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 ***Pre-booking is essential due to limited spaces***	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	Jubilee Fields Community Centre Jubilee Road Shildon DL4 2AL	FREE (suggested donation £3.00)
Seated Exercise	Weekly 11.00am - 11.45am	Livin Housing Communal Lounge West Close, Shildon DL4 1LE	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
Seated Exercise Class (for anyone age 65+ - non-residents welcome)	Weekly 2.00pm – 3.00pm	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	3rd Tuesday of the month 12noon – 2.00pm	The Old Mill Metal Bridge Ferryhill DH6 5NX	£8.00 per person

TUESDAY (continued)			
What	**When**	**Where**	**Suggested Donation**
The Elms Lunch Club	1st 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
Day Disco	10 November 2026 1.00pm – 3.30pm	Pelton Community Centre Chester le Street DH2 1DE	FREE

WEDNESDAY			
What	**When**	**Where**	**Suggested Donation**
Digital Drop In Session	4 & 18 November 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	2nd 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	12 & 26 November 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	3rd Thursday of the month 12noon – 2.00pm ***Dates vary – term time only***	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

THURSDAY (continued)			
What	**When**	**Where**	**Suggested Donation**
Digital Drop In Session	12 & 26 November 1.00pm – 3.00pm	UTASS Middleton-in-Teesdale, DL12 0SN	FREE
Cuppa Companions (including quiz)	3rd 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 (transport is not included)	• Tue 24 November 10.45am – 2.45pm **Pre-booking essential due to limited spaces**	Bowes Museum - Impressions of Light Event	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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