



Activities Guide

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

info@gatesheadopa.org.uk

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 Every other Thursday
Birtley Social Group	Birtley fire station	10:30 – 12:30 Every other Tuesday
Book Group	Deckham Village Hall	Last Wednesday of the month 1:30pm
Cosy Crow Community Cafe	Deckham Village Hall	12:30 – 15:00 Wednesday and Thursday
Craft Group	Deckham Village Hall	10:00 – 16:00 Thursday
Dancercise	Deckham Village Hall	10:00 – 10:45 Monday 16:00 – 17:00 Thursday
Deckham Social Group	Deckham Village Hall	10:30 – 12:30 Every other Wednesday
Discover Health 50+	Deckham Village Hall	11:30 – 12:30 Wednesday
Easy Does It	Deckham Village Hall	11:00 – 11:45 Monday

Joyce Close Social Group	Joyce Close Communal Lounge	10:00 – 12:00 Wednesday
LIFE Programme (circuits)	Deckham Village Hall	11:30 – 12:30 Friday
Reminiscence Group	Deckham Village Hall	10:30 – 12:30 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 Every other Wednesday
St. Peter's Get Together Group	Church Hall (Low Fell)	13:30 – 15:00 2 nd Monday of month
Tai Chi	Deckham Village Hall	10:30 – 11:30 11:45 – 12:45 Tuesday
Tea Dance	Deckham Village Hall	13:00 – 15:00 Friday
Wardley Gate Social Group	Wardley Gate Care Centre	10:30 – 11:30 Tuesday