

# Darlington WOW Guide

MONDAY Activity	Location	Times	Contact
Outdoor Bowls	North Park Darlington, off Cumberland Street, Darlington, DL3 0NQ	Mon - Fri from 14.00, seasonal	07743 321888
Coffee Drop In	Elm Ridge Methodist Church Community Hall, Carmel Road, DL3 8DJ	10.00 - 12.00 exc. bank holidays	01325 282491
Keep Fit & Move with Sue	Middleton St George Community Centre, Middleton St George, DL2 1JG	09.30 - 10.30	07932 312104
Whist Club & Social Activities	Havelock Centre, Katherine Street, Darlington, DL1 2JE	11.30 - 15.30	01325 468586
Darlington Stroke Club - Age UK	Bradbury House, Beaumont Street West, Darlington, DL1 5SX	10.00 - 12.30	01325 362832
Health Walk - Haughton Matters	Haughton Area - Various Starting Points	13.30 - 14.30	01325 405400
Keep Fit - Move More	Dolphin Centre, Horse Market, Darlington, DL1 5RP	11.30 - 12.00	01325 405400
Exercise for Everyone - Move More	Branksome Hall, Branksome Hall Drive, Darlington, DL3 9SR	13.30 - 14.30	01325 405400
Tai Chi - Haughton Matters	Haughton Methodist Church, Haughton Green, Darlington, DL1 2DD	19.00 - 20.00	01325 405400
Exercise for Everyone - Move More	Rockwell House, Littlebeck Drive, Darlington, DL1 2AG	13.30 - 14.30	01325 405400
Chair Based Exercises - Move More	Swindon Court, Trinity Road, Darlington, DL3 7BF	10.30 - 11.30	01325 405400
Chair Based Exercises - Move More	Emerson Court, Darlington, DL3 8JB	10.30 - 11.30	01325 405400
Indoor Bowls	Morrisons North Road, Darlington, DL1 2PY	Monday - Sunday from 10.00	01325 485414
Friends of the Denes - Gardening	The Denes (off Deneside Road) Willow Road, Darlington, DL3	10.00 - 12/12.30	07388 395844
Dementia Friendly Cockerton Café	Worsley Park, Cardinal Gardens, Darlington, DL3 8SQ	Every 1st Monday 12.00-14.00	01325 354122 Susan Gray

TUESDAY Activity	Location	Times	Contact
Connect Group	The Salvation Army, Darlington Citadel, Thompson Street, DL1 3EW	10.00 - 11.30	01325 380994
Gentle Exercise - Move More	Eastbourne Sports Complex, Bourne Avenue, Darlington, DL1 1LJ	13.30 - 14.30	01325 405400
Yoga with Mindfulness	Haughton Methodist Church, Haughton Green, Darlington, DL1 2DD	18.00 - 19.00	01325 405400
Exercise for Everyone - Move More	Oban House, Whinbush Way, Darlington, DL1 3PT	11.00 - 12.00	01325 405400
Exercise for Everyone - Move More	Dalkeith House, Dalkeith Close, Darlington, DL3 8DB	10.45 - 11.45	01325 405400
Exercise for Everyone - Move More	Linden Court, Linden Drive, Hurworth, DL2 2DL	11.30 - 12.30	01325 405400
Tai Chi - Move More	Rockwell House, Littlebeck Drive, Darlington, DL1 2AG	13.30 - 14.30	01325 405400
Darlington's Veterans Brunch - Age UK	Bradbury House, Beaumont Street West, Darlington, DL1 5SX	10.00 - 12.00	01325 362832
Darlington's Men's Shed	King's Centre, Prospect Pl, Whessoe Road, Darlington, DL3 0QT	Tue, Wed & Fri 10.00 - 12.00	07770 896255
Alzheimer's Society Singing for the Brain	St Teresa's Hospice Wellbeing Hub, 91 Woodlands Road, DL3 7UA	Every other Tue 13.30-15.00	Call in advance 01904 929444

