

## Activities for Over 50s in Gateshead (January 2020)

### MONDAY

Activity	Location	Time	Cost	Contact
<b>Iyengar Yoga</b>	Aiki Martial Arts & Fitness Club, Ryton	9:30 to 11	£6	Dave Curry 07779 342183
<b>Zumba GOLD</b>	The Mount Community Association, Eighton Banks	10 to 11	£4	Sam 07736 040308
<b>Dancercise</b>	Deckham Village Hall	10 to 10:45	£3.80	Move to Improve (Emma) 07963 048179
<b>Low Impact Exercise</b>	Barmoor Hub, Ryton	10 to 10:45	£3.80	LIFE Programme 07999 500951
<b>Mental Health Support Group</b>	341-343 High Street, Gateshead	10 to 12	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Art Diamonds Drop-in Group</b>	Crawcrook Library	10 to 12	FREE	Jen/Karolynne 0191 433 2864
<b>Art Diamonds Creative Writing Group</b>	Whickham Library	10 to 12 13, 27 January	FREE	Jen/Karolynne 0191 433 2864
<b>Walking Group</b>	Gateshead Interchange	From 10:30	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Strength and Balance</b>	Deckham Village Hall	11 to 11:45	£3.80	Move to Improve (Emma) 07963 048179
<b>Coffee Morning</b>	Boltons Bungalows, Chopwell	11 to 1	Ring for info	MHA 01207 563 825
<b>Low Impact Exercise</b>	St. Joseph's Church Hall, Blaydon	11:45 to 12:30	£3.80	LIFE Programme 07999 500951
<b>Men's Group</b>	Garesfield Golf Club	12 to 2:30 (alternate Mondays)	Ring for info	MHA 01207 563 825
<b>Strength and Balance</b>	FACT, Denise Robertson House, Swalwell	12:10 to 12:55 and 12:55 to 1:30	£3.80	Move to Improve (Emma) 07963 048179
<b>Seniors' Lunch (monthly)</b>	Barmoor Hub, Ryton	From 1 27 January	FREE – Booking essential	0191 413 6485
<b>Friendship Group</b>	Blaydon Library	1 to 3	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Chair-based Exercise</b>	St. Joseph's Church Hall, Blaydon	1:15 to 2:15	£3	AgeUK Gateshead 0191 477 3559
<b>SwingFit with Christine</b>	Fellside Methodist Church, Whickham	1:30 to 2:30	£5	Christine 07719174544
<b>Denewell Social Group</b>	Denewell Ave URC Church, Low Fell	1:30 to 3 2 <sup>nd</sup> Monday	Ring for info	Gateshead OPA 0191 438 1721
<b>Silver Screen Film Club</b>	Rosewood Care Centre, Bensham	1:30 to 3:30 Alternate Mondays	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Strength and Balance</b>	St. Mary's Church Hall, Whickham	2 to 2:45	£3.80	Move to Improve (Emma) 07963 048179
<b>Zumba Gold</b>	Larkspur House, Beacon Lough	2 to 3	Residents only	Sam 07736 040308
<b>Watercolour Painting</b>	St. John's Community Hall, Greenside	2 to 4	Ring for info	Gordon Lamb 01434 675 415
<b>Easy Does It</b>	Wood Green, Bill Quay	3:15 to 4	£3.80	LIFE Programme 07999 500951
<b>Never Too Old to Rock music group</b>	Deckham Village Hall	5:30 to 7:30	FREE	Gateshead OPA 0191 438 1721
<b>Chess Club – Gateshead LIVE</b>	Gateshead Civic Centre	From 6:30	FREE	Customer Services 0191 433 3000
<b>Zumba</b>	Hertfordshire House Community Centre, Pelaw	6:30 to 7:30 pm	Ring for info	0191 469 1860
<b>Versus Arthritis Support Group</b>	Gateshead Civic Centre	6:30 to 8:45 pm	FREE	Allison Bellinger 0191 420 1302
<b>SwingFit with Ruth</b>	Birtley Catholic Club	6:45 to 7:45	£5	Ruth 07719174544
<b>Iyengar Yoga</b>	St. John's Community Hall, Greenside	7 to 8:30 pm	Ring for info	Dave Curry 07779 342183
<b>Hatha Yoga</b>	St. Cuthbert's Community Hall, Shibdon Road, Blaydon	7 to 8:30 pm	£5 (please bring a mat)	Carol 0191 413 4665
<b>Runabouts Group</b>	Ring for info	Monthly	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Late Bloomers Gardening Club</b>	House on the Hill, Felling	Monday to Saturday, Weather depending	Ring for info	AgeUK Gateshead 0191 477 3559

