

Day	Time	Venue	Activity
MONDAY			
IONA Day Club	11.00 – 14.30	St Columba Cornhill Road Southwick	Refreshments, Chat, Bingo
Day Club	12.00 – 14.30	Robert Wheatman Court Grangetown	Refreshments, Chat, Games
Tai Chi	10.30 – 11.30	AUKS Bradbury Centre Stockton Road	Refreshments & Tai Chi
Day Club	10.30 – 13.30	AUKS Bradbury Centre Stockton Road	Refreshments, Chat, Games, Bingo
Art Group	10.30 – 12.30	25 Stockton Road	Refreshments, Chat, Great Art
TUESDAY			
Day Club	10.30 – 14.00	AUKS Bradbury Centre Stockton Road	Refreshments, Chat, Bingo, Games
Craft Club	1.00 – 15.00	AUKS Bradbury Centre No 25 Stockton Road	Refreshments, Chat, Crafts
Happy Singers Choir	11.45 – 13.15	AUKS Bradbury Centre Stockton Road	Refreshments and great singing
Day Club	11.00 – 13.30	Donwell Care Home (formerly known as the Stella group)	Refreshments, Chat, Bingo, Games
Day Club	11.00 – 14.00	Castledene Court Hylton Castle	Refreshments, Chat, Bingo, Games.
Stroke Support Group	13.00 - 15.00	St Aldates Court Grindon	Refreshments, Chat, Peer support FORTNIGHTLY
Walking Group	10.45 – 13.00	Beacon of Light Foyer	Guides around Sunderland, Chat, Refreshments
Day Club	13.00 - 15.00	Elizabeth Fleming Care Home	Refreshments, Chat, Activities
WEDNESDAY			
Day Club	10.30 – 13.30	AUKS Bradbury Centre Stockton Road	Refreshments, Chat, Bingo, Games
Day Club	11.00 – 14.00	Philadelphia Cricket Club Bunker Hill Houghton	Refreshments, Chat, Bingo, Games
Day Club	11.00 – 14.00	Myre Hall Houghton Le Spring	Refreshments, Chat, Bingo, Games,
Day Club	12.30 – 15.00	St Aldates Court Grindon	Refreshments, Chat, Quizzes, Games.
THURSDAY			
Day Club	11.00 – 14.00	AUKS Bradbury Centre Stockton Road	Refreshments, Chat, Bingo, Games
Day Club	11.00 – 13.30	Woodridge Gardens Oxclose	Refreshments, Chat, Quizzes, Brain Teasers Games
Day Club	12.30 – 15.00	Nelson Close, Toward Road	Refreshments, Chat, Quizzes, Bingo
Pit yard Reminisce	10.00 – 11.30	The Beacon of Light	Refreshments & Chat, Coffee Morning
FRIDAY			
Domino Group	10.00 – 12.30	AUKS Bradbury Centre Stockton Road	Refreshments, Chat, Dominoes
Knitting Group	13:30 – 16:00	AUKS Bradbury Centre Stockton Road	Refreshments, Chat, Knitting
Scrabble Group	14.00 – 16.00	AUKS Bradbury Centre No 25 Stockton Road	Refreshments & Scrabble
Friday Friends	10:00 – 12:00	AUKS Bradbury Centre	Refreshments, Discussion, Occasional Guest Speaker
Day Club	13:00 – 15:00	British Legion Vane Street Silksworth	Refreshments, Chat, Bingo, Games
Music Makers	13:00 – 15:00	AUKS Bradbury Centre Stockton Road	Refreshments & Great Music,
Friday Sing ~ a~long	12.30 – 15.00	AUKS Bradbury Centre Stockton Road	Great singing & Refreshments
Day club	10.30 – 13.30	Gillwood Court Penshaw	Refreshments, Chat, Games, FORTNIGHTLY
Day Club	12.00 – 15.00	Donwell Care Home Donwell	Refreshments, Chat, games, bingo
Veterans support Group	10.00 – 13.00	AUKS Bradbury Centre	Refreshments, Chat, Outings
Partially Sighted Support Group	13.00 - 15.00	AUKS Bradbury Centre	Refreshments, chat, peer support Monthly COMING SOON