

ALL ACTIVITIES AT DECKHAM VILLAGE HALL UNLESS OTHERWISE INDICATED

AUGUST ACTIVITIES GUIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00-12:00 Joyce Close Social Group (Communal Lounge, Wardley) 12:30-15:00 Cosy Crow Community Café 13:00 – 13:45 Dancercise 13:00 – 15:00 Staying Steady (St. Mary's, Whickham 13:00-15:00 St. Helen's Social Group (Church Hall, Low Fell)	2 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)	3 11:30 – 12:30 Free Tai Chi taster (Pelaw Bowls Club) 11:40-12:30 LIFE Programme (Circuits) 13:00-15:00 Tea Dance
6 10:00-10:45 Dancercise Gold 11:00-11:45 Easy Does It (seated exercise)	7 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 13:30 – 14:30 Free Tai Chi taster (St. Paul's Church Hall, Winlaton)	8 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 13:00 – 13:45 Dancercise 13:00 – 15:00 Staying Steady (St. Mary's, Whickham	9 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 Church Hall, Low Fell) 12:30-15:00 Cosy Crow Community Café 14:00 – 15:30 Staying Steady	10 11:30 – 12:30 Free Tai Chi taster (Pelaw Bowls Club) 11:40-12:30 LIFE Programme (Circuits) 13:00-15:00 Tea Dance

Gateshead Older People's Assembly
Deckham Village Hall
Split Crow Road
Gateshead
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AUGUST ACTIVITIES GUIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13	14	15	16	17
10:00-10:45 Dancercise Gold	10:30-11:30 Tai Chi	10:00-12:00 Joyce Close Social	10:00 – 11:30 Staying Steady (St.	11:30 – 12:30 Free Tai Chi taster (Pelaw
11:00-11:45 Easy Does It (seated exercise) 13:30-15:00 Denewell Avenue Get Together Group (Denewell Avenue Church, Low Fell)	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 13:30 – 14:30 Free Tai Chi taster (St. Paul's Church Hall, Winlaton)	Group (Communal Lounge, Wardley) 12:30-15:00 Cosy Crow Community Café 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	Joseph's, Blaydon) 10:30-12:30 Reminiscence 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	11:40-12:30 LIFE Programme (Circuits) 13:00-15:00 Tea Dance
20	21	22	23	24
10:00-10:45 Dancercise Gold	10:30-11:30 Tai Chi	10:00-12:00 Joyce Close Social Group (Communal Lounge, Wardley)	10:00 – 11:30 Staying Steady (St. Joseph's, Blaydon)	11:30 - 12:30 Tai Chi (Pelaw Bowls Club)
11:00-11:45 Easy Does It (seated exercise)	10:30-11:30 Wardley Gate Coffee Drop-in (Wardley Gate	10:30-12:30 Deckham Social Group	10:30 -12:30 Art Group	11:40-12:30 LIFE Programme (Circuits)
	Care Centre)	12:30-15:00 Cosy Crow Community	11:00-15:00 Craft Group	13:00-15:00 Tea Dance
	11:45-12:45 Tai Chi	Café	10.00 13:30 Standard Standards (St. Halanda	
	13:00- 14:30 Cosy Crow Singers	13:00 - 13:45 Dancercise	12:00 – 13:30 Staying Steady (St. Helen's Church Hall, Low Fell)	
	13:30 – 14:30 Free Tai Chi taster (St. Paul's Church Hall, Winlaton)	13:00 – 15:00 Staying Steady (St. Mary's, Whickham	12:30-15:00 Cosy Crow Community Café	
			14:00 – 15:30 Staying Steady	
27 10:00-10:45 Dancercise Gold	28 10:30-11:30 Tai Chi	10:00-12:00 Joyce Close Social Group (Communal Lounge, Wardley)	30 10:00 – 11:30 Staying Steady (St. Joseph's, Blaydon)	31 11:30 - 12:30 Tai Chi (Pelaw Bowls Club)
11:00-11:45 Easy Does It (seated exercise)	10:30-11:30 Wardley Gate Coffee Drop-in (Wardley Gate	12:30-15:00 Cosy Crow Community	10:30-12:30 Reminiscence Group	11:40-12:30 LIFE Programme (Circuits)
	Care Centre)	Café	11:00-15:00 Craft Group	13:00-15:00 Tea Dance
	10:30-12:30 Birtley Social Group (Fire Station)	13:00 – 13:45 Dancercise	12:00 – 13:30 Staying Steady (St.	
	11:45-12:45 Tai Chi	13:00-15:00 St. Helen's Social Group (Church Hall, Low Fell)	Helen's, Low Fell)	
	13:30 – 14:30 Free Tai Chi taster (St. Paul's Church Hall, Winlaton)	13:00 – 15:00 Staying Steady (St. Mary's, Whickham	12:30-15:00 Cosy Crow Community Café	
			14:00 – 15:30 Staying Steady	