



PROGRAMME
OF ACTIVITIES

COMMENCING JANUARY 2020

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



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

Get more out of later life!

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 & Android Tablets – Learn how to make it work for you	13 Jan 2020	09.45-11.45	10 weeks £70.00* per course
	Calligraphy	13 Jan 2020	10.00-12.00	10 weeks £70.00* per course
	Tai Chi Improvers (Volunteer led group)	6 Jan 2020	10.30-11.30	Ongoing £1.50 per session
	Yoga Improvers (Please bring mat & towel)	Start any week	12.00-1.00	Ongoing £3.50 per session
	Computer Skills - including Microsoft	13 Jan 2020	12.15-1.45	10 weeks FREE
	Line Dancing Improvers Stage 1	Start any week	1.30-2.30	Ongoing £3.50 per session
	Watercolours	13 Jan 2020	2.00-4.00	10 weeks £70.00* per course
	Pilates Beginners (Please bring mat & towel)	Start any week	2.45-3.45	Ongoing £3.50 per session
	Family Tree & Local History	13 Jan 2020	2.15-4.15	10 weeks £70.00* per course
	Yoga Beginners (Please bring mat & towel)	Start any week	4.00-5.00	Ongoing £3.50 per session

Tuesday	Computer Drop-in	Every week	9.30-1.00	Ongoing £2.00 per session
	Yoga Improvers (Please bring mat & towel)	Start any week	10.15-11.15	Ongoing £3.50 per session
	Happy Day Singers (AUKS Choir Practice)	7 Jan 2020	11.30-1.00	Ongoing £1.50 per session
	Men Only - Keep Fit	14 Jan 2020	1.15-2.15	Ongoing £3.50 per session
	German Improvers	14 Jan 2020	2.00-4.00	10 weeks £30.00 per course
	Ukulele Beginners & Improvers	14 Jan 2020	2.00-4.00	12 weeks £1.50 per session
Tai Chi Beginners	Start any week	2.30-3.30	Ongoing £3.50 per session	

Wednesday	Keep Fit as a Fiddle (Volunteer led group)	8 Jan 2020	10.00-11.00	Ongoing £1.50 per session
	Calligraphy	15 Jan 2020	10.00-12.00	10 weeks £70.00* per course
	Real Crime Club	15 Jan 2020	10.00-12.00	Ongoing £2.00 per session
	Line Dancing Improvers Stage 2	Start any week	11.30-12.30	Ongoing £3.50 per session
	Computers for Beginners	15 Jan 2020	12:00-13:30	10 weeks FREE
	Dance Fit Improvers	Start any week	12.45-1.45	Ongoing £3.50 per session
	Pilates Improvers (Please bring mat & towel)	Start any week	2.15-3.15	Ongoing £3.50 per session
	Spanish Beginners	15 Jan 2020	2.00-4.00	10 weeks £70.00* per course
French Beginners	15 Jan 2020	2.00-4.00	10 weeks £70.00* per course	

Thursday	Computer Drop-in	Every week	9.30-1.00	Ongoing £2.00 per session
	Thursday Get Together	2 Jan 2020	10.00-12.00	Ongoing £1.50 per session
	Tai Chi - Slow and Gentle	Start any week	10.30-11.30	Ongoing £3.50 per session
	Yoga Improvers (Please bring mat & towel)	Start any week	11.30-12.30	Ongoing £3.50 per session
	Live Healthy - Age Well!	16 Jan 2020	12:30-13:30	10 weeks £35.00 per course
	Computer Drop-in	Every week	1.00-4.30	Ongoing £2.00 per session
	Tai Chi Strength, Balance & Flexibility	Start any week	2.00-3.00	Ongoing £3.50 per session
Spanish Advanced	9 Jan 2020	2.00-4.00	10 weeks £70.00* per course	
Tai Chi Beginners	Start any week	3.15 - 4.15	Ongoing £3.50 per session	

Friday	Vintage Crafts	17 Jan 2020	10.00-12.00	5 weeks £35.00 per course + £5 for materials
	Friday Friends	10 Jan 2020	10.00-12.00	Ongoing £1.50 per session
	Seated Exercise	Start any week	1.00-2.00	Ongoing £3.50 per session
	Spanish Intermediate	10 Jan 2020	2.00-4.00	10 weeks £70.00* per course
	Scrabble Group	3 Jan 2020	2.00-4.00	Ongoing £1.50 per session
	Knit, Stitch, Chit 'n Chat	3 Jan 2020	2.00-4.00	Ongoing £1.50 per session
Women Only - Keep Fit	20 Sept 2019	2.45 - 3.45	Ongoing £3.50 per session	

Activities held in Outreach Venues

Activity	Start Date	Time	Cost	Venue
Tuesday				
Tai Chi	Start any week	12.30-1.30 Ongoing	£3.50 per session	Guildacre Fields (All Welcome)

Wednesday				
iPad & Android Beginners	12 Feb 2020 for 10 weeks	2.30-4.00	£52.50 per person	Elephant Tea Rooms

Active Friends – Tuesday, Wednesday & Thursday				
Art: Drawing & Watercolours	7 Jan 2020	1.00 – 2.30	FREE	Keelboat Lodge
Art: Drawing & Watercolours	7 Jan 2020	2.45 – 4.15	FREE	Nelson Close
Seated Exercise & Fall Prevention	8 Jan 2020	9.30 – 10.30	FREE	Greenside Court
Art: Drawing & Watercolours	8 Jan 2020	2.00 – 3.30	FREE	St. Columba Court
Art: Drawing & Watercolours	9 Jan 2020	1.00 – 2.30	FREE	Gillwood Court
Seated Exercise & Fall Prevention	9 Jan 2020	2.00 – 3.00	FREE	Woodridge Gardens

Every Monday to Friday				
Swimming	Ongoing	9.00-4.00 Ongoing	£5 per pass £1.50 per swim	Raich Carter Centre
<p>Please obtain your concessionary swimming pass from The Bradbury Centre</p> <p>Swimming Pass is valid for 1 year only, from date of purchase! Don't forget to renew it when it runs out.</p>				

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

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

- Learn how to make technology work for you: develop and improve your knowledge & skills to get the best out of computers, tablets, smartphones
- 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 one of our exercise classes
- Or, come along and join one of our friendship groups

The Real Crime Club is looking for more participants!

If you are interested in exploring, discussing and debating 'Real Crimes', want to learn about the psychology and criminology behind various crimes, local, national and international then come along and take part in this friendly and informal group.

New Activities and Projects

GET MORE OUT OF LATER LIFE!

If you would like more information, or, to join the following new activities and projects. Please contact the ActivAge team for more information:

Making Meaningful Connections – for the older LGBTQ+ community – **FREE** – we offer one to one support and social network groups

Active Friends – **FREE** – leisure and learning opportunities for older residents living in sheltered accommodation or, extra care schemes in Sunderland – to be delivered at your venue

Men in Big Sheds – **FREE** – contact us for more information

For more information why not attend one of our enrolment days or give the ActivAge team a call?

Enrolment Days at the Bradbury Centre

**Wednesday 8th January 2020 13:30 – 16:30
& Thursday 9th January 2020 13:30 – 16:30**

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 can be paid in full, or, by two instalments. Please discuss options at enrolment.**

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

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

Courses and activities supported by:



For more information contact:



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Age UK Sunderland is a registered charity (no. 1086995) and company limited by guarantee.

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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.

December 2019