WEDNESDAY Activity	Location	Times	Contact
Dementia Café	D'ton Railway Museum, (currently at Morrisons North Rd, DL3 6ST)	3rd Wed of each month 11.00 - 12.00	01325 405541
Craft Class - Knit & Natter	Harrowgate Hill Apostolic Church, Crosby Street, DL3 0HW	13.00 - 15.00	07972 254175
Chair Fit, Bingo & Social - Move More	Havelock Community Centre, Katherine Street, Darlington, DL1 2JE	11.00 - 13.30	07757 386695
Yoga with Mindfulness	Haughton Methodist Church, Haughton Green, Darlington, DL1 2DD	10.00 - 11.00	01325 405400
Standing Pilates - Haughton Matters	St Anne's Church Hall, Wellbeck Avenue, Darlington, DL1 2DR	09.15 - 10.00	07983 531150
Chair Exercises & Games - Move More	Windsor Court, Newton Lane, Darlington, DL3 9HF	13.30 - 14.30	01325 405400
Breath Easy	Eastbourne Sports Complex, Bourne Avenue, Darlington, DL1 1LJ <b>EMAIL: breatheasydarlington@hotmail.com</b>	11.45 - 13.45	Email
Exercise After Stroke	Eastbourne Sports Complex, Bourne Avenue, Darlington, DL1 1LJ <b>EMAIL: Vicky.grant@darlington.gov.uk</b>	14.00 - 16.00	Email
Tai Chi - Move More	Havelock Community Centre, Katherine Street, Darlington, DL1 2JE	14.00 - 15.30	01325 405400
Swingfit	St Thomas Aquinas Church Hall, North Road, Darlington, DL1 2PU	10.00 - 11.00	07968 689947
Willow Road Lunch Club	Willow Road Community Centre, Darlington, DL3 6QB	12.00 - 13.30	01325 362832
Keep Fit - Move More	Dolphin Centre, Horse Market, Darlington, DL1 5RP	13.00 - 14.00	01325 405400
Exercise for Everyone - Move More	Dinsdale Court - Middleton St George, DL2 1DX	11.00 - 12.00	01325 405400
This is Us' Craft Group - Age UK	Bradbury House, Beaumont Street West, Darlington, DL1 5SX	14.30 - 16.00	01325 362832
Singalong - Age UK	Bradbury House, Beaumont Street West, Darlington, DL1 5SX	13.00 - 14.15	01325 362832
Games for the Brain	Dalkeith House, Dalkeith Close, Darlington, DL3 8DB	14.00 - 16.00	Karen Gilbey 07956 995249

Our local community in Darlington offers a wide range of stimulating activities for older adults to enjoy. But it can sometimes be difficult finding out when and where these are happening.

This guide has been created so you can brighten up your social calendar, meet new friends and enjoy the best of what your local community has to offer.

THURSDAY Activity	Location	Times	Contact
Tai Chi for All - Haughton Matters	St Andrew's Church Hall, Haughton Green, Darlington, DL1 2DD	09.15 - 10.15	01325 405400
Tea Dance/Sequence Dancing - Age UK	Dolphin Centre, Horse Market, Darlington, DL1 5RP	14.00 - 16.00	01325 406000
Open Mic Night	Elim Pentecostal Church, Bowman Street, Darlington, DL3 0HE	First Thursday of the month from 19.00	01325 487175
Time for Tea Thursdays - Age UK	Bradbury House, Beaumont Street West, Darlington, DL1 5SX	10.00 - 12.00	01325 362832
Keep Fit - Move More	Heighington Village Hall, Darlington Road, Heighington, DL5 6PE	13.30 - 14.30	01325 307040
Durham Deafened Support	Havelock Centre, Katherine Street, Darlington, DL1 2JE	13.00 - 16.00	07506 737545
Dance Fit - Haughton Matters	St Anne's Church Hall, Wellbeck Avenue, Darlington, DL1 2DR	16.30 - 17.30	01325 405400
Chair Based Exercises - Move More	Eastbourne Sports Complex, Bourne Avenue, Darlington, DL1 1LJ	11.00 - 12.00	01325 405400
Stiches - Age UK	Bradbury House, Beaumont Street West, Darlington, DL1 5SX	14.00 - 16.00	01325 362832
Ukulele Group: Ukulective	Elim Pentecostal Church, Bowman Street, Darlington, DL3 0HE	From 10.30	01325 487175
Bowls - Move More	Oban Court, Whinbush Way, Darlington, DL1 3PT	14.00 - 15.00	01325 405400
Chair Exercises & Games - Move More	Rosemary Court, Fenby Avenue, Darlington, DL1 4UB	10.30 - 11.30	01325 405400
Exercise for Everyone - Move More	Ted Fletcher Court - Salters Lane South, Darlington, DL1 2TZ	14.00 - 15.00	01325 405400
Tai Chi- Intermediate - Haughton Matters Venue	St Andrew's Church Hall - Haughton Green, Darlington, DL1 2DD	10.30 - 11.30	01325 405400
Low Impact Fitness - Haughton Matters	St Andrew's Church Hall - Haughton Green, Darlington, DL1 2DD	10.00 - 11.00, Phil - The Active Life Foundation	07983 531150
Prompted to Write - Age UK	Bradbury House, Beaumont Street West, Darlington, DL1 5SX	10.00 - 12.00	01325 362832
Alzheimer's Society Café Memoir	St Hilda's Church Hall Building, Tannery Yard, Darlington, DL1 1SH	Last Thurs of month 13.30 - 15.30	01904 929444
Dementia Voice Darlington	Hippo Lounge Café, Darlington Hippodrome, Darlington, DL1 1RR	Every other Thur from 11.30	07483 137521

