



## Activities Guide

For more information, please contact us on 0191 438 1721 or email

[info@gatesheadopa.org.uk](mailto:info@gatesheadopa.org.uk)

[www.gatesheadopa.org.uk](http://www.gatesheadopa.org.uk)

The Assembly offers something for everyone. Whether you're interested in wellness classes, days out, local history, arts and crafts, or simply meeting up for a cuppa and a good chat, you can be sure of a warm welcome.

Why not pop along, make some new friends, and learn something new?

If you're over 50 and live in Gateshead, you're welcome to join any of our groups or take part in our wellness classes.

| Activity                 | Venue                | Time/Day   |
|--------------------------|----------------------|--|
| Art Group                | Deckham Village Hall | 10:30 – 12:30<br>Every other Thursday                    |
| Birtley Social Group     | Birtley fire station | 10:30 – 12:30<br>Every other Tuesday                     |
| Book Group               | Deckham Village Hall | Starting 26 April –<br>ring for details                  |
| Cosy Crow Community Cafe | Deckham Village Hall | 12:30 – 15:00<br>Wednesday and Thursday                  |
| Craft Group              | Deckham Village Hall | 10:00 – 16:00<br>Thursday                                |
| Dancercise               | Deckham Village Hall | 10:00 – 10:45<br>Monday<br><br>16:00 – 17:00<br>Thursday |
| Deckham Social Group     | Deckham Village Hall | 10:30 – 12:30<br>Every other Wednesday                   |
| Discover Health 50+      | Deckham Village Hall | 11:30 – 12:30<br>Wednesday                               |
| Easy Does It             | Deckham Village Hall | 11:00 – 11:45<br>Monday                                  |

|                                      |  |   |
|--------------------------------------|--|---|
| Get Connected!<br>(technology class) | Deckham Village Hall   | 10-week course, 2 hours per week<br><br>Please ring for details |
| Joyce Close Social Group             | Joyce Close Communal Lounge                                    | 10:00 – 12:00<br>Wednesday                                      |
| LIFE Programme (circuits)            | Deckham Village Hall   | 11:30 – 12:30<br>Friday   |
| Reminiscence Group                   | Deckham Village Hall   | 10:30 – 12:30<br>Every other Thursday                           |
| Staying Steady                       | Various locations across Gateshead – courses last for 20 weeks | Please ring for details   |
| St. Helen's Social Group             | Church Hall (Low Fell)   | 13:00 – 15:00<br>Every other Wednesday                          |
| St. Peter's Get Together Group       | Church Hall (Low Fell)   | 13:30 – 15:00<br>2 <sup>nd</sup> Monday of month                |
| Tai Chi                              | Deckham Village Hall   | 11:45 -12:45<br>13:30 – 14:30<br>Tuesday                        |
| Tea Dance                            | Deckham Village Hall   | 13:00 – 15:00<br>Friday   |
| Wardley Gate Social Group            | Wardley Gate Care Centre                                       | 10:30 – 11:30<br>Tuesday  |