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Gateshead Older People's Assembly
Deckham Village Hall
Split Crow Road
Gateshead
NE8 3UB



GATESHEAD OLDER PEOPLE'S ASSEMBLY

Activities Guide



Activity	Venue	Time/Day
Art Group	Deckham Village Hall	10:30 – 12:30 E/O Thursday
Birtley Social Group	Birtley fire station	10:30 – 12:30 E/O Tuesday
Book Group	Deckham Village Hall	13:30 – 15:00 Every 4 th Weds. Please ring for details
Cosy Crow Community Cafe	Deckham Village Hall	12:30 – 15:00 Wednesday and Thursday
Craft Group	Deckham Village Hall	11:00 – 15:00 Thursday
Dancercise	Deckham Village Hall	10:00 – 10:45 Monday 13:00 – 13:45 Wednesday
Deckham Social Group	Deckham Village Hall	10:30 – 12:30 E/O Wednesday
Denewell Get Together Group	Denewell Centre (Low Fell)	13:30 – 15:00 2 nd Monday of month
Easy Does It (seated exercise)	Deckham Village Hall Sight Service, Pelaw	11:00 – 11:45 Monday 14:15 – 15:00 Wednesday
Flower Arranging taster (5 sessions)	Deckham Village Hall	10:00 – 12:00 E/O Weds from 14 Mar

Activity	Venue	Time/Day
Inner West Get Together Group	Whickham Community Centre	13:00 – 15:00 1 st Thurs of month
Joyce Close Social Group	Joyce Close Communal Lounge	10:00 – 12:00 Wednesday
LIFE Programme (circuits)	Deckham Village Hall	11:40 – 12:30 Friday
Reminiscence Group	Deckham Village Hall	10:30 – 12:30 E/O Thursday
Singing Group	Deckham Village Hall	13:00 – 14:30 Tuesday from 13 Mar
Spanish language classes (6 sessions)	Deckham Village Hall	10:30-11:30 Tuesday from 20 Feb
Staying Steady (postural stability)	Various locations–20-week course	Please ring for details
St. Helen's Social Group	Church Hall (Low Fell)	13:00 – 15:00 E/O Wednesday
St. Mark's Social Group	Room 5 off Chandos St. (Deckham)	14:00 – 15:30 Monday (Feb-Jun and Sept-Dec)
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