



Summer

**PROGRAMME
OF ACTIVITIES**

**COMMENCING
APRIL 2022**

Courses and activities have various start and end dates, please see inside leaflet for more details.

Age UK Sunderland provides a variety of services to people 50 years of age or older, please contact us to find out what we can do for you!

Get active and enjoy later life!

Mission Statement

Age UK Sunderland aims to promote the wellbeing of all older people throughout the City of Sunderland, improve their quality of life and help them maintain independence.

Activities held in the Bradbury Centre

Activity	Start Date	Time	Duration	Cost	
Monday	Digital Skills – PC, Tablet, Smart Phone - Learn how to make it work for you	10 Jan 2022	10.00-11:30	10 weeks	£75* per course
	Calligraphy	25 Apr 2022	10.00 - 12.00	10 weeks	£100.00* per course
	Tai Chi Improvers (<i>Volunteer led group</i>)	25 Apr 2022	10.30 - 11.30	Ongoing	£3.00 per session
	Yoga (<i>Please bring mat & towel</i>)	Start any week	12.45 - 1.45	Ongoing	£5.00 per session
	Digital Skills – PC, Tablet, Smart Phone Learn how to make it work for you	25 Apr 2022	12.00 - 1.30	10 weeks	£75.00* per course
	Pilates (<i>Please bring mat & towel</i>)	Start any week	2.00 - 3.00	Ongoing	£5.00 per session
	Watercolours	25 Apr 2022	2.00 - 4.00	10 weeks	£100.00* per course
	Meditation & Mindfulness - NEW	Start any week	3.15 - 4.15	Ongoing	£5.00 per session
Tues	Yoga (<i>Please bring mat & towel</i>)	Start any week	10.30 - 11.30	Ongoing	£5.00 per session
	Happy Day Singers (<i>AUKS Choir Practice</i>)	26 Apr 2022	11.45 - 1.00	Ongoing	£3.00 per session
	Tai Chi	Start any week	1.15 - 2.15	Ongoing	£5.00 per session
	Over 50's Walking Group - NEW	26 Apr 2022	1.00 - 2.30	Ongoing	£3.00 per session
Wed	Keep Fit as a Fiddle (<i>Volunteer led group</i>) 	27 Apr 2022	10.00 - 11.00	Ongoing	£3.00 per session
	Calligraphy	27 Apr 2022	10.00 - 12.00	10 weeks	£100.00* per course
	Line Dancing	Start any week	11.15 - 12.15	Ongoing	£5.00 per session
	Dance Fit	Start any week	12:30 - 1:30	Ongoing	£5.00 per session
	Pilates (<i>Please bring mat & towel</i>)	Start any week	2.00 - 3.00	Ongoing	£5.00 per session
	Over 50's Jogging Group - NEW	To be confirmed	2.00 - 3.30	Ongoing	£3.00 per session
Thursday	Tai Chi	Start any week	10.15 - 11.15	Ongoing	£5.00 per session
	Yoga (<i>Please bring mat & towel</i>)	Start any week	11.30 - 12.30	Ongoing	£5.00 per session
	Tai Chi	Start any week	1.30 - 2.30	Ongoing	£5.00 per session
	Walk & Sketch - NEW	28 Apr 2022	2.00 - 4.00	10 weeks	£100.00* per course
	Women Only - Keep Fit	28 Apr 2022	2.45 - 3.45	Ongoing	£5.00 per session
Fri	Veterans – Active Minds - NEW	Start any week	10.00 - 12.00	Ongoing	FREE
	Seated Exercise	Start any week	12.30 - 1.30	Ongoing	£5.00 per session
	Men Only - Keep Fit - NEW	29 Apr 2022	2.00 - 3.00	Ongoing	£5.00 per session

*Fees for Age UK Sunderland's 10 week courses can be paid in full, or, by two instalments. Please discuss options at enrolment.

