

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
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
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
Digital Drop In Sessions	4 and 18 August 10.00am – 12noon	Weardale Hub Stanhope, DL13 2UB	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
The Elms Lunch Club	1 st 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

WEDNESDAY			
What	When	Where	Suggested Donation
Digital Drop In Session	12 and 26 August 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 nd 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)

THURSDAY			
What	When	Where	Suggested Donation
Circuits Exercise	Weekly 10.00am – 11.00am	The Venue Community Centre Wear Road Stanley DH9 6AH	£3.00 per session
Digital Drop In Session	6 and 20 August 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*
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
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	6 and 20 August 1.00pm – 3.00pm	UTASS Middleton-in-Teesdale, DL12 0SN	FREE
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

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	- Thursday 6 August 1.00pm – 3.00pm - Thursday 13 August 11.00am – 1.30pm - Thursday 20 August 11.00am – 3.30pm - Friday 11 September 10.30am - Tuesday 15 September 9.00am – 3.00pm	- Croquet, Miners Welfare Recreation Ground, Chilton, DL17 0HE - Mighty Wurlitzer, Howden-le-Wear, DL15 8EZ - Sunderland Museum and Winter Garden, Sunderland, SR1 1PP - Gibside Visit, Rowlands Gill, NE16 6BG - Tyne Theatre Tour, 109-113 Westgate Rd, NE1 4AG	FREE entry with small charge for refreshments

Accurate at time of issue

Pre-booking is essential for all our activities

**For more information contact us on
0191 386 3856 / info@ageukcountydurham.org.uk**

**For dementia & mental health support, call 0191 386 3856 or email
wellbeing@ageukcountydurham.org.uk**

**For information and advice, call 0191 374 6367 or email
your.rights@ageukcountydurham.org.uk**

**For information about all our services and activities visit our websites
<https://www.ageuk.org.uk/countydurham>**

**and
<https://www.chapter50.org.uk/>**

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