

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 Starting 21 September	Belmont Community Centre Sunderland Road, DH1 2LL	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
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	9 and 23 September 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	3 and 17 September 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	3 and 17 September 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

NEW EVENT			
What	When	Where	Suggested Donation
Water Sports Taster Session (for anyone aged 65+)	Thursday 10 September 1.00pm – 3.00pm	Witton Castle Country Park, Sloshes Lane, Bishop Auckland DL14 0DE	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	- Wednesday 2 September 1.00pm – 3.00pm - Friday 11 September 10.30am - Monday 14 September 10.30am – 11.30am - Monday 14 September 1.00pm – 2.30pm - Tuesday 15 September 10.00am – 3.00pm - Wednesday 16 September 10.00am – 4.00pm - Thursday 17 September 10.00am – 1.00pm - Friday 18 September 11.00am – 1.30pm - Monday 5 October 11.00am	- Ushaw House Tea Dance, Woodland Rd, DH7 9RH - Gibside Visit, Rowlands Gill, NE16 6BG - Behind the Books Tour, Lit & Phil, 23 Westgate Road, NE1 1SE - Grainger Market Tour, Grainger St, NE1 5QQ - Tyne Theatre Tour, 109-113 Westgate Rd, NE1 4AG - Ushaw Historic House, Chapels and Gardens, Woodland Rd, DH7 9RH - Sunderland Minster, High Street West, SR1 3ET - Our Lady of Mercy and St. Godric Church, 2 Castle Chare, DH1 4RD - Souter Lighthouse Tour, Coast Road, SR6 7NH	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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