**REGULAR GROUPS AND ACTIVITIES OPEN TO EVERYONE**

*(tutor/organiser enquiries are welcome; rooms available to hire)*

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| --- | --- | --- | --- | --- |
| **DAY** | **TIME** | **WHEN** | **CONTACT** | **CONTACT INFO** |
| **MONDAY** |
| **Pilates** | **9.30 am - 10.30 am** | **Weekly** | **Joanne** |  |
| **Keep Moving - exercise for everybody** | **11.00 am – 11.50 am** | **Weekly**  | **Paul** | **07533852510** |
| **Swingfit** | **5.30 pm – 6.30 pm** | **Weekly**  | **Kathy** | **07494665351** |
| **Saint Johns Ambulance**  | **7.15 pm – 9.15 pm**  | **Weekly** | **Sheila** | **Enquire** |
| **Consett & District Photographic Society** | **7.30 pm – 9.00 pm** | **Weekly (on Summer break resumes September)** | **David** | **07546588871** |
|  |  |  |  |  |
| **TUESDAY** |
|  |  |  |  |  |
| **Dementia Friendly Choir** | **1.15pm – 3.15pm** | **Weekly** | **Susan** | **Dementiafriendlychoirs@gmail.com** |
| **Pauline Cook SOD** | **4.45 pm – 5.45 pm** | **Weekly**  | **Pauline** | **07769588299** |
| **Taekwon-do (All ages and abilities)** | **6.00 pm – 7.00 pm** | **Weekly** | **William** | **07971818282** |
| **Derwentside Gardening Club** | **7.00 pm – 9.00 pm** | **Monthly (1st Tue of Month)** | **David** | **Enquire** |
|  |  |  |  |  |
| **WEDNESDAY** |
| **Bloom Baby (Sensory Group)** | **9.30 am – 1 pm** | **Weekly**  | **Grace** | **grace@bloombabyclasses.com** |
| **Take Time together meditation** | **10.00 am – 11.00 am** | **Weekly** | **Kim** | **07958450637** |
|  |  |  |  |  |
|  |  |  |  |  |
| **THURSDAY** |
| **Pilates** | **9.30am – 10.30am** | **Weekly** | **Joanne** | **Little miss fit** |
| **CDCLC Parents and Toddler group** | **11.00am-12.30pm** | **Weekly (Termtime)** |  | **Holly@cdclc.co.uk** |
| **Consett Autoimmune Support Group**  | **11.30 am – 12.30 am** | **Weekly** | **Elaine** | **07722889958** |
| **Jacqui Gunnion Yoga** | **7.00 pm – 8.30 pm** | **Weekly** | **Jacqui** | **07759990047** |
|  |  |  |  |  |
| **FRIDAY** |
| **Pilates** | **9.30 am – 10.30 am** | **Weekly**  | **Jana** | **07918239856** |
| **Pauline Cook School of Dance** | **4:45pm – 6:15pm** | **Weekly** | **Pauline** | **07769588299** |
| **Red Dust Company Choir** | **7.00 pm – 9.00 pm** | **Monthly** | **Clare** | **reddustcompany@gmail.com** |
| **U3A**  | **Please get in touch for times** |  |  |  |
|  |  |  |  |  |
| **SATURDAY** |
| **Pilates** | **8.30 am – 9.30 am** | **Weekly** | **Joanne** | **Enquire** |
| **Consett & Vale of Derwent Field Club** | **6.30 pm - 8.00 pm** | **Twice a month from Nov** | **Derek** | **Enquire** |
| **Spirit Cafe** | **7 pm – 9 pm** | **Monthly** | **Jamie** | **@cdclc** |
|  |
| **SUNDAY** |
| **County Durham Christian life Centre**  | **Morning** | **Weekly** | **Jamie** | **@cdclc** |
| **Pilates** | **6.00pm – 7.00pm** | **Monthly** | **Joanne** |  |