### TUESDAY

Activity	Location	Time	Cost	Contact
<b>Hatha Yoga</b>	St. Helen's Church Hall	9:50 to 10:50	£4	AgeUK Gateshead 0191 477 3559
<b>Low Impact Exercise</b>	Gateshead Indoor Bowling Centre	10 to 10:45	£3.80	LIFE Programme 07999 500951

<b>Low Impact Exercise</b>	Gateshead Indoor Bowling Club	10 to 10:45	FREE through 18/2	LIFE Programme 07999 500951
<b>Line Dancing</b>	St. Joseph's Church Hall, opposite Gateshead Interchange	10 to 10:45 (beginners) and 11 to 12 (intermediate)	£3.50	AgeUK Gateshead 0191 477 3559
<b>Exercise Group/Prize Bingo</b>	McErlane Square, Pelaw	From 10	Ring for info	Lynda 07712 695403
<b>Versus Arthritis Support Group</b>	St. Peter's Church, Low Fell	10 to 12 28 January	FREE	Allison Bellinger 0191 420 1302
<b>Art Diamonds Drop-in Group</b>	Leam Lane and Birtley Libraries	10 to 12	FREE	Jen/Karolynne 0191 433 2864
<b>Coffee Stop</b> (social with short speakers/devotions)	Crawcrook Centenary Methodist Church	From 10 Alternate Tuesdays	Donations	Trevor 0191 413 4819
<b>Chair-based Exercise</b>	Pleasant Place, Birtley	10:15 to 11:15	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Men's Fitness</b>	OneTake Fitness & Nutrition, Felling	10:30 to 11:15	£4	Martin 0191 447 9300
<b>Tai Chi</b>	Deckham Village Hall	10:30 to 11:30 11:45 to 12:45 From 14 January	£3	Gateshead OPA 0191 438 1721
<b>Wardley Gate Social Group</b>	Wardley Gate Care Centre	10:30 to 11:30	FREE	Gateshead OPA 0191 438 1721
<b>Birtley Social Group</b>	Birtley Fire Station	10:30 to 12:30 10 December	Ring for info	Gateshead OPA 0191 438 1721
<b>Friendship Group</b>	Civic Centre	10:30 to 12:30 Alt. Tuesdays	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Dancercise</b>	Gateshead Indoor Bowling Club	11 to 11:45	FREE through 18/2	LIFE Programme 07999 500951
<b>Pilates</b>	St. Helen's Church Hall, Low Fell	11 to 12	£3.50	AgeUK Gateshead 0191 477 3559
<b>Tai Chi</b>	Hertfordshire House Community Centre, Pelaw	11 to 12	Ring for info	0191 469 1860
<b>Grove Tuesday Social Club</b>	Bensham Grove Community Centre	11 to 1	£2	Julie 07769 369250 <a href="mailto:julie.crocker@royalvoluntaryservice.org.uk">julie.crocker@royalvoluntaryservice.org.uk</a>
<b>Domino and Lunch Group</b>	Boltons Bungalows, Chopwell	11 to 1	Ring for info	MHA 01207 563 825
<b>Low Impact Exercise</b>	Wrekenton Methodist Church	11:15 to 12	£3.80	LIFE Programme 07999 500951