Activities held in Outreach Venues

Activity	Day	Time	Cost	Venue
Walking Football				
Walking Football	Tuesday	1.30 - 3.30	£2.00	Raich Carter Centre Hendon
Transport is available to assist participants to attend Walking Football sessions, please ask ActivAge staff for more details				

Activities held in Sheltered Housing & Extra Care Schemes

Activity	Day	Time	Cost	Venue
Active Friends				
Seated Exercise & Fall Prevention	Monday	2.00 - 3.00	FREE	Robert Wheatman Court
Active Minds	Thursday	10.00 - 11.30	FREE	Beaumont Lodge
Seated Exercise & Fall Prevention	Thursday	2.45 - 3.45	FREE	Greenside Court
If you live in sheltered accommodation and you would like Age UK Sunderland to deliver an activity in your venue then please contact the ActivAge team for more details				

Why not come along and join in the fun, take up a new challenge, and meet new friends!

We offer a wide range of courses and activities such as:

- **Digital Skills:** Learn how to make technology work for you, develop and improve your knowledge and skills to get the best out of computers, tablets, smartphones
- **Take up art:** Watercolours, Calligraphy, Sketching
- **Improve your health and fitness** by attending one of our exercise classes

Taking part in activities can help to improve wellbeing and reduce loneliness and isolation.

New Activities & Projects

Please contact the ActivAge team if you would like more information, or if you would like to join one of the following new activities.



- **Forces for Change:** Veterans - Active Minds – **FREE** sessions supporting veteran heroes aged 50 and over to improve their mental health, wellbeing and to reduce loneliness and isolation. Come along and join our weekly group activities and meet like-minded people. We offer: support and advice, a safe space to talk and listen, a wide range of activities, tea/coffee and refreshments.
- **Active Friends** - **FREE** - leisure and learning opportunities for older residents living in sheltered accommodation, or extra care schemes in Sunderland and the surrounding areas – a choice of activities is available and the activity will be delivered in your venue.
- **Walking Football** - **£2.00** per session. Reignite your passion for football and revitalise your energy. Sessions include 1 hour of walking football and 1 hour of social activity. We offer: support and advice, a safe space to talk and listen while enjoying a tea/coffee and refreshments. All are welcome to join in these sessions.

For more information give the ActivAge team a call?

To book a place on any ActivAge activity please contact the ActivAge Team at the Bradbury Centre on 0191 514 1131.

The ActivAge Team will be happy to take your details and provide you with further information regarding availability and how to pay course fees.

Payment of course fees will secure your place.

Course fees vary depending on activity, please check inside leaflet for more details.

AGE UK Sunderland's (AUKS) Course Fee £5.00 per hour

Courses and activities run subject to enrolment numbers and therefore can be closed at short notice. If this should occur any advance payment received by Age UK Sunderland will be refunded.

For all on-going activities we request that fees are paid four weeks in advance.

Fee payment can only be accepted by cash or cheque.

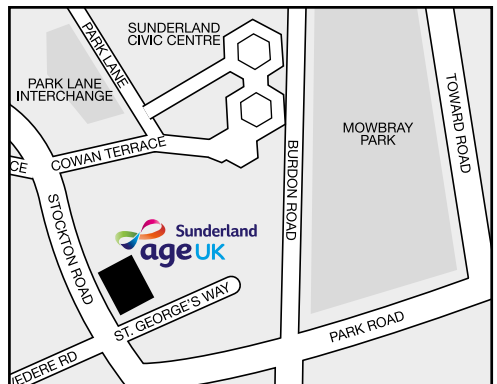
Courses and activities supported by:



For more information contact:



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The data in this leaflet is correct at the time of going to press. Details may change owing to unforeseen circumstances. Please check with ActivAge staff for information regarding any changes.

Age UK Sunderland is a registered charity (no. 1086995) and company limited by guarantee.
Registered in England and Wales No: 4199449. Registered office:
Bradbury Centre, Stockton Road, Sunderland, SR2 7AQ.

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