**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** | |
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| **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** | |
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| **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** | |  | |  |  | |
| **Take Time together Meditation** | | **10am – 11am** | | **1st and 3rd Friday of the Month** | | **Kim** | **07958450637** | |
|  | |  | |  | |  |  | |
| **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** | | |  |