

Monday

Dancercise

(10 – 10:45, Deckham Village Hall, £3.50)

Low Impact Exercise

(10 – 10:45, Barmoor Hub, Ryton, £3.50)

Mental Health Support Group

(10 – 12, AgeUK Resource Centre, 341-343 High Street, Gateshead)

Walking Group

(10:30, Gateshead Interchange)

Easy Does It (gentle exercise)

(11 – 11:45, Deckham Village Hall, £3.50)

Coffee Morning

(11 – 1, Boltons Bungalows, Chopwell)

SOSA Dance Fitness

FREE 10-WEEK TASTERS

(7 & 14 Jan, 11:15 – 12:15, Kibblesworth Millennium Centre)

Low Impact Exercise

(11:45 – 12:30, St. Joseph's Church Hall, Blaydon, £3.50)

Men's Group

(alternate Mondays, 12 – 2:30, Garesfield Golf Club)

Low Impact Exercise

(12:45 – 1:30, FACT, Denise Robertson House, Swalwell, £3.50)

Friendship Group

(alternate Mondays, 1 – 3, Blaydon Library)

Chair-based Exercise

(1:15 – 2:15, St. Joseph's Church Hall, Blaydon, £3)

Staying Steady (ring for waiting list)

(1:30 – 3, Deckham Village Hall)

Denewell Social Group

(14 Jan, 1:30 – 3, Denewell Ave. URC Church, Low Fell)

Silver Screen Film Club

(alternate Mondays, 1:30 – 3:30, Rosewood Care Centre, Bensham)

Low Impact Exercise

(2 – 2:45, Whickham Community Centre, £3.50)

Easy Does It (gentle exercise)

(3:15 – 4, Wood Green, Bill Quay, £3.50)

Iyengar Yoga

(7 – 8:30 pm, St. John's Community Hall, Greenside, £6, Dave 07779 342183 for details)

Runabouts Group (monthly)

Contact AgeUK Gateshead for details

Day Centre

(St. Mary's, Heworth, contact AgeUK Gateshead for details)

Late Bloomers Gardening Club

(Monday to Saturday, weather dependent, House on the Hill, Felling)

Tuesday

Hatha Yoga

(9:50 – 10:50, St. Helen's Church Hall, Low Fell, £4)

Low Impact Exercise

(10 – 10:45, Gateshead Indoor Bowling Centre, £3.50)

Low Impact Exercise

(10 – 10:45, Barley Mow Village Hall, £3.50)

Chair-based Exercise

(10:15 – 11:15, Pleasant Place, Birtley)

Tai Chi

(10:30 – 11:30 and 11:45 – 12:45, Deckham Village Hall, £3)

Wardley Gate Social Group

(10:30 – 11:30, Wardley Gate Care Centre)

Line Dancing

(10:30 – 11:30, St. Joseph's Church Hall opposite Gateshead Interchange, £3.50)

Birtley Social Group

(27 Nov, 10:30 – 12:30, Birtley Fire Station)

Friendship Group

(alternate Tuesdays, 10:30 – 12:30, Civic Centre)

Pilates

(11 – 12, St. Helen's Church Hall, Low Fell, £3.50)

Domino and Lunch Group

(11 – 1, Boltons Bungalows, Chopwell)

Low Impact Exercise

(11:15 – 12, Wrekenton Methodist Church, £3.50)

Next Steps Bereavement Support Drop-in

(alternate Tuesdays, 1 – 3, AgeUK Resource Centre, 341-343 High Street, Gateshead)

Low Impact Exercise

(11:45 – 12:30, Springwell Village Community Venue, £3.50)

Cosy Crow Singers Group

(1 – 2:30, Deckham Village Hall)

Tai Chi

(1:30 – 2:30 and 2:45 – 3:45, St. Paul's Church Hall, Winlaton, £3)

Chair-based Exercise

(1:30 – 2:30, Ridings Court, Crawcrook, £2)

Get-together Group

(1 – 3, William Morris Avenue, Rowlands Gill)

Watercolour Painting

(2 – 4, St. John's Community Hall, Greenside, Gordon Lamb 01434 675 415 for details)

Choseday Group (monthly)

Contact AgeUK Gateshead for details

Day Centre

(Blackhall Mill Community Centre, contact AgeUK Gateshead for details)

Wednesday

Low Impact Exercise

(10 – 10:45, St. Joseph's Church Hall, Blaydon, £3.50)

Joyce Close Social Group

(10 – 12, Joyce Close Communal Lounge)

Craft and Chatter Group

(10 – 12, Sunnyside Methodist Church, £3.50)

Deckham Social Group

(9 & 23 Jan, 10:30 – 12:30, Deckham Village Hall)

Woollen Tops (knitting/crochet)

(10:30 – 12:30, Christ Church Hall, Felling)

Get-together Group

(alternate Wednesdays, 10:30 – 12:30, Kells Way, Rowlands Gill)

Floristry Skills

FREE 10-WEEK TASTERS

(9 & 23 Jan, 10:30 – 12:30, Deckham Village Hall)

Low Impact Exercise

(11:30 – 12:15, Lobley Hill Community Centre, £3.50)

