

## ALL ACTIVITIES AT DECKHAM VILLAGE HALL UNLESS OTHERWISE INDICATED

## FEBRUARY ACTIVITIES GUIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00-12:00 Staying Steady (St. Joseph's, Blaydon)	2 11:40-12:30 LIFE Programme (Circuits)
			10:30-12:30 Reminiscence Group	13:00-15:00 Tea Dance
			<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)	
5	6	7	8	9
10:00-10:45 Dancercise Gold	10:30-11:30 Tai Chi	<b>10:00-12:00</b> Joyce Close Social Group (Communal Lounge,	<b>10:00-12:00</b> Staying Steady (St. Joseph's, Blaydon)	11:40-12:30 LIFE Programme (Circuits)
11:00-11:45 Easy Does It (seated exercise)	10:30-11:30 Wardley Gate Coffee Drop-in (Wardley Gate Care Centre)	Wardley) 10:30-12:30 Basic English Skills	10:30-12:30 Art Group	13:00-15:00 Tea Dance
13:00-15:00 Staying Steady			11:00-15:00 Craft Group	
To.co To.co sidying sidady	<b>10:30-12:30</b> Birtley Social Group (Fire Station) <b>11:45-12:45</b> Tai Chi	10:30-12:30 Deckham Social Group 12:30-15:00 Cosy Crow Community Café	12:30-15:00 Cosy Crow Community Café	
	13:00-15:00 Staying Steady (Whickham Community Centre)	13:30-15:00 Book Group	<b>13:00-15:00</b> Staying Steady (St. Helen's, Low Fell)	
		<b>14:15-15:00</b> Seated Exercise (Sight Service, Stonehills, Pelaw)	16:00-17:00 Dancercise	
12	13	14	15	16
0:00-10:45 Dancercise Gold	10:30-11:30 Tai Chi	<b>10:00-12:00</b> Joyce Close Social Group (Communal Lounge,	10:00-12:00 Staying Steady (St. Joseph's, Blaydon)	11:40-12:30 LIFE Programme (Circuits)
1:00-11:45 Easy Does It (seated exercise)	10:30-11:30 Wardley Gate Coffee Drop-in (Wardley Gate	Wardley)	10:30-12:30 Reminiscence Group	13:00-15:00 Tea Dance
	Care Centre)	10:30-12:30 Basic English Skills		
3:00-15:00 Staying Steady	, 11:45-12:45 Tai Chi	12:30-15:00 Cosy Crow Community	11:00-15:00 Craft Group	
13:30-15:00 Denewell Avenue Get		Café	12:30-15:00 Cosy Crow Community	
Together Group (Denewell Avenue Church, Low Fell)	<b>13:00-15:00</b> Staying Steady (Whickham Community Centre)	<b>13:00-15:00</b> St. Helen's Social Group (Church Hall, Low Fell)	Café 13:00-15:00 Staying Steady (St.	
			Helen's, Low Fell)	
		<b>14:15-15:00</b> Seated Exercise (Sight Service, Stonehills, Pelaw)		



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## FEBRUARY ACTIVITIES GUIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
19	20	21	22
10:00-10:45 Dancercise Gold	10:30-11:30 Conversational Spanish	10:00-12:00 Joyce Close Social	10:00-12:00 Staying Steady (St.
		Group (Communal Lounge,	Joseph's, Blaydon)
11:00-11:45 Easy Does It (seated	10:30-11:30 Tai Chi	Wardley)	
exercise)			10:30-12:30 Art Group
	10:30-11:30 Wardley Gate Coffee	10:30-12:30 Basic English Skills	
13:00-15:00 Staying Steady	Drop-in (Wardley Gate		11:00-15:00 Craft Group
	Care Centre)	10:30-12:30 Deckham Social Group	10.20 15:00 Conv Crow Comment
	10:30-12:30 Birtley Social Group (Fire	12:30-15:00 Cosy Crow Community	12:30-15:00 Cosy Crow Communit
	Station)	Café	
	Sidilory		13:00-15:00 Staying Steady (St.
	11:45-12:45 Tai Chi	14:15-15:00 Seated Exercise (Sight	Helen's, Low Fell)
		Service, Stonehills, Pelaw)	
	13:00-15:00 Staying Steady		
	(Whickham Community		
	Centre)		
26	27	28	
10:00-10:45 Dancercise Gold	10:30-11:30 Conversational Spanish	10:00-12:00 Joyce Close Social	
		Group (Communal Lounge,	
11:00-11:45 Easy Does It (seated	<b>10:30-11:30</b> Tai Chi	Wardley)	
exercise)			
	10:30-11:30 Wardley Gate Coffee	10:30-12:30 Basic English Skills	
13:00-15:00 Staying Steady	Drop-in (Wardley Gate		
	Care Centre)	12:30-15:00 Cosy Crow Community	
		Café	
	11:45-12:45 Tai Chi		
	12:00 15:00 Staving Standy	<b>13:00-15:00</b> St. Helen's Social Group	
	<b>13:00-15:00</b> Staying Steady (Whickham Community Centre)	(Church Hall, Low Fell)	
		14:15-15:00 Seated Exercise (Sight	
		Service, Stonehills, Pelaw)	
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Gateshead Older People's Assembly Deckham Village Hall Split Crow Road Gateshead NE8 3UB 0191 438 1721 info@gatesheadopa.org.uk www.gatesheadopa.org.uk

	FRIDAY	
	23 11:40-12:30 LI (Circuits)	FE Programme
	13:00-15:00 Te	ea Dance
unity		