



## *ActivAge*

# SPRING PROGRAMME OF ACTIVITIES

**COMMENCING JANUARY 2019**

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	iPad Beginners – Money Matters & Online Shopping	14 Jan 2019	09.45 - 11.45	10 weeks	£70.00 per course
	Calligraphy	14 Jan 2019	10.00–12.00	10 weeks	£70.00 per course
	Tai Chi Improvers ( <i>Volunteer lead group</i> )	7 Jan 2019	10.30-11.30	Ongoing	£1.50 per session
	Yoga Improvers ( <i>Please bring mat &amp; towel</i> )	7 Jan 2019	12.00-1.00	Ongoing	£3.50 per session
	Computer Improvers - Microsoft	14 Jan 2019	12.00-2.00	10 weeks	£70.00 per course
	Line Dancing Improvers Stage 1	7 Jan 2019	1.30-2.30	Ongoing	£3.50 per session
	Watercolours - Beginners	14 Jan 2019	2.00-4.00	10 weeks	£70.00 per course
	Pilates Beginners ( <i>Please bring mat &amp; towel</i> )	7 Jan 2019	2.45-3.45	Ongoing	£3.50 per session
	Family Tree	14 Jan 2019	2.15-4.15	10 weeks	£70.00 per course
	Yoga Beginners ( <i>Please bring mat &amp; towel</i> )	7 Jan 2019	4.00-5.00	Ongoing	£3.50 per session
Tuesday	Computer Drop-in	8 Jan 2019	9.30-1.00	Ongoing	£2.00 per session
	Yoga Improvers ( <i>Please bring mat &amp; towel</i> )	8 Jan 2019	10.15-11.15	Ongoing	£3.50 per session
	Happy Day Singers (AUKS Choir Practice)	15 Jan 2019	11.30-1.00	Ongoing	£1.50 per session
	German Intermediate	15 Jan 2019	2.00-3.30	10 weeks	£52.50 per course
	Ukulele Beginners & Improvers	15 Jan 2019	2.00-4.00	10 weeks	£1.50 per session
	Tai Chi Beginners	8 Jan 2019	2.30 - 3.30	Ongoing	£3.50 per session
	Keep Fit for Men	22 Jan 2019	3.45 - 4.45	Ongoing	£3.50 per session
	Keep Fit for Women	22 Jan 2019	5.15 - 6.15	Ongoing	£3.50 per session
Wednesday	Computer Beginners – Social Media & Entertainment	16 Jan 2019	9.45-11.45	10 weeks	£70.00 per course
	Keep Fit as a Fiddle 	16 Jan 2019	10.00-11.00	Ongoing	£1.50 per session
	Calligraphy	16 Jan 2019	10.00-12.00	10 weeks	£70.00 per course
	Line Dancing Improvers Stage 2	9 Jan 2019	11.30-12.30	Ongoing	£3.50 per session
	Dance Fit Improvers	9 Jan 2019	12.45-1.45	Ongoing	£3.50 per session
	Android Tablets Beginners – Social Media & Entertainment	16 Jan 2019	12.00 - 2.00	10 weeks	£70.00 per course
	Pilates Improvers ( <i>Please bring mat &amp; towel</i> )	9 Jan 2019	2.15-3.15	Ongoing	£3.50 per session
	Spanish Beginners	16 Jan 2019	2.00-4.00	10 weeks	£70.00 per course
	French Beginners	16 Jan 2019	2.00-4.00	10 weeks	£70.00 per course
	iPad Absolute Beginners	16 Jan 2019	2.15 - 4.15	10 weeks	£70.00 per course
Pilates Beginners	9 Jan 2019	3.30-4.30	Ongoing	£3.50 per session	
Thursday	Computer Drop-in	10 Jan 2019	9.30-1.00	Ongoing	£2.00 per session
	Thursday Get Together	10 Jan 2019	10.00-12.00	Ongoing	£1.50 per session
	Tai Chi - Slow and Gentle	10 Jan 2019	10.15-11.15	Ongoing	£3.50 per session
	Yoga Improvers ( <i>Please bring mat &amp; towel</i> )	10 Jan 2019	11.30-12.30	Ongoing	£3.50 per session
	Computer Drop-in	10 Jan 2019	1.00-4.30	Ongoing	£2.00 per session
	German Beginners	17 Jan 2019	1.30-3.00	10 weeks	£52.50 per course
	Introduction to Holistic Therapies and Stress Management	17 Jan 2019	12:30–13:30	10 weeks	£35.00 per course
	Tai Chi - Strength, Balance & Flexibility	10 Jan 2019	2.00-3.00	Ongoing	£3.50 per session
	Watercolours Intermediate	17 Jan 2019	2.00-4.00	10 weeks	£70.00 per course
	Spanish Advanced	17 Jan 2019	2.00-4.00	10 weeks	£70.00 per course
Tai Chi Beginners	10 Jan 2019	3.15 - 4.15	Ongoing	£3.50 per session	

