

Activities for Over 50s in Gateshead (March 2020)

MONDAY

Activity	Location	Time	Cost	Contact
Zumba GOLD	Stormont Main WMC, Wrekenton	10 to 11	£4	Sam 07736 040308
Dancercise	Deckham Village Hall	10 to 10:45	£3.80	Move to Improve (Emma) 07963 048179
Keep Fit, Strong, and Steady	Barmoor Hub, Ryton	10 to 10:45	£3.80	LIFE Programme 07999 500951
Konga Lo	Thomas Wilson Club, Low Fell	10 to 11	£4 (£32 for 10 passes)	Danielle 07850 227720
Mental Health Support Group	341-343 High Street, Gateshead	10 to 12	Ring for info	AgeUK Gateshead 0191 477 3559
Art Diamonds Creative Writing Group	Whickham Library	10 to 12 9, 23 March	FREE	Jen/Karolynne 0191 433 8492
Walking Group	Gateshead Interchange	From 10:30	Ring for info	AgeUK Gateshead 0191 477 3559
Strength and Balance	Deckham Village Hall	11 to 11:45	£3.80	Move to Improve (Emma) 07963 048179
Walking Sports	Marley Hill Community Centre	11 to 12	£2	David Jeffers 0191 433 8110
Walking Football	Cleveland Hall Community Association	11 to 12	£3	Stroke Association – Sara or Pippa 0191 731 6771
Coffee Morning	Boltons Bungalows, Chopwell	11 to 1	Ring for info	MHA 01207 563 825
Keep Fit, Strong, and Steady	St. Joseph's Church Hall, Blaydon	11:45 to 12:30	£3.80	LIFE Programme 07999 500951
Men's Group	Various venues	12 to 2:30 (alternate Mondays)	Ring for info	MHA 01207 563 825
Strength and Balance	FACT, Denise Robertson House, Swalwell	12:10 to 12:55 and 12:55 to 1:30	£3.80	Move to Improve (Emma) 07963 048179
Seniors' Lunch (monthly)	Barmoor Hub, Ryton	From 1 20 March	FREE – Booking essential	0191 413 6485
Walking Football	Blaydon Leisure Centre	1 to 2	£3.50	David Jeffers 0191 433 8110
Friendship Group	Blaydon Library	1 to 3	Ring for info	AgeUK Gateshead 0191 477 3559
Communication Support Group (Stroke Association)	Stroke Association, Digital House Team View, Fifth Ave, NE11 0NB	1 to 3 Alt. Tuesdays	FREE	Stroke Association 0191 731 6771
Chair-based Exercise	St. Joseph's Church Hall, Blaydon	1:15 to 2:15	£3	AgeUK Gateshead 0191 477 3559
SwingFit with Christine	Fellside Methodist Church, Whickham	1:30 to 2:30	£5	Christine 07719174544
Denewell Social Group	Denewell Ave URC Church, Low Fell	1:30 to 3 2 nd Monday	Ring for info	Gateshead OPA 0191 438 1721
Silver Screen Film Club	Rosewood Care Centre, Bensham	1:30 to 3:30 Alternate Mondays	Ring for info	AgeUK Gateshead 0191 477 3559
Strength and Balance	St. Mary's Church Hall, Whickham	2 to 2:45	£3.80	Move to Improve (Emma) 07963 048179
Zumba Gold	Larkspur House, Beacon Lough	2 to 3	Residents only	Sam 07736 040308
Watercolour Painting	St. John's Community Hall, Greenside	2 to 4	Ring for info	Gordon Lamb 01434 675 415
Easy Does It	Wood Green, Bill Quay	3:15 to 4	£3.80	LIFE Programme 07999 500951
Never Too Old to Rock music group	Deckham Village Hall	5:30 to 7:30	FREE	Gateshead OPA 0191 438 1721
Chess Club – Gateshead LIVE	Gateshead Civic Centre	From 6:30	FREE	Customer Services 0191 433 3000
Zumba	Hertfordshire House Community Centre, Pelaw	6:30 to 7:30 pm	Ring for info	0191 469 1860
Versus Arthritis Support Group	Gateshead Civic Centre	6:30 to 8:45 pm	FREE	Allison Bellinger 0191 420 1302
SwingFit with Ruth	Birtley Catholic Club	6:45 to 7:45	£5	Ruth 07719174544
Iyengar Yoga	St. John's Community Hall, Greenside	7 to 8:30 pm	Ring for info	Dave Curry 07779 342183
Hatha Yoga	St. Cuthbert's Community Hall, Blaydon	7 to 8:30 pm	£5 (please bring a mat)	Carol 0191 413 4665
Runabouts Group	Ring for info	Monthly	Ring for info	AgeUK Gateshead 0191 477 3559
Late Bloomers Gardening Club	House on the Hill, Felling	Monday to Saturday, Weather depending	Ring for info	AgeUK Gateshead 0191 477 3559