FRIDAY Activity	Location	Times	Contact
Friday Coffee Club	Elim Pentecostal Church, Bowman Street, Darlington, DL3 0HE	10.30 - 12.00	01325 487175
Cockerton Nitter Natter	Cockerton Club, Woodland Road, Darlington, DL3 9AB	10.00 - 12.00	07388 395944
Gentle Years Yoga (pre book) - Age UK	Bradbury House, Beaumont Street West, Darlington, DL1 5SX	14.00 - 15.30	01325 362832
Games and Exercise Parkinson's Support Group	Eastbourne Sports Complex, Darlington, DL1 1LJ	15.00 - 16.30	Debbie Robson 07702 560699
Exercise for Everyone - Move More	Park Place/Hargreave Community Centre, Hargreave Terrace, Darlington, DL1 5LR	10.30 - 11.30	01325 405400
Exercise for Everyone - Move More	Roxby Court, 16 Roxby Moor Avenue, Darlington, DL1 4TB	13.30 - 14.30	01325 405400
Keep Fit - Move More	Clifton Road Community Centre, Darlington, DL1 5EE	10.00 - 11.00	01325 405400
Tai Chi - Move More	Eastbourne Sports Complex, Bourne Avenue, Darlington, DL1 1LJ	13.15 - 14.30	01325 405400
Table Tennis Bat & Chat - Move More	Eastbourne Sports Complex, Bourne Avenue, Darlington, DL1 1LJ	10.30 - 12.30	01325 405400
Art Group - Age UK	Bradbury House, Beaumont Street West, Darlington, DL1 5SX	10.00 - 12.00	01325 367832
Digital Champion Drop-in Sessions	Bradbury House, Beaumont Street West, Darlington, DL1 5SX	14.00 - 16.00	01325 362832
Indoor table sports	Havelock Centre, Katherine Street, Darlington, DL1 2JE	13.00 - 15.30	07506 737545
That's How We Roll, Outdoor Bowling	SouthPark, Parkside, Darlington, DL1 5JS	11.00 onwards April-September	07970 766626

SATURDAY Activity	Location	Times	Contact
Coffee Morning	The Salvation Army, Darlington Citadel, Thompson Street, Darlington, DL1 3EW	10.00 - 11.30	01325 380994
Darlington & District West Indian Assoc	Havelock Centre, Katherine Street, Darlington, DL1 2JE	Fortnightly 11.00 - 17.00	07732 302429

**NOTE: Please make contact prior to attending an event to confirm details and check whether any charges apply.**

This guide has been carefully compiled by Home Instead Darlington & Northallerton. We cannot take responsibility for any errors or amendments to activities listed. Times/Days/Locations may be subject to change. Please call ahead to confirm details before arrival to avoid disappointment.

[www.homeinstead.co.uk/darlington](http://www.homeinstead.co.uk/darlington)

