



**CITIZENS
HOUSE**

REGULAR GROUPS AND ACTIVITIES OPEN TO EVERYONE

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

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	David	07546588871
TUESDAY				
Lotus Integral Yoga	11.00 am - 12.30 pm	Weekly	Sonya	07976439498
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 (1 st Tue of Month)	David	Enquire
WEDNESDAY				
Bloom Baby (Sensory Group)	9.30 am - 12.30 am	Weekly	Grace	grace@bloombabyclasses.com
Take Time together meditation	10.00 am - 11.00 am	Weekly	Kim	07958450637

THURSDAY				
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				
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	