



ActivAge

SUMMER PROGRAMME OF ACTIVITIES

COMMENCING MAY 2019

Courses and activities have various start and end dates. Full cost courses charged at £70 .00 can be paid for in full, or, in two instalments. 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 & Android Tablets - Learn how to make it work for you	13 May 2019	09.45-11.45	10 weeks £70.00 per course*
	Calligraphy	13 May 2019	10.00-12.00	10 weeks £70.00 per course*
	Tai Chi Improvers (<i>Volunteer lead group</i>)	29 Apr 2019	10.30-11.30	Ongoing £1.50 per session
	Yoga Improvers (<i>Please bring mat & towel</i>)	29 Apr 2019	12.00-1.00	Ongoing £3.50 per session
	Computer Skills - including Microsoft	13 May 2019	12.00-2.00	10 weeks £70.00 per course*
	Line Dancing Improvers Stage 1	29 Apr 2019	1.30-2.30	Ongoing £3.50 per session
	Watercolours - Beginners	13 May 2019	2.00-4.00	10 weeks £70.00 per course*
	Pilates Beginners (<i>Please bring mat & towel</i>)	29 Apr 2019	2.45-3.45	Ongoing £3.50 per session
	Family Tree & Local History	13 May 2019	2.15-4.15	10 weeks £70.00 per course*
	Yoga Beginners (<i>Please bring mat & towel</i>)	29 Apr 2019	4.00-5.00	Ongoing £3.50 per session

Tuesday	Computer Drop-in	23 Apr 2019	9.30-1.00	Ongoing £2.00 per session
	Yoga Improvers (<i>Please bring mat & towel</i>)	23 Apr 2019	10.15-11.15	Ongoing £3.50 per session
	Happy Day Singers (AUKS Choir Practice)	23 Apr 2019	11.30-1.00	Ongoing £1.50 per session
	German Intermediate	7 May 2019	2.00-3.30	8 weeks £42.00 per course
	Ukulele Beginners & Improvers	7 May 2019	2.00-4.00	10 weeks £1.50 per session
	Tai Chi Beginners	23 Apr 2019	2.30-3.30	Ongoing £3.50 per session
Keep Fit for Women	14 May 2019	5.15-6.15	Ongoing £3.50 per session	

Wednesday	Keep Fit as a Fiddle 	24 Apr 2019	10.00-11.00	Ongoing £1.50 per session
	Calligraphy	1 May 2019	10.00-12.00	10 weeks £70.00 per course*
	Line Dancing Improvers Stage 2	24 Apr 2019	11.30-12.30	Ongoing £3.50 per session
	Dance Fit Improvers	24 Apr 2019	12.45-1.45	Ongoing £3.50 per session
	Pilates Improvers (<i>Please bring mat & towel</i>)	24 Apr 2019	2.15-3.15	Ongoing £3.50 per session
	Spanish Beginners	8 May 2019	2.00-4.00	10 weeks £70.00 per course*
French Beginners	15 May 2019	2.00-4.00	10 weeks £70.00 per course*	

Thursday	Computer Drop-in	25 Apr 2019	9.30-1.00	Ongoing £2.00 per session
	Thursday Get Together	25 Apr 2019	10.00-12.00	Ongoing £1.50 per session
	Tai Chi - Slow and Gentle	25 Apr 2019	10.30-11.30	Ongoing £3.50 per session
	Yoga Improvers (<i>Please bring mat & towel</i>)	25 Apr 2019	11.30-12.30	Ongoing £3.50 per session
	Introduction to Holistic Therapies and Stress Management	25 Apr 2019	12.30-13.30	10 weeks £35.00 per course
	Computer Drop-in	25 Apr 2019	1.00-4.30	Ongoing £2.00 per session
	German Beginners	9 May 2019	1.30-3.00	8 weeks £42.00 per course
	Tai Chi - Strength, Balance & Flexibility	25 Apr 2019	2.00-3.00	Ongoing £3.50 per session
	Watercolours Intermediate	16 May 2019	2.00-4.00	10 weeks £70.00 per course*
	Spanish Advanced	9 May 2019	2.00-4.00	10 weeks £70.00 per course*
Tai Chi Beginners	25 Apr 2019	3.15- 4.15	Ongoing £3.50 per session	

Friday	Friday Friends	26 Apr 2019	10.00-12.00	Ongoing £1.50 per session
	Seated Exercise	26 Apr 2019	1.00-2.00	Ongoing £3.50 per session
	Spanish Intermediate	10 May 2019	2.00-4.00	10 weeks £70.00 per course*
	Scrabble Group	26 Apr 2019	2.00-4.00	Ongoing £1.50 per session
	Knit, Stitch, Chit 'n Chat	26 Apr 2019	2.15-4.00	Ongoing £1.50 per session
	Keep Fit for Men	14 May 2019	3.15-4.15	Ongoing £3.50 per session

Activities held in Outreach Venues

Activity	Start Date	Time	Length	Cost	Venue
Tues Tai Chi	29 April 2019	12.30-1.30	Ongoing	£3.50 per session	Guildacre Fields (All Welcome)

Every Monday to Friday

Swimming	May 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
Swimming Pass is valid for 1 year only, from date of purchase!

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 computer/tablet knowledge & skills
- 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



New Courses and Activities

We are now taking expressions of interest to join the following new courses and activities. If, you are interested and would like more information please contact ActivAge on 0191 514 8334 or, 0191 514 1131.

Real Crime Club - £2.00 per session

Keep fit for men - £3.50 per session

Keep fit for women - £3.50 per session

Men in Big Sheds - Free - "Supported by players of People's Postcode Lottery"

Keeping in Touch Digital Communications - Free

Future Digital Inclusion - for absolute beginners - Free

Start dates and times to be confirmed. Commencement of courses and activities is subject to minimum numbers of enrolment.

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

GET
MORE OUT
OF LATER
LIFE!

Enrolment Days at the Bradbury Centre

Friday 3rd May & Tuesday 7th May 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 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 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:



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Details may change owing to unforeseen circumstances.
Please check with ActivAge staff for information regarding any changes.