

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <b>10:00-12:00</b> Staying Steady (St. Joseph's, Blaydon)  <b>10:30-12:30</b> Reminiscence Group  <b>13:00-15:00</b> Staying Steady (St. Helen's, Low Fell)  <b>13:00-15:00</b> Whickham Get Together Group (Community Centre, Front Street)	<b>2</b> <b>11:40-12:30</b> LIFE Programme (Circuits)  <b>13:00-15:00</b> Tea Dance
<b>5</b> <b>10:00-10:45</b> Dancercise Gold  <b>11:00-11:45</b> Easy Does It (seated exercise)  <b>13:00-15:00</b> Staying Steady	<b>6</b> <b>10:30-11:30</b> Tai Chi  <b>10:30-11:30</b> Wardley Gate Coffee Drop-in (Wardley Gate Care Centre)  <b>10:30-12:30</b> Birtley Social Group (Fire Station)  <b>11:45-12:45</b> Tai Chi  <b>13:00-15:00</b> Staying Steady (Whickham Community Centre)	<b>7</b> <b>10:00-12:00</b> Joyce Close Social Group (Communal Lounge, Wardley)  <b>10:30-12:30</b> Basic English Skills  <b>10:30-12:30</b> Deckham Social Group  <b>12:30-15:00</b> Cosy Crow Community Café  <b>13:30-15:00</b> Book Group  <b>14:15-15:00</b> Seated Exercise (Sight Service, Stonehills, Pelaw)	<b>8</b> <b>10:00-12:00</b> Staying Steady (St. Joseph's, Blaydon)  <b>10:30-12:30</b> Art Group  <b>11:00-15:00</b> Craft Group  <b>12:30-15:00</b> Cosy Crow Community Café  <b>13:00-15:00</b> Staying Steady (St. Helen's, Low Fell)  <b>16:00-17:00</b> Dancercise	<b>9</b> <b>11:40-12:30</b> LIFE Programme (Circuits)  <b>13:00-15:00</b> Tea Dance
<b>12</b> <b>10:00-10:45</b> Dancercise Gold  <b>11:00-11:45</b> Easy Does It (seated exercise)  <b>13:00-15:00</b> Staying Steady  <b>13:30-15:00</b> Denewell Avenue Get Together Group (Denewell Avenue Church, Low Fell)	<b>13</b> <b>10:30-11:30</b> Tai Chi  <b>10:30-11:30</b> Wardley Gate Coffee Drop-in (Wardley Gate Care Centre)  <b>11:45-12:45</b> Tai Chi  <b>13:00-15:00</b> Staying Steady (Whickham Community Centre)	<b>14</b> <b>10:00-12:00</b> Joyce Close Social Group (Communal Lounge, Wardley)  <b>10:30-12:30</b> Basic English Skills  <b>12:30-15:00</b> Cosy Crow Community Café  <b>13:00-15:00</b> St. Helen's Social Group (Church Hall, Low Fell)  <b>14:15-15:00</b> Seated Exercise (Sight Service, Stonehills, Pelaw)	<b>15</b> <b>10:00-12:00</b> Staying Steady (St. Joseph's, Blaydon)  <b>10:30-12:30</b> Reminiscence Group  <b>11:00-15:00</b> Craft Group  <b>12:30-15:00</b> Cosy Crow Community Café  <b>13:00-15:00</b> Staying Steady (St. Helen's, Low Fell)	<b>16</b> <b>11:40-12:30</b> LIFE Programme (Circuits)  <b>13:00-15:00</b> Tea Dance

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<p><b>19</b>  <b>10:00-10:45</b> Dancercise Gold</p> <p><b>11:00-11:45</b> Easy Does It (seated exercise)</p> <p><b>13:00-15:00</b> Staying Steady</p>	<p><b>20</b>  <b>10:30-11:30</b> Conversational Spanish</p> <p><b>10:30-11:30</b> Tai Chi</p> <p><b>10:30-11:30</b> Wardley Gate Coffee Drop-in (Wardley Gate Care Centre)</p> <p><b>10:30-12:30</b> Birtley Social Group (Fire Station)</p> <p><b>11:45-12:45</b> Tai Chi</p> <p><b>13:00-15:00</b> Staying Steady (Whickham Community Centre)</p>	<p><b>21</b>  <b>10:00-12:00</b> Joyce Close Social Group (Communal Lounge, Wardley)</p> <p><b>10:30-12:30</b> Basic English Skills</p> <p><b>10:30-12:30</b> Deckham Social Group</p> <p><b>12:30-15:00</b> Cosy Crow Community Café</p> <p><b>14:15-15:00</b> Seated Exercise (Sight Service, Stonehills, Pelaw)</p>	<p><b>22</b>  <b>10:00-12:00</b> Staying Steady (St. Joseph's, Blaydon)</p> <p><b>10:30-12:30</b> Art Group</p> <p><b>11:00-15:00</b> Craft Group</p> <p><b>12:30-15:00</b> Cosy Crow Community Café</p> <p><b>13:00-15:00</b> Staying Steady (St. Helen's, Low Fell)</p>	<p><b>23</b>  <b>11:40-12:30</b> LIFE Programme (Circuits)</p> <p><b>13:00-15:00</b> Tea Dance</p>
<p><b>26</b>  <b>10:00-10:45</b> Dancercise Gold</p> <p><b>11:00-11:45</b> Easy Does It (seated exercise)</p> <p><b>13:00-15:00</b> Staying Steady</p>	<p><b>27</b>  <b>10:30-11:30</b> Conversational Spanish</p> <p><b>10:30-11:30</b> Tai Chi</p> <p><b>10:30-11:30</b> Wardley Gate Coffee Drop-in (Wardley Gate Care Centre)</p> <p><b>11:45-12:45</b> Tai Chi</p> <p><b>13:00-15:00</b> Staying Steady (Whickham Community Centre)</p>	<p><b>28</b>  <b>10:00-12:00</b> Joyce Close Social Group (Communal Lounge, Wardley)</p> <p><b>10:30-12:30</b> Basic English Skills</p> <p><b>12:30-15:00</b> Cosy Crow Community Café</p> <p><b>13:00-15:00</b> St. Helen's Social Group (Church Hall, Low Fell)</p> <p><b>14:15-15:00</b> Seated Exercise (Sight Service, Stonehills, Pelaw)</p>		