

Monday	Tuesday	Wednesday
<p><b>Dancercise</b> (10 – 10:45, Deckham Village Hall, £3.50)</p> <p><b>Low Impact Exercise</b> (10 – 10:45, Barmoor Hub, Ryton, £3.50)</p> <p><b>Mental Health Support Group</b> (10 – 12, AgeUK Resource Centre, 341-343 High Street, Gateshead)</p> <p><b>Walking Group</b> (10:30, Gateshead Interchange)</p> <p><b>Easy Does It (gentle exercise)</b> (11 – 11:45, Deckham Village Hall, £3.50)</p> <p><b>Coffee Morning</b> (11 – 1, Boltons Bungalows, Chopwell)</p> <p><b>SOSA Dance Fitness</b> <b>FREE THROUGH 25 FEB</b> 11:15 – 12:15, Kibblesworth Millennium Centre)</p> <p><b>Low Impact Exercise</b> (11:45 – 12:30, St. Joseph's Church Hall, Blaydon, £3.50)</p> <p><b>Men's Group</b> (alternate Mondays, 12 – 2:30, Garesfield Golf Club)</p> <p><b>Low Impact Exercise</b> (12:10 – 12:55 and 12:55 – 1:30, FACT, Denise Robertson House, Swalwell, £3.50)</p> <p><b>Friendship Group</b> (alternate Mondays, 1 – 3, Blaydon Library)</p> <p><b>Chair-based Exercise</b> (1:15 – 2:15, St. Joseph's Church Hall, Blaydon, £3)</p> <p><b>Staying Steady (ring for waiting list)</b> (1:30 – 3, Deckham Village Hall)</p> <p><b>Denewell Social Group</b> (11 February, 1:30 – 3, Denewell Ave. URC Church, Low Fell)</p> <p><b>Silver Screen Film Club</b> (alternate Mondays, 1:30 – 3:30, Rosewood Care Centre, Bensham)</p> <p><b>Low Impact Exercise</b> (2 – 2:45, Whickham Community Centre, £3.50)</p> <p><b>Easy Does It (gentle exercise)</b> (3:15 – 4, Wood Green, Bill Quay, £3.50)</p> <p><b>Iyengar Yoga</b> (7 – 8:30 pm, St. John's Community Hall, Greenside, £6, Dave 07779 342183 for details)</p> <p><b>Runabouts Group (monthly)</b> Contact AgeUK Gateshead for details</p> <p><b>Day Centre</b> (St. Mary's, Heworth, contact AgeUK Gateshead for details)</p> <p><b>Late Bloomers Gardening Club</b> (Monday to Saturday, weather dependent, House on the Hill, Felling)</p>	<p><b>Hatha Yoga</b> (9:50 – 10:50, St. Helen's Church Hall, Low Fell, £4)</p> <p><b>Low Impact Exercise</b> (10 – 10:45, Gateshead Indoor Bowling Centre, £3.50)</p> <p><b>Low Impact Exercise</b> (10 – 10:45, Barley Mow Village Hall, £3.50)</p> <p><b>Chair-based Exercise</b> (10:15 – 11:15, Pleasant Place, Birtley)</p> <p><b>Tai Chi</b> (10:30 – 11:30 and 11:45 – 12:45, Deckham Village Hall, £3)</p> <p><b>Wardley Gate Social Group</b> (10:30 – 11:30, Wardley Gate Care Centre)</p> <p><b>Line Dancing</b> (10:30 – 11:30, St. Joseph's Church Hall opposite Gateshead Interchange, £3.50)</p> <p><b>Birtley Social Group</b> (5 &amp; 19 Feb, 10:30 – 12:30, Birtley Fire Station)</p> <p><b>Friendship Group</b> (alternate Tuesdays, 10:30 – 12:30, Civic Centre)</p> <p><b>Pilates</b> (11 – 12, St. Helen's Church Hall, Low Fell, £3.50)</p> <p><b>Domino and Lunch Group</b> (11 – 1, Boltons Bungalows, Chopwell)</p> <p><b>Low Impact Exercise</b> (11:15 – 12, Wrekenton Methodist Church, £3.50)</p> <p><b>Next Steps Bereavement Support Drop-in</b> (alternate Tuesdays, 1 – 3, AgeUK Resource Centre, 