

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 <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	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
Dance Fitness (for anyone age 65+)	Weekly 11.15am – 12noon Starting 12 October	Jubilee Fields Community Centre Jubilee Road Shildon DL4 2AL	FREE (suggested donation £3.00)
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
Seated Exercise Class (for anyone age 65+ - non-residents welcome)	Weekly 2.00pm – 3.00pm Starting 12 October	Harbour Lodge Flamborough Walk Seaham SR7 7BF	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	7 and 21 October 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	1, 15 and 29 October 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	£10.00 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	1, 15 and 29 October 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	- Monday 5 October 11.00am - Thursday 8 October 11.00am – 1.00pm - Monday 26 October 11.00am – 3.00pm	- Souter Lighthouse Tour, Coast Road, SR6 7NH - portrait Exhibition, Dead Dog Gallery, Durham, DH1 1SG - Washington Old Hall, Washington, NE38 7LE	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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