



ActivAge

SPRING PROGRAMME OF ACTIVITIES

**COMMENCING
JANUARY 2018**

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

Our 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	Length	Cost
Monday	I-Pad – Online Skills for Life	8 Jan 2018	10.00-12.00	11 weeks	FACL course fees
	Calligraphy	8 Jan 2018	10:00-12:00	10 weeks	£65.00 per course
	Tai Chi Improvers 	8 Jan 2018	10.30-11.30	Ongoing	£3.25 per session
	Yoga Improvers – <i>Please bring mat & towel</i> 	8 Jan 2018	12.00-1.00	Ongoing	£3.25 per session
	Crystal Healing	8 Jan 2018	1.30-2.30	10 weeks	£32.50 per course
	Line Dancing Improvers Stage 1 	8 Jan 2018	1.30-2.30	Ongoing	£3.25 per session
	Computer – Online Skills for Life	8 Jan 2018	1.30-3.30	11 weeks	FACL course fees
	Watercolours – Let there be Light	8 Jan 2018	2.00-4.00	11 weeks	FACL course fees
	Pilates Beginners – <i>Please bring mat & towel</i> 	8 Jan 2018	2.45-3.45	Ongoing	£3.25 per session
	Stress Management using Alternative Therapies	8 Jan 2018	3.00-4.00	10 weeks	£32.50 per course
Tuesday	Learn IT – Just the Job	30 Jan 2018	9.30-3.00	4 weeks (Ongoing)	FACL course fees
	Yoga Improvers – <i>Please bring mat & towel</i> 	9 Jan 2018	10.15-11.15	Ongoing	£3.25 per session
	Happy Day Singers – Choir Practice	9 Jan 2018	11.30-1.00	Ongoing	£1.00 per session
	German Intermediate – Travel & Culture	27 Feb 2018	2.00-4.00	15 weeks	FACL course fees
	Ukulele Beginners & Improvers	9 Jan 2018	2.00-4.00	10 weeks	£1.00 per session
	Men's Fitness (Age UK Sunderland & Raich Carter Centre) 	TBC	3.30-4.30	Ongoing	£3.25 per session
Wednesday	Computer Drop-in	10 Jan 2018	9.30-3.30	Ongoing	£2.00 per session
	Keep Fit as a Fiddle 	21 Feb 2018	10.00-11.00	Ongoing	£1.00 per session
	Calligraphy – Local Letters	10 Jan 2018	10.00-12.00	11 weeks	FACL course fees
	Line Dancing Improvers Stage 2 	3 Jan 2018	11.30-12.30	Ongoing	£3.25 per session
	Dance Fit Improvers 	3 Jan 2018	12.45-1.45	Ongoing	£3.25 per session
	Pilates Improvers – <i>Please bring mat & towel</i> 	3 Jan 2018	2.00-3.00	Ongoing	£3.25 per session
	Spanish Beginners Stage 2	31 Jan 2018	2.00-4.00	15 weeks	FACL course fees
	French Beginners	10 Jan 2018	2.00-4.00	10 weeks	£65.00 per course
Dance Fit Beginners 	3 Jan 2018	3.15-4.15	Ongoing	£3.25 per session	
Thursday	Family Tree Improvers	11 Jan 2018	10.00-12.00	11 weeks	FACL course fees
	Thursday Get Together	11 Jan 2018	10.00-12.00	Ongoing	£1.00 per session
	Tai Chi Slow and Gentle to Promote Movement 	11 Jan 2018	10.15-11.15	Ongoing	£3.25 per session
	Yoga Intermediate – <i>Please bring mat & towel</i> 	11 Jan 2018	11.30-12.30	Ongoing	£3.25 per session
	Computer Basics	11 Jan 2018	1.30-3.30	11 weeks	FACL course fees
	German Beginners – Getting by on Holiday	01/03/2018	1.30-3.30	15 weeks	FACL course fees
	Tai Chi Gentle Exercise to improve Strength, Balance and Flexibility 	11 Jan 2018	2.00-3.00	Ongoing	£3.25 per session
	Watercolours Intermediate	11 Jan 2018	2.00-4.00	10 weeks	£65.00 per course
	Spanish Advanced	1 Feb 2018	2.00-4.00	10 weeks	£65.00 per course
	Friday	Android - Online Skills for Life	12 Jan 2018	10.00-12.00	11 weeks
Friday Friends		5 Jan 2018	10.00-12.00	Ongoing	£1.00 per session
Seated Exercise 		12 Jan 2018	1.00-2.00	Ongoing	£3.25 per session
Paint Shop – Digital Creative Arts		12 Jan 2018	1.30-3.30	11 weeks	FACL course fees
Scrabble Group		5 Jan 2018	2.00-4.00	Ongoing	£1.00 per session
Spanish Intermediate Stage 2		2 Feb 2018	2.00-4.00	15 weeks	FACL course fees
Knit, Stitch, Chit 'n Chat		12 Jan 2018	2.15-4.00	Ongoing	£1.00 per session

Activities held in Outreach Venues

	Activity	Start Date	Time	Cost	Venue
Mon	I-Pad Basics	29 Jan 2018	10.00-12.00 11 weeks	FACL course fees	Fulwell Community Library
	I-Pad – Online Skills for Life	29 Jan 2018	1.00-3.00 11 weeks	FACL course fees	City Library @ Museum & Winter Gardens (Harry Watts Room)

Tues	Tai Chi 	9 Jan 2018	12.30-1.30 Ongoing	£3.25 per session	Guildacre Fields
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Wed	I-Pad Basics	31 Jan 2018	10.00-12.00 11 weeks	FACL course fees	Houghton Library
	I-Pad Basics	31 Jan 2018	1.00-3.00 11 weeks	FACL course fees	Washington Library

Every Monday to Friday

Swimming	Jan 2018	9.00-4.00 Ongoing	£5 per pass £2 per swim	Raich Carter Centre
(Age UK Sunderland & Raich Carter Centre)				

Please obtain your concessionary swimming pass from The Bradbury Centre

Why not take up a new challenge and meet new friends!

- Learn how to use a computer or tablet
- Learn a new language
- Take up art
- Improve your health and fitness by attending one of our exercise classes
- Learn how to play a ukulele
- Or, come along and join one of our friendship groups



For more information why not attend one of our **enrolment days**, or, give us a call?

Enrolment Days at the Bradbury Centre

Thursday 4th & Friday 5th January 2018
9.30am–12.30pm

Course places may be booked in advance but attendance at an enrolment session and payment of course fees will secure your place.

Course fees vary depending on individuals' circumstances and funder.

AGE UK Sunderland's course fee.....£3.25 per hour

Unless stated Family Adult & Community Learning (FACL) Course Fees are as follows:

Full fee£2.00 per hour

Over 60's Concessionary fee£1.00 per hour

You will receive full remission for a FACL course (up to 29 hours), if you are in receipt of one of the following benefits: Pension Credit, Universal Credit, Job Seekers Allowance, Employment Support Allowance

Proof of benefit and evidence of date of birth must be provided at enrolment to qualify for remission or a concessionary fee.

You must provide your National Insurance Number when you enrol on to a FACL course.

Family Adult & Community Learning (FACL) course fees must be paid in full upon enrolment.

Payment for courses will be accepted by cash or cheque only.

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.

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