterworks Rd, Ryhope, Sunderland SR2 0ND</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 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](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***