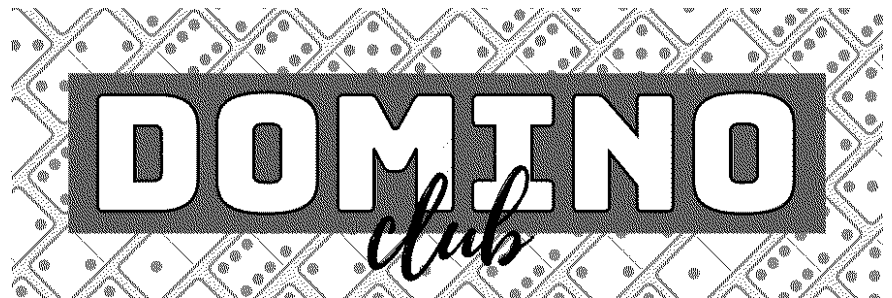


# Age UK Sunderland Community Support Clubs

Weekly Timetable



For enquiries please contact Melanie Whing  
on 0191 514 8338.

Club	Time	Venue	Activity
<b>Monday</b>			
Iona Day Club	11:00-14:30	St Columba Cornhill Road Southwick	Refreshments, Chat, Bingo
Lunch 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
Lunch Club	10:30-13:30	AUKS Bradbury Centre Stockton Road	Refreshments, chat, games, bingo
Domino Club	10:30 – 12:00	AUKS Bradbury Centre Stockton Road	Dominos with Lunch available
Art Group	10:30-12:30	25 Stockton Road	Refreshments, chat, great art
Silver Birch Garden	09:00 – 17:00	Brinkburn Crescent, Houghton-le-Spring	Allotment and Garden space

Club	Time	Venue	Activity
<b>Tuesday</b>			
Lunch Club	10:00 – 14:00	AUKS Bradbury Centre Stockton Road	Refreshments, Chat, Bingo, Games
Craft Club	13:00 – 15:00	AUKS Bradbury Centre No 25 Stockton Road	Refreshments, Chat, Crafts
Happy Singers Choir	11:30 – 12:45	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
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
XBoom	13:00 – 16:00	The Emporium, Vine Place	Music, Dancing, Karaoke,
Silver Birch Garden	09:00 – 17:00	Brinkburn Crescent, Houghton-le-Spring	Allotment and Garden space

Club	Time	Venue	Activity
<b>Wednesday</b>			
Lunch 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
Lunch Club	10:30 – 13:30	Myre Hall Houghton Le Spring	Refreshments, Chat, Bingo, Games.
Day club	12:30 – 15:00	St Aldates Court Grindon	Refreshments, Chat, Quizzes, Games
Day Club	13:00 – 15:00	Springtide Cove Roker	Refreshments, Chat and Games <b>FORTNIGHTLY</b>
Theatre Group	13:00 – 15:00	AUKS Bradbury Centre Stockton Road	Entertainment / Theatre / Matinee Mingle discussion group.
Silver Birch Garden	09:00 – 17:00	Brinkburn Crescent, Houghton-le-Spring	Allotment and Garden space

Club	Time	Venue	Activity
<b>Thursday</b>			
Lunch Club	11:00-14:00	AUKS Bradbury Centre Stockton Road	Refreshments, Chat, Bingo, Games
Day club	11:00 – 13:30	Woodridge Gardens, Oxlose	Refreshments, Chat, Quizzes & Brain Teasers
Lunch Club	12:30 – 15:00	Nelson Close, Toward Road	Refreshments, Chat, Quizzes, Bingo <b>First Thursday of the Month</b>
Pit yard Reminisce	10:00 – 12:00	The Beacon of Light	Refreshments & Chat, Coffee Morning
Visually Impaired Support Group	13:00 – 15:00	AUKS Bradbury Centre	Refreshments, chat, peer support Monthly

Heritage Group	10:00 – 12:00	Bowes Railway Springwell Village	Heritage activities
Dance & Movement Class	10:30 – 12:00	AUKS Bradbury Centre Stockton Road	Dance & Movement Exercise Class.
Weights & Cakes	10:30 – 12:00	AUKS Bradbury Centre Stockton Road	Strength based Exercise Class.
Silver Birch Garden	09:00 – 17:00	Brinkburn Crescent, Houghton-le-Spring	Allotment and Garden space

Club	Time	Venue	Activity
<b>Friday</b>			
Domino & Lunch	10:00 – 13:00	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
Day club	10:30 – 13:30	Gillwood Court Penshaw	Refreshments, Chat, Games, FORTNIGHTLY
Day Club	12:30 – 15:00	Donwell Care Home Donwell	Refreshments, Chat, games, bingo
Veterans support Group	10:00 – 13:00	AUKS Bradbury Centre	Refreshments, Chat, Outings
Silver Birch Garden	09:00 – 17:00	Brinkburn Crescent, Houghton-le-Spring	Allotment and Garden space

# Age UK Sunderland Community Support Clubs

## TECH SUPPORT GROUP

Our Tech Support Group is held during the last week of the Month. Days vary and dates are to be confirmed via our website and social media:

[www.ageuk.org.uk/sunderland/](http://www.ageuk.org.uk/sunderland/)

Or call our Main office on 0191 514 1131

## The Silver Birch Allotment & Garden

Our allotment is available on any day of the week at Houghton Primary  
Care Centre

Brinkburn Cres, Houghton le Spring, DH4 5GU

If you would like to know more about this please call: Melanie Whing on  
0191 514 8338

## Matinee Mingle

Our Matinee Mingle is a monthly event at the Sunderland Empire  
Theatre. Event dates and shows vary each month.

If you would like to know more about this please call: Melanie Whing on  
0191 514 8338