Exercise to Music

(11:30 – 12:30, Salvation Army, Sunderland Road, £3.50)

Cosy Crow Community Café

Pay-what-you-can, open to public (12:30 – 2:30, Deckham Village Hall)

Connect Social Group

Refreshments & games

(12:45 – 2:15, Sunnyside Methodist Church, £1.50)

St. Helen's Social Group

(16 & 30 Jan, 1 – 3, St. Helen's Church Hall, Low Fell)

True Colours LGBT

(alternate Wednesdays, 1 – 3, AgeUK Resource Centre, 341 – 343 High Street, Gateshead)

Dancercise

(1 – 1:45, Deckham Village Hall, £3.50)

Staying Steady (ring for waiting list)

(2:15-3:45, St. Mary's, Church Chare, Whickham)

Mat-based Yoga

FREE 10-WEEK TASTERS

(9 & 16 Jan, 2:30 – 3:30, Deckham Village Hall)

Seated Yoga

FREE 10-WEEK TASTERS

(9 & 16 Jan, 4 – 5, Sunnyside Methodist Church)

Craft Group

(alternate Wednesdays, contact AgeUK Gateshead for details)

Day Centre

(Callendar Court, Beacon Lough, contact AgeUK Gateshead for details)

Ryton Friendship Group

(alternate Wednesdays, Barmoor Hub, Ryton, contact AgeUK Gateshead for details)

Thursday	Friday	Saturday
<p>Easy Does It (10 – 10:45, Chopwell Methodist Church, £3.50)</p> <p>Staying Steady (ring for waiting list) (10 – 11:30, St. Helen's Church Hall, Low Fell)</p> <p>Art Group (10 & 24 Jan, 10:30 – 12:30, Deckham Village Hall)</p> <p>Reminiscence Group (17 & 31 Jan, 10:30 – 12:30, Deckham Village Hall)</p> <p>Long Walking Group (alternate Thursdays, 10:30, Gateshead Interchange)</p> <p>Craft Group (11 – 3, Deckham Village Hall)</p> <p>Low Impact Exercise (11:30 – 12:15, St. Paul's Church Hall, Winlaton, £3.50)</p> <p>Tai Chi/Qi Gong (11:30 – 12:30, St. Joseph's Church Hall, opposite Gateshead Interchange, £3.50)</p> <p>Low Impact Exercise (12 – 12:45, St. Helen's Church Hall, Low Fell, £3.50)</p> <p>Cosy Crow Community Café <i>Pay-what-you-can, open to public</i> (12:30 – 2:30, Deckham Village Hall)</p> <p>Lunch Group (12:30 – 2:30, Strathmore Avenue Community Centre, Rowlands Gills)</p> <p>Dancercise (1 – 1:45, Barmoor Hub, Ryton, £3.50)</p> <p>Whickham Social Group (3 Jan, 1 – 3, Whickham Community Centre)</p> <p>Friendship Group (1 – 3, Eighton Lodge Care Home)</p> <p>Staying Steady (ring for waiting list) (1:30 – 3, Trinity Methodist Church, Blydon)</p> <p>Bereavement Support Group (1st Thursday of month, 2 – 4, AgeUK Resource Centre, 341-343 High Street, Gateshead)</p> <p>Day Centre (Priory Court, Wardley and Conifer Close, Winlaton, contact AgeUK Gateshead for details)</p>	<p>Low Impact Exercise (10 – 10:45, Barmoor Hub, Ryton, £3.50)</p> <p>Pelaw Friendship Group (alternate Fridays, 10 -12, Mcerlane Square, Pelaw)</p> <p>Tai Chi (10 – 11, St. Joseph's Church Hall, Birtley, £3.50)</p> <p>Knit and Natter Group (11 – 1, Boltons Bungalows, Chopwell)</p> <p>Lunch Club (alternate Fridays, 11 -1, Boltons Bungalows, Chopwell)</p> <p>Tai Chi (11:45 – 12:45, Pelaw Bowls Club, £3)</p> <p>Low Impact Exercise (11:40 – 12:30, Deckham Village Hall, £3.50)</p> <p>Low Impact Exercise (1 – 1:45, Lobley Hill Community Centre, £3.50)</p> <p>Tea Dance (1 – 3, Deckham Village Hall, £2)</p> <p>Get-together Group (1 – 3, High Spen Primary School)</p> <p>Men's Group (alternate Fridays, contact AgeUK Gateshead for details)</p>	<p>Iyengar Yoga (10 – 11:30, Greenside Community Centre, Dave 07779 342183 for details)</p> <p>For more information, please contact:</p> <p>AgeUK Gateshead – 0191 477 3559 or infoandadvice@ageukgateshead.org.uk</p> <p>Gateshead Older People's Assembly 0191 438 1721 or info@gatesheadopa.org.uk</p> <p>The LIFE Programme – 07999500951 (Richie) or 0793048179 (Emma)</p> <p>MHA – 01207 563 825 (Sue Mould or Katherine Nichols)</p> <p>Sunniside Methodist Church – sunnisidemethodistchurch@gmail.com</p>