

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 10:00-12:00 Joyce Close Social Group (Communal Lounge, Wardley)</p> <p>12:30-15:00 Cosy Crow Community Café</p> <p>13:00 – 13:45 Dancercise</p> <p>13:00 – 15:00 Staying Steady (St. Mary's, Whickham)</p> <p>13:00-15:00 St. Helen's Social Group (Church Hall, Low Fell)</p>	<p>2 10:00 – 11:30 Staying Steady (St. Joseph's, Blaydon)</p> <p>10:30-12:30 Reminiscence Group</p> <p>11:00-15:00 Craft Group</p> <p>12:00 – 13:30 Staying Steady (St. Helen's Church Hall, Low Fell)</p> <p>12:30-15:00 Cosy Crow Community Café</p> <p>13:00 – 15:00 Whickham Get Together Group (Community Centre, Front Street)</p>	<p>3 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>
<p>6 10:00-10:45 Dancercise Gold</p> <p>11:00-11:45 Easy Does It (seated exercise)</p>	<p>7 10:30-11:30 Tai Chi</p> <p>10:30-11:30 Wardley Gate Coffee Drop-in (Wardley Gate Care Centre)</p> <p>11:45-12:45 Tai Chi</p> <p>13:30 – 14:30 Free Tai Chi taster (St. Paul's Church Hall, Winlaton)</p>	<p>8 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>13:00 – 13:45 Dancercise</p> <p>13:00 – 15:00 Staying Steady (St. Mary's, Whickham)</p>	<p>9 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 Church Hall, Low Fell)</p> <p>12:30-15:00 Cosy Crow Community Café</p> <p>14:00 – 15:30 Staying Steady</p>	<p>10 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>

Gateshead Older People's Assembly
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13 10:00-10:45 Dancercise Gold</p> <p>11:00-11:45 Easy Does It (seated exercise)</p> <p>13:30-15:00 Denewell Avenue Get Together Group (Denewell Avenue Church, Low Fell)</p>	<p>14 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>13:30 – 14:30 Free Tai Chi taster (St. Paul's Church Hall, Winlaton)</p>	<p>15 10:00-12:00 Joyce Close Social Group (Communal Lounge, Wardley)</p> <p>12:30-15:00 Cosy Crow Community Café</p> <p>13:00 – 13:45 Dancercise</p> <p>13:00-15:00 St. Helen's Social Group (Church Hall, Low Fell)</p> <p>13:00 – 15:00 Staying Steady (St. Mary's, Whickham)</p>	<p>16 10:00 – 11:30 Staying Steady (St. Joseph's, Blaydon)</p> <p>10:30-12:30 Reminiscence 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>17 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>
<p>20 10:00-10:45 Dancercise Gold</p> <p>11:00-11:45 Easy Does It (seated exercise)</p>	<p>21 10:30-11:30 Tai Chi</p> <p>10:30-11:30 Wardley Gate Coffee Drop-in (Wardley Gate Care Centre)</p> <p>11:45-12:45 Tai Chi</p> <p>13:00- 14:30 Cosy Crow Singers</p> <p>13:30 – 14:30 Free Tai Chi taster (St. Paul's Church Hall, Winlaton)</p>	<p>22 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>13:00 – 13:45 Dancercise</p> <p>13:00 – 15:00 Staying Steady (St. Mary's, Whickham)</p>	<p>23 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 Church Hall, Low Fell)</p> <p>12:30-15:00 Cosy Crow Community Café</p> <p>14:00 – 15:30 Staying Steady</p>	<p>24 11:30 – 12:30 Tai Chi (Pelaw Bowls Club)</p> <p>11:40-12:30 LIFE Programme (Circuits)</p> <p>13:00-15:00 Tea Dance</p>
<p>27 10:00-10:45 Dancercise Gold</p> <p>11:00-11:45 Easy Does It (seated exercise)</p>	<p>28 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>13:30 – 14:30 Free Tai Chi taster (St. Paul's Church Hall, Winlaton)</p>	<p>29 10:00-12:00 Joyce Close Social Group (Communal Lounge, Wardley)</p> <p>12:30-15:00 Cosy Crow Community Café</p> <p>13:00 – 13:45 Dancercise</p> <p>13:00-15:00 St. Helen's Social Group (Church Hall, Low Fell)</p> <p>13:00 – 15:00 Staying Steady (St. Mary's, Whickham)</p>	<p>30 10:00 – 11:30 Staying Steady (St. Joseph's, Blaydon)</p> <p>10:30-12:30 Reminiscence 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>31 11:30 – 12:30 Tai Chi (Pelaw Bowls Club)</p> <p>11:40-12:30 LIFE Programme (Circuits)</p> <p>13:00-15:00 Tea Dance</p>