<b>Strength and Balance</b>	Sunniside Methodist Church	11:30 to 12:15	FREE from 7 Jan	Move to Improve (Emma) 07963 048179
<b>Low Impact Exercise</b>	Springwell Village Community Venue	11:45 to 12:30	£3.80	LIFE Programme 07999 500951
<b>Versus Arthritis Coffee Afternoon</b>	Whickham Library	12 to 2 14 January	FREE	Allison Bellinger 0191 420 1302
<b>Low Impact Exercise</b>	St. Mary's Church Hall, Heworth	12:30 to 1:15	FREE	LIFE Programme 07999 500951
<b>Card Making Class</b>	Birtley Hub	1 to 3 Alt. Tuesdays	£2	Hannah 0191 492 0434
<b>Secret Cinema</b>	Bill Quay Community Church	1 (refreshments) 2 (film starts) 14 January	FREE	Jane 0191 491 1015
<b>Bridge Club</b>	Low Fell Library	From 1	£1.50	Ken 0191 488 2722
<b>Next Steps Bereavement Support Drop-in</b>	341-343 High Street	1 to 3	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Cosy Crow Singing Group</b>	Deckham Village Hall	1 to 2:30	FREE	Gateshead OPA 0191 438 1721
<b>Dancercise</b>	St. Mary's Church Hall, Heworth	1:30 to 2:15	FREE	LIFE Programme 07999 500951
<b>Tai Chi</b>	St. Paul's Church Hall, Winlaton	1:30 to 2:30 2:45 to 3:45 From 14 January	£3	Gateshead OPA 0191 438 1721
<b>Get-together Group</b>	William Morris Avenue, Rowlands Gill	1 to 3	Ring for info	MHA 01207 563 825
<b>Family History Surgery</b>	St. Mary's Heritage Centre	2 to 4	FREE	<a href="mailto:heritage@gateshead.gov.uk">heritage@gateshead.gov.uk</a>
<b>Ladies Friendship Group</b>	Crawcrook Centenary Methodist Church	From 2	Donations	Trevor 0191 413 4819
<b>Watercolour Painting</b>	St. John's Community Hall, Greenside	2 to 4	Ring for info	Gordon Lamb 01434 675 415
<b>Art Diamonds Drop-in Group</b>	Chopwell and Pelaw Libraries	2 to 4	FREE	Jen/Karolynne 0191 433 3864
<b>Boccia</b>	McErlane Square, Pelaw	From 2	Ring for info	Lynda 07712 695403
<b>Bowes Belles WI</b>	Wrekenton Methodist Community Church	From 7 2 <sup>nd</sup> Tuesday	£4	Katherine Watson 07780 454810 <a href="mailto:bowesbelleswi@gmail.com">bowesbelleswi@gmail.com</a>
<b>Pilates</b>	Thought Foundation, Birtley	5:15 to 7:30	£7.50	Moya Leddy 07906 318883
<b>Parkinson's Carer Group</b>	Gateshead Leisure Centre	7 to 8:30 pm 3 <sup>rd</sup> Tuesday	FREE	Linny Rubra 0344 225 3604 <a href="mailto:vc.north4@parkinsons.org.uk">vc.north4@parkinsons.org.uk</a>
<b>Social Evening</b>	Wood Green Community Lounge, Bill Quay	7 to 9:30 pm	Ring for info	Lynne 0191 469 6255

