

**AGE CONCERN DURHAM COUNTY**  
**ACTIVITIES FOR THE OVER 50s (AGEING WELL PROJECT)**  
**CHESTER-LE-STREET**

**Mondays:**

- 2.00pm-3.00pm Gentle Circuits, Holyoake Community Hall, South Pelaw, Chester-le-Street (£1.50)
- 11.35-1.45pm Lunch Club 1 and 2, Parish Centre, CLS (*you need to ring Mandy as limited places, Transport provided and places need to be Booked*).

**Tuesdays:**

- 12.15-1.15pm Gentle Seated Exercise, Sacriston Workingmens Club (Lounge), CLS (£1.50)
- 1.30-2.30pm Gentle Seated Exercise, Nettleworth Community Centre, CLS (£1.50)
- 11.00-11.45am Gentle Seated Exercise, Cestrian Court, Newcastle Road, CLS (£1.00)
- 10.00-11.00am (First Tuesday in the Month only) – Monthly React and Coffee Morning, Lawson Court, West Pelton (No charge).

**Wednesdays:**

- 11.30-2.00pm (First Wednesday in the Month only) Mens Group, (*please ring Mandy as we meet at various location And you will be given more information about the Group*). Most meetings are held at Bullion Hall.
- 10.30-11.30am (Third Wednesday in the Month) React Session and Coffee Morning – Boulmer Court, Newker Crescent, CLS (No charge).

**Thursdays:**

- 10.30-11.30am Gentle Seated Exercise, Chesterview Nursing Home, Ouston, CLS (No charge).
- 2.00-3.00pm Gentle Circuits, Bullion Hall, Newker Crescent, CLS (£1.50).
- 5.45-6.45pm Tai Chi, Lawson Court, West Pelton, CLS (£1.50).

**Fridays:**

- 12.45-2.00pm Chi Kung, St. Marys Parish Centre, CLS (£2.50)
- 3.00-4.00pm Weekly React Session (Quiz) and Coffee Afternoon Union Court (beside Hospital) CLS (£1.00).

**Please ring Mandy Humes (Development Worker – Chester-le-Street) – 0191 3839750/**

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**For any queries regarding any of our Activities.**