## Activities held in the Bradbury Centre *(continued)*

Activity	Start Date	Time	Length	Cost
Friday	iPad Improvers – Information and Services Online	18 Jan 2019	9.45 - 11.45	10 weeks £70.00 per course
	Friday Friends	4 Jan 2019	10.00-12.00	Ongoing £1.50 per session
	Seated Exercise	18 Jan 2019	1.00-2.00	Ongoing £3.50 per session
	Introduction to Local History	18 Jan 2019	12.00 - 2.00	10 weeks £70.00 per course
	Spanish Intermediate	18 Jan 2019	2.00-4.00	10 weeks £70.00 per course
	Scrabble Group	4 Jan 2019	2.00-4.00	Ongoing £1.50 per session
	Knit, Stitch, Chit 'n Chat	4 Jan 2019	2.15-4.00	Ongoing £1.50 per session
	Photo Restoration	18 Jan 2019	2.15 - 4.15	10 weeks £70.00 per course

## Activities held in Outreach Venues

Activity	Start Date	Time	Length	Cost	Venue
Tues	Tai Chi	8 Jan 2019	12.30-1.30	Ongoing £3.50 per session	Guildacre Fields (All Welcome)

### Every Monday to Friday

<b>Swimming</b>	Jan 2019	9.00-4.00	£5 per pass	Raich Carter Centre
(Age UK Sunderland & Raich Carter Centre)		Ongoing	£1.50 per swim	

**Please obtain your concessionary swimming pass from The Bradbury Centre**

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

- Learn how to make technology work for you:
  - develop and improve your computer knowledge & skills
  - develop and improve your knowledge & skills in the use of Android tablets and iPads
- Learn a new language: Spanish, German or French
- Take up art: Watercolours, Calligraphy
- Learn to play the ukulele
- Improve your health and fitness by attending an exercise class
- 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

**Friday 4th January & Monday 7th January 2019**  
**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 activity, please check inside leaflet for more details.

AGE UK Sunderland's (AUKS) course fee: £3.50 per hour

Age UK Sunderland full-cost course fees must be paid in full upon enrolment.

For all on-going activities fees are paid on a weekly basis.

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

**Courses and activities supported by:**

**everyone**  
**ACTIVE**  
You'll feel better for it  
**Raich Carter**  
sports centre

 **Online Centres Network**

**For more information contact:**



ActivAge Staff

Age UK Sunderland

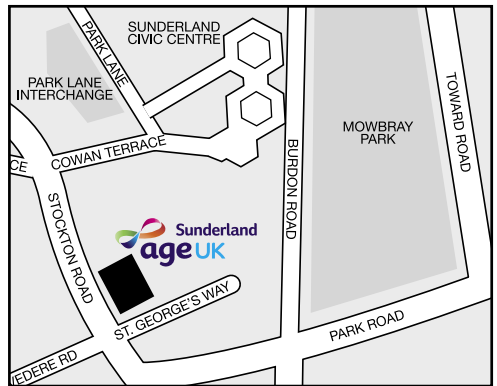
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Details may change owing to unforeseen circumstances.

Please check with ActivAge staff for information regarding any changes.