341-343 High Street, Gateshead)</p> <p><b>Low Impact Exercise</b> (11:45 – 12:30, Springwell Village Community Venue, £3.50)</p> <p><b>Cosy Crow Singers Group</b> (1 – 2:30, Deckham Village Hall)</p> <p><b>Silver Matinee Film Club</b> <b>FREE</b> (26 February, refreshments from 1, Bill Quay Community Church, 0191 491 1015 for info)</p> <p><b>Tai Chi</b> (1:30 – 2:30 and 2:45 – 3:45, St. Paul's Church Hall, Winlaton, £3)</p> <p><b>Chair-based Exercise</b> (1:30 – 2:30, Ridings Court, Crawcrook, £2)</p> <p><b>Get-together Group</b> (1 – 3, William Morris Avenue, Rowlands Gill)</p> <p><b>Watercolour Painting</b> (From 12 February, 2 – 4, St. John's Community Hall, Greenside, Gordon Lamb 01434 675 415 for details)</p> <p><b>Chooseday Group (monthly)</b> Contact AgeUK Gateshead for details</p> <p><b>Day Centre</b> (Blackhall Mill Community Centre, contact AgeUK Gateshead for details)</p>	<p><b>Low Impact Exercise</b> (10 – 10:45, St. Joseph's Church Hall, Blaydon, £3.50)</p> <p><b>Joyce Close Social Group</b> (10 – 12, Joyce Close Communal Lounge)</p> <p><b>Craft and Chatter Group</b> (10 – 12, Sunnyside Methodist Church, £3.50)</p> <p><b>Deckham Social Group</b> (6 &amp; 20 Feb, 10:30 – 12:30, Deckham Village Hall)</p> <p><b>Pilates</b> <b>FREE THROUGH 20 FEB</b> 10:30 – 11:30 Deckham Village Hall</p> <p><b>Pilates</b> <b>FREE THROUGH 20 FEB</b> 11:30 – 12:30 Deckham Village Hall</p> <p><b>Woollen Tops (knitting/crochet)</b> (10:30 – 12:30, Christ Church Hall, Felling)</p> <p><b>Get-together Group</b> (alternate Wednesdays, 10:30 – 12:30, Kells Way, Rowlands Gill)</p> <p><b>Low Impact Exercise</b> (11:30 – 12:15, Lobley Hill Community Centre, £3.50)</p> <p><b>Exercise to Music</b> (11:30 – 12:30, Salvation Army, Sunderland Road, £3.50)</p> <p><b>Cosy Crow Community Café</b> <i>Pay-what-you-can, open to public</i> (12:30 – 2:30, Deckham Village Hall)</p> <p><b>Connect Social Group</b> <i>Refreshments &amp; games</i> (12:45 – 2:15, Sunnyside Methodist Church, £1.50)</p> <p><b>St. Helen's Social Group</b> (13 &amp; 27 Feb, 1 – 3, St. Helen's Church Hall, Low Fell)</p> <p><b>True Colours LGBT</b> (alternate Wednesdays, 1 – 3, AgeUK Resource Centre, 341 – 343 High Street, Gateshead)</p> <p><b>Dancercise</b> (1 – 1:45, Deckham Village Hall, £3.50)</p> <p><b>Staying Steady (ring for waiting list)</b> (2:15-3:45, St. Mary's, Church Chare, Whickham)</p> <p><b>Craft Group</b> (alternate Wednesdays, contact AgeUK Gateshead for details)</p> <p><b>Day Centre</b> (Callendar Court, Beacon Lough, contact AgeUK Gateshead for details)</p> <p><b>Ryton Friendship Group</b> (alternate Wednesdays, Barmoor Hub, Ryton, contact AgeUK Gateshead for details)</p>

Thursday	Friday	Saturday
