

## What's On – January/February 2024

Group or Activity	Time	Cost	How to Get Involved	Information
<b>Monday</b>				
SOSA Dance Class	9:30-10:30am	£5	Contact Trudy: 07787 419022	No need to book
Coffee Morning	10:00-12:00pm	Free	Come along!	Hot drinks & biscuits
Ballet Be Fit	10:45-11:45am	£6	Contact Trudy: 07787 419022	Booking essential
Healthy Cooking Course	1:00-3:00pm	Free	Email daniel.coyne@foundationoflight.co.uk	
Ladies Club	1:30-4:00pm	£1	Come along!	Annual membership
Ballet Be Fit	7:00-8:00pm	£6	Contact Trudy: 07787 419022	Booking essential
<b>Tuesday</b>				
Cuppa & Chat	9:00-12:00pm	Free	Come along!	Hot drinks & biscuits
Counselling Course	9:30-11:00am	Free	Email enquiries.training@newdur.ac.uk	
Lunch Club	12:00-1:00pm	£3	Come along!	Two course meal
Gentle & Seated Exercise	1:30-2:30pm	Free	Come along!	Gentle aimed at 50+
NHS Weight & Wellbeing	3:00-7:00pm	Free	Ask your GP for a referral	
Boogie Bounce	7:15-8:00pm	£6	Contact Michele: 07956 992069	
<b>Wednesday</b>				
Baby & Toddler Group	9:30-11:00am	£1	Come along!	
Indoor Kurling	11:15-12:15pm	Free	Come along!	
Air Fryer Course	1:00-2:30pm	Free	Pre-booked places only – fully booked	
Art Club	1:30-3:30pm	£1	Come along!	Annual membership
Northern Star School of Dance	4:30-7:15pm	Various	Contact Bonita: 07584 289017	Three classes
Employability Durham Drop In	4:30-5:30pm	Free	Drop in or call 03000 262009	Help finding work
Bible Study	7:30-8:30pm	Free	Come along!	Christ Liberty House
Camera Club	7:30-9:00pm	50p	Come along!	Annual membership
<b>Thursday</b>				
Cuppa & Chat	9:00-12:00pm	Free	Come along!	Hot drinks & biscuits
Walking Group – Walk Durham	9:30-11:00am	Free	Come along!	Run by Thrive Active
Lunch Club	12:00-1:00pm	£3	Come along!	Two course meal
Bingo	1:30-3:00pm	50p	Come along!	£1/book; 50p/flyer
Slimming World	5:30-7:00pm	£5.95	Come along to join	slimmingworld.co.uk
Belly Dancing	7:15-8:15pm	£6	Contact Sarah: 07986 921118	
<b>Friday</b>				
Moo Music: Mixed Moo	9:45-10:25am	£5	Book online at <a href="https://moo-music.co.uk/areas/durham">https://moo-music.co.uk/areas/durham</a>	Babies & toddlers
Moo Music: Baby Moo	10:45-11:25am	£5		Pre-walking babies
Craft Club – Crochet Course	11:00-1:00pm	£1	Come along!	Annual membership
Mat Pilates with Liz	5:30-6:30pm	£5	Come along!	Bring a mat
<b>Saturday</b>				
Community Café	9:00-12:00pm	Various	Come along!	
Northern Star School of Dance	9:00-3:00pm	Various	Contact Bonita: 07584 289017	Several classes
<b>Sunday</b>				
Christ Liberty House Church	10:30-12:30pm	Free	Come along!	Christian Church