

Activities held in Outreach Venues

Activity	Time/Course Length	Venue
Monday		
Tea Dance	1.15-3.30 Ongoing	Houghton Welfare Centre
Desktop Publishing for Beginners	1.00-3.00 10 weeks	Bunny Hill Library
Creative Writing (Central Library)	1.30-3.30 Ongoing	
Tuesday		
Desktop Publishing for Beginners	10.00-12.00 10 weeks	Southwick Library
Line Dancing for Improvers	10.00-11.30 10 weeks	ActivAge Studio
Line Dancing for Absolute Beginners	11.45-12.45 10 weeks	ActivAge Studio
Developing Skills to Promote Healthy Living	1.15-3.15	Shiney Row CA
Wednesday		
Tea Dance	1.15-3.30 Ongoing	Hetton Centre
Thursday		
ICT Awareness – Internet and Email	10.00-12.00 10 weeks	Houghton Library
ICT Awareness for Beginners	10.00-12.00 10 weeks	Brabant Gardens
Tea Dance	1.30-3.30 10 weeks	Crowtree Leisure Centre
Friday		
Beginning Singing	10.00-12.00 10 weeks	High Grindon House
Tea Dance	1.00-2.30 Ongoing	Ryhope Community Centre
Thanks for the Memory – Music of Stage and Screen	1.30-3.30 10 weeks	Shiney Row CA
Men's Group	2.00-4.00	ActivAge Studio

Open Week

Monday 14 to Friday 18 April 2008

- Find out more about benefit entitlements.
- Find out more about Age Concern Sunderland Insurance products – competitive prices.

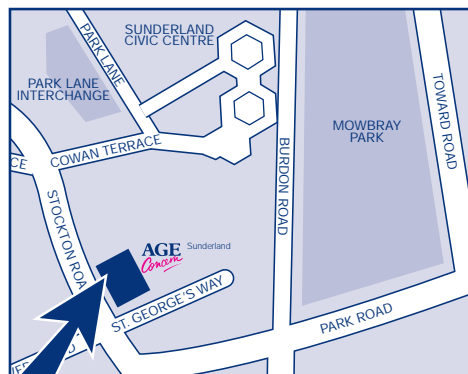
Staff are available during 'Open Week' 10.00am-11.00am. Come along and have an informal chat to find out more.

Courses and activities supported by:

- Sunderland City Council Family Adult and Community Learning
- Sunderland City Libraries



onlinecentres



**Age Concern Sunderland
Bradbury Centre
Stockton Road
Sunderland, SR2 7AQ
Tel: 0191 514 1131**

AGE Sunderland
Concern

ActivAge

Leisure & Learning

Summer Programme of Activities

**Commencing
21 April 2008**

Mission Statement

Age Concern Sunderland aims to promote the well-being of all older people throughout the City of Sunderland, improve their quality of life and help them maintain independence.

Registered Charity No. 1086995
Limited Company, Registered in England No. 4199449

The data in this leaflet is correct at the time of going to press. Details may change owing to unforeseen circumstances. Please check with Leisure and Learning staff for information regarding any changes.

March 2008

Activities held in the Bradbury Centre

Activity	Time	Course Length
Monday		
Digital Photography for Improvers	10.00-12.00	10 weeks
Craft for Beginners	10.00-12.00	10 weeks
Simply Singing	10.00-12.00	10 weeks
Yoga: Beginners	12.30-1.30	Ongoing
Introduction to Local History	12.45-2.45	10 weeks
Painting and Drawing	2.00-4.00	Ongoing
Internet and Email	1.00-3.00	10 weeks
Desktop Publishing	3.00-5.00	10 weeks
Tuesday		
Computer Drop-in	9.30-4.00	Ongoing
Walking Group (fortnightly)	10.00 onwards	Ongoing
Yoga: Improvers	10.00-11.30	Ongoing
Music Making and Appreciation	10.30-12.30	Ongoing
German for Beginners	2.00-4.00	Ongoing
French for Beginners	2.00-4.00	Ongoing
Wednesday		
Computer Drop-in	9.30-3.30	Ongoing
Calligraphy	10.00-12.00	10 weeks
Keep Fit Group	10.00-11.00	Ongoing
Line Dancing Group	11.30-1.00	Ongoing
Gentle Exercise	1.00-2.00	10 weeks
Tai Chi	1.00-2.00	10 weeks
History of Local Buildings	2.00-4.00	10 weeks
French Improvers	2.15-4.15	Ongoing

Activities held in the Bradbury Centre

Activity	Time	Course Length
Thursday		
Digital Photography for Beginners	10.00-12.00	10 weeks
Walking	10.00	Ongoing
Geology	2.00-4.00	10 weeks
Movement and Meditation	12.00-1.30	10 weeks
ICT Awareness – Internet and Email	1.00-3.00	10 weeks
Watercolours Group	2.00-4.00	Ongoing
Word Processing for Beginners	3.00-5.00	10 weeks
Friday		
Computer Drop-in	9.30-4.00	Ongoing
Have your Say on Topics of the Day	10.00-12.00	5 weeks
Exercise Class	12.30-1.30	10 weeks
Spanish for Beginners	1.45-3.45	Ongoing
Scrabble Group	2.00-4.00	Ongoing
Spanish Improvers	2.00-4.00	Ongoing

Age Concern Sunderland Daily Swimming Sessions

Swimming Intermediate	Monday 11.30-1.30	Raich Carter Centre
Swimming Intermediate	Tuesday 11.30-1.30	Raich Carter Centre
Swimming Intermediate	Wednesday 11.30-1.30	Raich Carter Centre
Swimming for Beginners	Thursday 2.00-3.00	Raich Carter Centre
Swimming Intermediate	Friday 11.30-1.30	Raich Carter Centre

Open Week

Monday 14 to Friday 18 April 2008

Come along to our open week and take the opportunity to join in our taster sessions and enrol for our full programme of leisure and learning activities commencing:

Monday 21 April 2008

Our computer suite is open all year round, Monday to Friday. Come along to our computer drop-in and learn the basics of word processing, internet and email.

Open Week Highlights

Mini MOT Health Checks
Monday 14 April 9.30-11.30

Internet Taster Session
Monday 14 April, 1.00-3.00

Email Taster Session
Tuesday 15 April, 10.00-12.00

Email Taster
Wednesday 16 April, 1.00-3.00

Internet Taster Session
Friday 18 April, 10.00-12.00

Places are limited so book early to avoid disappointment.

For more information contact:

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