



## FREE Activities Programme for anyone aged 50-69

OCTOBER		
What	When	Where
Chapter50 Drop In (No booking necessary)	Monday 20 October 10.00am – 12noon	St Anne's Centre, Wolsingham Wolsingham, DL13 3AA
Swimming Sessions	Thursday 23 October Weekly 6.00pm – 7.00pm	Wolsingham Leisure Centre Wolsingham, DL13 3DN
Digital Quiz	Wednesday 29 October 2.30pm – 4.00pm	Sunniside Community Centre Sunniside, DL13 4LR
Silver Ring Making	Wednesday 29 October 6.00pm - 8.00pm	Frosterley Village Hall Frosterley, DL13 2QW

NOVEMBER		
What	When	Where
Wellbeing Walk with Alpacas	Saturday 8 November 11.00am – 12.30pm	Pennine Lodge, St John's Chapel Bishop Auckland, DL13 1QX
Hooky Mat Pictures	Monday 10 November 6.00pm – 8.00pm	Westgate Village Hall, Front St, Bishop Auckland, DL13 1RX
Festive Felt Baubles	Tuesday 11 November 6.00pm – 8.30pm	Stanhope Community Centre Stanhope, DL13 2ND
Yoga & Wellbeing Session	Wednesday 19 November 5.30pm – 7.00pm	Tow Law Community Centre Tow Law, DL13 4AW
Chapter50 Drop In (No booking necessary)	Thursday 20 November 2.00pm – 4.00pm	Stanhope Community Centre Stanhope, DL13 2ND
Festive Baking	Monday 24 November 6.00pm – 8.30pm	St Thomas Church Hall Stanhope, DL13 2UE
Boogie after Noon Day Disco	Thursday 27 November 1.00pm – 3.30pm	Tow Law Community Centre Tow Law, DL13 4AW
Pension and Financial Advice Information Session	Friday 28 November 10.00am – 12noon	Tow Law Community Centre Tow Law, DL13 4AW
Samba Drumming Experience	Saturday 29 November 10.00am – 1.00pm	St Thomas Church Hall Stanhope, DL13 2UE

<b>DECEMBER</b>		
<b>What</b>	<b>When</b>	<b>Where</b>
Festive Baking	Monday 1 December 6.00pm – 8.30pm	St Thomas Church Hall Stanhope, DL13 2UE
Yoga & Wellbeing Session	Wednesday 3 December 5.30pm – 7.00pm	Tow Law Community Centre Tow Law, DL13 4AW
Festive Glass Making	Thursday 11 December 6.00pm – 8.00pm	Frosterley Village Hall Frosterley, DL13 2QW

<b>DIGITAL</b>		
<b>What</b>	<b>When</b>	<b>Where</b>
Digital Drop In (No booking necessary)	Fortnightly on Wednesday 10.00am – 12noon	Weardale Hub Stanhope, DL13 2UB
Digital Drop In (No booking necessary)	Fortnightly on Thursday 10.00am – 12noon	Frosterley Village Hall, Frosterley, DL13 2QW

**Pre-booking is essential**  
**To book your place and for more information contact us on**  
**0191 386 3856 or [info@chapter50.org.uk](mailto:info@chapter50.org.uk)**