<b>Caedmon Community Choir (non-audition a capella)</b>	MEC Sage Gateshead	8 to 9:30pm Term time	£35 per term (income dependent)	Sylvia 07765 246491 <a href="mailto:caedmon.choir@gmail.com">caedmon.choir@gmail.com</a>
<b>Day Centre</b>	Blackhall Mill Community Centre		Ring for info	AgeUK Gateshead 0191 477 3559

## WEDNESDAY

Activity	Location	Time	Cost	Contact
<b>Low Impact Exercise</b>	St. Joseph's Church Hall, Blaydon	10 to 10:45	£3.80	LIFE Programme 07999 500951
<b>Men's Hydrotherapy Group</b>	Chase Park Rehabilitation Centre, Whickham	10 to 11	£4	Allison Bellinger 0191 420 1302
<b>Bowls Club (carpet bowls)</b>	Crawcrook Centenary Methodist Church	From 10	£1	Trevor 0191 413 4819
<b>Versus Arthritis Coffee Morning</b>	Central Library Coffee Shop	10 to 12 15 January	FREE	Allison Bellinger 0191 420 1302
<b>Joyce Close Social Group</b>	Joyce Close Communal Lounge, Wardley	10 to 12	Ring for info	Gateshead OPA 0191 438 1721
<b>Craft and Chatter Group</b>	Sunniside Methodist Church	10 to 12	£3.50	<a href="mailto:sunnisidemethodistchurch@gmail.com">sunnisidemethodistchurch@gmail.com</a>
<b>Charity Coffee Morning</b>	Sunniside Methodist Church	10 to 12 1 <sup>st</sup> Wednesday	FREE	<a href="mailto:sunnisidemethodistchurch@gmail.com">sunnisidemethodistchurch@gmail.com</a>
<b>Art Diamonds Drop-in Group</b>	Blaydon Library	10 to 12	FREE	Jen/Karolynne 0191 433 3864
<b>Superbia LGBTQ+ Carers Social Group</b>	8-9 Gladstone Terrace	10:30 to 12	Ring for info	Gateshead Carers 0191 490 0121
<b>Deckham Social Group</b>	Deckham Village Hall	10:30 to 12:30 8, 22 January	Ring for info	Gateshead OPA 0191 438 1721
<b>Walking Football</b>	Cleveland Hall FC	11 to 12	FREE	Ashley Lowe 0344 372 1892
<b>Pilates</b>	Deckham Village Hall	11:30 to 12:30	£6	Move to Improve (Emma) 07963 048179
<b>Woollen Tops (knitting/crochet)</b>	Christ Church Hall, Felling	10:30 to 11:30	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Get-together Group</b>	Kells Way, Rowlands Gill	10:30 to 12:30	Ring for info	MHA 01207 563 825
<b>Cosy Crow Community Café</b>	Deckham Village Hall	12:30 to 2:30	Pay-as-you-please	Gateshead OPA 0191 438 1721
<b>St. Helen's Social Group</b>	St. Helen's Church Hall, Low Fell	1 to 3 15, 29 January	Ring for info	Gateshead OPA 0191 438 1721
<b>True Colours LGBT</b>	341-343 High Street, Gateshead	1 to 3 Alt Wednesdays	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Walking Sports</b>	Barmoor Hub, Ryton	From 1	£2	Gwenda Storey 0191 413 9415 or 07903 835257
<b>Dancercise</b>	Deckham Village Hall	1 to 1:45	£3.80	Move to Improve (Emma) 07963 048179
<b>Mindfulness Walk</b>	Chopwell Wood	1 to 4	FREE (booking essential)	0191 433 5357 <a href="mailto:involve@gatesheadhousing.co.uk">involve@gatesheadhousing.co.uk</a>
<b>Art Diamonds Creative Writing Workshop</b>	Birtley Library	2 to 4 22 January	FREE	Jen/Karolynne 0191 433 2864
<b>Well Tuned Ukulele Group</b>	Deckham Village Hall	2 to 3:30 From 8 January	£3.50	<a href="mailto:silver@sagegateshead.com">silver@sagegateshead.com</a> or 0191 443 5034
<b>Chair-based Exercise</b>	McErlane Square, Pelaw	From 3	Ring for info	Lynda 07712 695403
<b>Hatha Yoga</b>	The Winlaton Centre	4:15 to 5:45	£5 (mats provided)	Carol 0191 413 4665
<b>Yoga for Adults</b>	Thought Foundation, Birtley	5:30 to 6:30	£6	0191 691 0203
<b>Move Easy Low Level Exercise Class</b>	St. Helen's Church Hall, Low Fell	3 to 4	Ring for info	Mark 07568 367278
<b>Bingo</b>	Wood Green Community Lounge, Bill Quay	7 to 9:30 pm	Ring for info	Lynne 0191 469 6255
<b>Gateshead Floral Art Society</b>	Gateshead Civic Centre	Third Wednesday	Ring for info	Lynn Knight 0191 433 8460
<b>Craft Group</b>		Alternate Wednesdays	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Day Centre</b>	Callendar Court, Beacon Lough		Ring for info	AgeUK Gateshead 0191 477 3559
<b>Ryton Friendship Group</b>	Barmoor Hub, Ryton	Alternate Wednesdays	Ring for info	AgeUK Gateshead 0191 477 3559

## THURSDAY

Activity	Location	Time	Cost	Contact
<b>Low Impact</b>	Deckham Community Centre	10 to 10:45	£3.80	LIFE Programme 07999 500951
<b>Strength and Balance</b>	Chopwell Methodist Church	10 to 10:45	£3.80	Move to Improve (Emma) 07963 048179
<b>Knit and Natter</b>	Bill Quay Community Church	From 10	Ring for info	0191 491 1015
<b>Weekly Walk</b>	Teams Medical Practice	From 10	Ring for info	0191 460 4239
<b>Walking Touch Rugby</b>	Blaydon RFC	10 to 11:30	FREE	Jonathan Benson 07718 706551 <a href="mailto:jonathanbenson@rfu.com">jonathanbenson@rfu.com</a>
<b>Craft Club</b>	Crawcrook Centenary Methodist Church	10 to 12 and 1 to 3	£2 one session £2.50 both sessions	Trevor 0191 413 4819