<p><b>Easy Does It</b> (10 – 10:45, Chopwell Methodist Church, £3.50)</p> <p><b>Staying Steady (ring for waiting list)</b> (10 – 11:30, St. Helen's Church Hall, Low Fell)</p> <p><b>Art Group</b> (7 &amp; 21 Feb, 10:30 – 12:30, Deckham Village Hall)</p> <p><b>Reminiscence Group</b> (14 &amp; 28 Feb, 10:30 – 12:30, Deckham Village Hall)</p> <p><b>Long Walking Group</b> (alternate Thursdays, 10:30, Gateshead Interchange)</p> <p><b>Craft Group</b> (11 – 3, Deckham Village Hall)</p> <p><b>Easy Does It (gentle exercise)</b> <b>10 WEEK FREE TASTERS START 21 FEB</b> 11:30 – 12:15 Stargate &amp; Crookhill Community Centre</p> <p><b>Tai Chi/Qi Gong</b> (11:30 – 12:30, St. Joseph's Church Hall, opposite Gateshead Interchange, £3.50)</p> <p><b>Low Impact Exercise</b> (12 – 12:45, St. Helen's Church Hall, Low Fell, £3.50)</p> <p><b>Cosy Crow Community Café</b> <i>Pay-what-you-can, open to public</i> (12:30 – 2:30, Deckham Village Hall)</p> <p><b>Lunch Group</b> (12:30 – 2:30, Strathmore Avenue Community Centre, Rowlands Gills)</p> <p><b>Dancercise</b> (1 – 1:45, Barmoor Hub, Ryton, £3.50)</p> <p><b>Whickham Social Group</b> (7 Feb, 1 – 3, Whickham Community Centre)</p> <p><b>Friendship Group</b> (1 – 3, Eighton Lodge Care Home)</p> <p><b>Staying Steady (ring for waiting list)</b> (1:30 – 3, Trinity Methodist Church, Blaydon)</p> <p><b>Bereavement Support Group</b> (1<sup>st</sup> Thursday of month, 2 – 4, AgeUK Resource Centre, 341-343 High Street, Gateshead)</p> <p><b>Day Centre</b> (Priory Court, Wardley and Conifer Close, Winlaton, contact AgeUK Gateshead for details)</p>	<p><b>Low Impact Exercise</b> (10 – 10:45, Barmoor Hub, Ryton, £3.50)</p> <p><b>Pelaw Friendship Group</b> (alternate Fridays, 10 -12, Mcerlane Square, Pelaw)</p> <p><b>Tai Chi</b> (10 – 11, St. Joseph's Church Hall, Birtley, £3.50)</p> <p><b>Knit and Natter Group</b> (11 – 1, Boltons Bungalows, Chopwell)</p> <p><b>Lunch Club</b> (alternate Fridays, 11 -1, Boltons Bungalows, Chopwell)</p> <p><b>Low Impact Exercise</b> <b>10 WEEK FREE TASTERS START 15 FEB</b> 11:30 – 12:15 St. Mary's, Church Chare, Whickham</p> <p><b>Tai Chi</b> (11:45 – 12:45, Pelaw Bowls Club, £3)</p> <p><b>Low Impact Exercise</b> (11:40 – 12:30, Deckham Village Hall, £3.50)</p> <p><b>Low Impact Exercise</b> (1 – 1:45, Lobley Hill Community Centre, £3.50)</p> <p><b>Tea Dance</b> (1 – 3, Deckham Village Hall, £2)</p> <p><b>Get-together Group</b> (1 – 3, High Spen Primary School)</p> <p><b>Men's Group</b> (alternate Fridays, contact AgeUK Gateshead for details)</p>	<p><b>Iyengar Yoga</b> (10 – 11:30, Greenside Community Centre, Dave 07779 342183 for details)</p> <p><b>For more information, please contact:</b></p> <p><b>AgeUK Gateshead – 0191 477 3559 or <a href="mailto:infoandadvice@ageukgateshead.org.uk">infoandadvice@ageukgateshead.org.uk</a></b></p> <p><b>Gateshead Older People's Assembly 0191 438 1721 or <a href="mailto:info@gatesheadopa.org.uk">info@gatesheadopa.org.uk</a></b></p> <p><b>The LIFE Programme – 07999500951 (Richie) or 0793048179 (Emma)</b></p> <p><b>MHA – 01207 563 825 (Sue Mould or Katherine Nichols)</b></p> <p><b>Sunniside Methodist Church – <a href="mailto:sunnisidemethodistchurch@gmail.com">sunnisidemethodistchurch@gmail.com</a></b></p>