

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 11:40-12:30 LIFE Programme (Circuits) 13:00-15:00 Tea Dance
4 10:00-10:45 Dancercise Gold 11:00-11:45 Easy Does It (seated exercise) 14:00-15:30 St. Mark's Social Group (Room 5 off Chandos St. Deckham)	5 10:30-11:30 Tai Chi 10:30-11:30 Wardley Gate Coffee Drop-in (Wardley Gate Care Centre) 11:45-12:45 Tai Chi 13:00- 14:30 Cosy Crow Singers	6 10:00-12:00 Joyce Close Social Group (Communal Lounge, Wardley) 12:30-15:00 Cosy Crow Community Café 12:30 – 16:00 Lunch & bowls taster session (meet at Deckham Village Hall, then transport to Pelaw Bowls Club) 13:00 – 13:45 Dancercise 13:00-15:00 St. Helen's Social Group (Church Hall, Low Fell) 13:00 – 15:00 Staying Steady (St. Mary's, Whickham) 14:15-15:00 Seated Exercise (Sight Service, Stonehills, Pelaw)	7 10:00 – 11:30 Staying Steady (St. Joseph's, Blaydon) 10:30-12:30 Reminiscence Group 11:00-15:00 Craft Group 12:00 – 13:30 Staying Steady (St. Helen's Church Hall, Low Fell) 12:30-15:00 Cosy Crow Community Café 13:00 – 15:00 Whickham Get Together Group (Community Centre, Front Street) 14:00 – 15:30 Staying Steady	8 11:40-12:30 LIFE Programme (Circuits) 13:00-15:00 Tea Dance
11 10:00-10:45 Dancercise Gold 11:00-11:45 Easy Does It (seated exercise) 13:30-15:00 Denewell Avenue Get Together Group (Denewell Avenue Church, Low Fell) 14:00-15:30 St. Mark's Social Group (Room 5 off Chandos St. Deckham)	12 10:30-11:30 Tai Chi 10:30-11:30 Wardley Gate Coffee Drop-in (Wardley Gate Care Centre) 10:30-12:30 Birtley Social Group (Fire Station) 11:45-12:45 Tai Chi 13:00- 14:30 Cosy Crow Singers	13 10:00-12:00 Joyce Close Social Group (Communal Lounge, Wardley) 10:30-12:30 Deckham Social Group 12:30-15:00 Cosy Crow Community Café 12:30 – 16:00 Lunch & bowls taster session (meet at Deckham Village Hall, then transport to Pelaw Bowls Club) 13:00 – 13:45 Dancercise 13:00 – 15:00 Staying Steady (St. Mary's, Whickham) 14:15-15:00 Seated Exercise (Sight Service, Stonehills, Pelaw)	14 10:00 – 11:30 Staying Steady (St. Joseph's, Blaydon) 10:30 -12:30 Art Group 11:00-15:00 Craft Group 12:00 – 13:30 Staying Steady (St. Helen's, Low Fell) 12:30-15:00 Cosy Crow Community Café 14:00 – 15:30 Staying Steady	15 11:30 – 12:30 Free Tai Chi taster (Pelaw Bowls Club) 11:40-12:30 LIFE Programme (Circuits) 13:00-15:00 Tea Dance

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<p>25 10:00-10:45 Dancercise Gold</p> <p>11:00-11:45 Easy Does It (seated exercise)</p> <p>14:00-15:30 St. Mark's Social Group (Room 5 off Chandos St. Deckham)</p>	<p>26 10:30-11:30 Tai Chi</p> <p>10:30-11:30 Wardley Gate Coffee Drop-in (Wardley Gate Care Centre)</p> <p>10:30-12:30 Birtley Social Group (Fire Station)</p> <p>11:45-12:45 Tai Chi</p> <p>13:00- 14:30 Cosy Crow Singers</p>	<p>27 10:00-12:00 Joyce Close Social Group (Communal Lounge, Wardley)</p> <p>10:30-12:30 Deckham Social Group</p> <p>12:30-15:00 Cosy Crow Community Café</p> <p>12:30 – 16:00 Lunch & bowls taster session (meet at Deckham Village Hall, then transport to Pelaw Bowls Club)</p> <p>13:00 – 13:45 Dancercise</p> <p>13:00 – 15:00 Staying Steady (St. Mary's, Whickham)</p> <p>14:15-15:00 Seated Exercise (Sight Service, Stonehills, Pelaw)</p>	<p>28 10:00 – 11:30 Staying Steady (St. Joseph's, Blaydon)</p> <p>10:30 -12:30 Art Group</p> <p>11:00-15:00 Craft Group</p> <p>12:00 – 13:30 Staying Steady (St. Helen's, Low Fell)</p> <p>12:30-15:00 Cosy Crow Community Café</p> <p>14:00 – 15:30 Staying Steady</p>	<p>29 11:30 – 12:30 Free Tai Chi taster (Pelaw Bowls Club)</p> <p>11:40-12:30 LIFE Programme (Circuits)</p> <p>13:00-15:00 Tea Dance</p>