<b>Low Impact Exercise</b>	St. Barnabas' Church Hall, Rowlands Gill	10:30 to 11:15	FREE through 20/2	LIFE Programme 07999 500951
<b>Art Group</b>	Deckham Village Hall	10:30 to 12:30 9, 23 January	Ring for info	Gateshead OPA 0191 438 1721
<b>Reminiscence Group</b>	Deckham Village Hall	10:30 to 12:30 30 January	Ring for info	Gateshead OPA 0191 438 1721
<b>Thursday Morning Movie Club (Sully)</b>	Deckham Village Hall	10:30 refreshments 10:55 film starts 16 January	50p	Gateshead OPA 0191 438 1721
<b>Long Walking Group</b>	Gateshead Interchange	10:30 departure Monthly	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Craft Group</b>	Deckham Village Hall	11 to 3	Ring for info	Gateshead OPA 0191 438 1721
<b>Tai Chi/Qi Gong</b>	St. Joseph's Church Hall, opposite Gateshead Interchange	11:30 to 12:30	£3.50	AgeUK Gateshead 0191 477 3559
<b>Dancercise</b>	St. Barnabas' Church Hall, Rowlands Gill	11:30 to 12:15	FREE through 20/2	LIFE Programme 07999 500951
<b>Low Impact Exercise</b>	St. Helen's Church Hall, Low Fell	11:30 to 12:15	£3.80	LIFE Programme 07999 500951
<b>NEFirst Credit Union pay point</b>	Deckham Village Hall	12:30 to 1:30	FREE	Gateshead OPA 0191 438 1721
<b>Cosy Crow Community Café</b>	Deckham Village Hall	12:30 to 2:30	Pay-as-you-please	Gateshead OPA 0191 438 1721
<b>Lunch Group</b>	Strathmore Avenue Community Centre, Rowlands Gill	12:30 to 2:30	Ring for info	MHA 01207 563 825
<b>Dancercise</b>	Barmoor Hub, Ryton	1 to 1:45	£3.80	Move to Improve (Emma) 07963 048179
<b>Low Impact Exercise</b>	Teams Life Centre	1 to 1:45	FREE through 20/2	LIFE Programme 07999 500951
<b>Well Tuned Percussion Group</b>	Deckham Village Hall	2 to 3 From 9 January	£4	<a href="mailto:silver@sagegateshead.com">silver@sagegateshead.com</a> or 0191 443 5034
<b>Whickham Social Group</b>	Whickham Community Centre	1 to 3 1 <sup>st</sup> Thursday	Ring for info	Gateshead OPA 0191 438 1721
<b>Friendship Group</b>	Eighton Lodge Care Home	1 to 3	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Lonely Arts Drop-in Group</b>	Thought Foundation, Birtley	1 to 3	£4	0191 691 0203
<b>Health Walk (Parkinson's UK)</b>	Gibside (meet at reception)	From 1	FREE	Jasmin Danby 07975 947879 <a href="mailto:jdanyby@parkinsons.org.uk">jdanyby@parkinsons.org.uk</a>
<b>Dancercise</b>	Teams Life Centre	2 to 2:45	FREE through 20/2	LIFE Programme 07999 500951
<b>Hatha Yoga</b>	Stargate Community Hall	2 to 3	£5	Carol 0191 413 4665
<b>Fingers and Thumbs (proggy mat making)</b>	St. Mary's Heritage Centre	2 to 4	FREE	0191 433 4699
<b>Bereavement Support Group</b>	341-343 High Street, Gateshead	2 to 4 1 <sup>st</sup> Thursday	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Art Diamonds Drop-in Group</b>	Gateshead Central Library	2 to 4	FREE	Jen/Karolynne 0191 433 3864
<b>Wellbeing and Weigh-in Group</b>	McErlane Square, Pelaw	From 3	Ring for info	Lynda 07712 695403
<b>Over 50s Technology Group</b>	Birtley Hub	5:30 to 7	FREE Ring to book	Hannah 0191 492 0434
<b>Day Centre</b>	Priory Court, Wardley and Conifer Close, Winlaton		Ring for info	Age UK Gateshead
<b>Women's Institute</b>	Bill Quay Community Church	From 7 pm 1 <sup>st</sup> Thursday	Ring for info	0191 491 1015
<b>Zumba (not specifically for over 50s)</b>	Gym Etc., Team Valley	7 to 7:45	Members only	Sam 07736 040308

## FRIDAY

Activity	Location	Time	Cost	Contact
<b>Coffee Morning</b>	Hertfordshire House Community Centre, Pelaw	9 to 11	Ring for info	0191 469 1860
<b>Leam Lane Social Group</b>	Leam Rangers Football Ground	10 to 12	Ring for info	Helen 07856796766
<b>Pelaw Friendship Group</b>	McErlane Square, Pelaw	10 to 12 Alternate Fridays	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Tai Chi</b>	St. Joseph's Church Hall, Birtley	10 to 11	£3.50	AgeUK Gateshead 0191 477 3559
<b>Start with Art Drop-in</b>	Shipleigh Art Gallery	10 to 11:30	FREE	Kerry Cook 0191 477 1495
<b>Well Tuned Singing Group</b>	Christ Church Hall, Felling	10:30 to 12	FREE	<a href="mailto:silver@sagegateshead.com">silver@sagegateshead.com</a> or 0191 443 5034
<b>Walking Football</b>	Cleveland Hall FC	11 to 12	Ring for info	Ashley Lowe 0344 372 1892
<b>Boccia</b>	Wood Green Community Lounge	From 11	Ring for info	Lynne 0191 469 6255
<b>Knit and Natter Group</b>	Boltons Bungalows, Chopwell	11 to 1	Ring for info	MHA 01207 563 825
<b>Lunch Club</b>	Boltons Bungalows, Chopwell	11 to 1 Alternate Fridays	Ring for info	MHA 01207 563 825

<b>Low Impact Exercise</b>	St. Mary's, Church Chare, Whickham	11:30 to 12:15	£3.80	LIFE Programme 07999 500951
<b>Tai Chi</b>	Pelaw Community Bowls Club	11:45 to 12:45 From 17 January	£3	Gateshead OPA 0191 438 1721
<b>Tea Dance</b>	Deckham Village Hall	1 to 3	£2	Gateshead OPA 0191 438 1721
<b>Get-together Group</b>	High Spen Primary School	1 to 3	Ring for info	MHA 01207 563 825
<b>Thought Foundation Lates Art Night</b>	Thought Foundation, Birtley	7 to 9	£15	0191 691 0203
<b>Men's Group</b>	Ring for info	Alternate Fridays	Ring for info	AgeUK Gateshead 0191 477 3559
<b>Versus Arthritis Walking Group</b>	Ring for info	Last Friday	Ring for info	Allison Bellinger 0191 420 1302

## SATURDAY

Activity	Location	Time	Cost	Contact
<b>Adult Tap with Eileen Pine</b>	Hertfordshire House Community Centre, Pelaw	9:45 to 10:45	Ring for info	0191 469 1860
<b>Zumba (not specifically for over 50s)</b>	Cardinal Hume, Old Durham Road	10 to 10:45	£4	Sam 07736 040308
<b>Iyengar Yoga</b>	Greenside Community Centre	10 to 11:30	£6	Dave Curry 07779 342183
<b>Family History Surgery</b>	St. Mary's Heritage Centre	10 to 12 Third Saturday	FREE	0191 433 4699
<b>Coffee Morning</b>	Crawcrook Centenary Methodist Church	10:30 to 12	Donations	Trevor 0191 413 4819

## SUNDAY

Activity	Location	Time	Cost	Contact
<b>Zumba (not specifically for over 50s)</b>	Gym Etc., Team Valley	9:15 to 10	Members only	Sam 07736 040308
<b>Nordic Walking</b>	Chopwell Wood (meet in car park)	10 to 11	Ring for info	07935 410703

Please note that these details are provided as a courtesy. Gateshead Older People's Assembly assumes no responsibility for any agreements made between you and an organisation or individual on this list. Before going along for the first time, you are strongly encouraged to contact the appropriate organisation to ensure that the details provided are up to date. If your organisation would like to have its activities added to this list, please send the relevant details to [lola@gatesheadopa.org.uk](mailto:lola@gatesheadopa.org.uk)