TUESDAY

Activity	Location	Time	Cost	Contact
Hatha Yoga	St. Helen's Church Hall	9:50 to 10:50	£4	AgeUK Gateshead 0191 477 3559
Keep Fit, Strong, and Steady	Denewell Ave URC Church, Low Fell	10 to 10:45	FREE through 28/4	LIFE Programme 07999 500951
Line Dancing	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
Exercise Group/Prize Bingo	McErlane Square, Pelaw	From 10	Ring for info	Lynda 07712 695403
Versus Arthritis Support Group	St. Peter's Church, Low Fell	10 to 12 31 March	FREE	Allison Bellinger 0191 420 1302
Art Diamonds Explore Drawing	Birtley Library	10 to 12 17, 31 March	FREE	Jen/Karolynne 0191 433 8492
Coffee Stop (social with short speakers/devotions)	Crawcrook Centenary Methodist Church	From 10 Alternate Tuesdays	Donations	Trevor 0191 413 4819
Chair-based Exercise	Pleasant Place, Birtley	10:15 to 11:15	Ring for info	AgeUK Gateshead 0191 477 3559
Men's Fitness	OneTake Fitness & Nutrition, Felling	10:30 to 11:15	£4	Martin 0191 447 9300
Tai Chi	Deckham Village Hall	10:30 to 11:30 11:45 to 12:45	£3	Gateshead OPA 0191 438 1721
Wardley Gate Social Group	Wardley Gate Care Centre	10:30 to 11:30	FREE	Gateshead OPA 0191 438 1721
Walking Sports	Gateshead International Stadium	10:30 to 11:30	£2	David Jeffers 0191 433 8110
Stroll after Stroke Walking Group	Land of Oak and Iron Heritage Centre, Winlaton Mill	10:30 to 12	FREE	Stroke Association – Emma 0191 731 6771
Birtley Social Group	Birtley Fire Station	10:30 to 12:30 3, 17, 31 March	Ring for info	Gateshead OPA 0191 438 1721
Friendship Group	Civic Centre	10:30 to 12:30 Alt. Tuesdays	Ring for info	AgeUK Gateshead 0191 477 3559
William Morris Exercise Group	9 William Morris Avenue, Highfield	11 to 11:30	Ring for info	MHA 01207 563 825
Dancercise	Denewell Ave URC Church, Low Fell	11 to 11:45	FREE through 28/4	LIFE Programme 07999 500951
Pilates	St. Helen's Church Hall, Low Fell	11 to 12	£3.50	AgeUK Gateshead 0191 477 3559
Tai Chi	Hertfordshire House Community Centre, Pelaw	11 to 12	Ring for info	0191 469 1860
Dementia-friendly Café	The Soundroom	11 to 1 Alt. Tuesdays	£3/clients, £1/carers	Tom 0191 477 1116
Grove Tuesday Social Club	Bensham Grove Community Centre	11 to 1	£2	Julie 07769 369250 julie.crocker@royalvoluntaryservice.org.uk
Domino and Lunch Group	Boltons Bungalows, Chopwell	11 to 1	Ring for info	MHA 01207 563 825
Keep Fit, Strong, and Steady	Wrekenton Methodist Church	11:15 to 12	£3.80	LIFE Programme 07999 500951
Strength and Balance	Sunniside Methodist Church	11:30 to 12:15	FREE through 10/3. £3.80 thereafter	Move to Improve (Emma) 07963 048179
Keep Fit, Strong, and Steady	Springwell Village Community Venue	11:45 to 12:30	£3.80	LIFE Programme 07999 500951
Versus Arthritis Coffee Afternoon	Whickham Library	12 to 2 10 March	FREE	Allison Bellinger 0191 420 1302
Dancercise	St. Mary's Church Hall, Heworth	12:30 to 1:15	£3.80	LIFE Programme 07999 500951
Dancercise	St. Mary's Church Hall, Heworth	12:30 to 1:15	£3.80	LIFE Programme 07999 500951
Card Making Class	Birtley Hub	1 to 3 Alt. Tuesdays	£2	Hannah 0191 492 0434
Secret Cinema	Bill Quay Community Church	1 (refreshments) 2 (film starts) 10 March	FREE	Jane 0191 491 1015
Bridge Club	Low Fell Library	From 1	£1.50	Ken 0191 488 2722
William Morris Group	9 William Morris Avenue, Highfield	1 to 3 Alt Tuesdays	Ring for info	MHA 01207 563 825
Next Steps Bereavement Support Drop-in	341-343 High Street	1 to 3	Ring for info	AgeUK Gateshead 0191 477 3559
Cosy Crow Singing Group	Deckham Village Hall	1 to 2:30	FREE	Gateshead OPA 0191 438 1721
Tai Chi	St. Paul's Church Hall, Winlaton	1:30 to 2:30 2:45 to 3:45	£3	Gateshead OPA 0191 438 1721
Art Diamonds Glass Painting Workshop	Wailes Room, Gateshead Central Library	1:30 to 4 3 March	FREE	Jen/Karolynne 0191 433 8492
Family History Surgery	St. Mary's Heritage Centre	2 to 4	FREE	heritage@gateshead.gov.uk
Art Diamonds Make and Share	Wailes Room, Gateshead Central Library	2 to 4 10 March	FREE	Jen/Karolynne 0191 433 8492

Ladies Friendship Group	Crawcrook Centenary Methodist Church	From 2	Donations	Trevor 0191 413 4819
Watercolour Painting	St. John's Community Hall, Greenside	2 to 4	Ring for info	Gordon Lamb 01434 675 415
Boccia	McErlane Square, Pelaw	From 2	Ring for info	Lynda 07712 695403
Walking Football	Gateshead International Stadium	4 to 5	£3.50	David Jeffers 0191 433 8110
Bowes Belles WI	Wrekenton Methodist Community Church	From 7 2 nd Tuesday	£4	Katherine Watson 07780 454810 bowesbelleswi@gmail.com
Pilates	Thought Foundation, Birtley	5:15 to 7:30	£7.50	Moya Leddy 07906 318883
Community Choir	The Soundroom, Cuthbert Street, Gateshead, NE8 1AF	6:30 to 8	£3 suggested donation	0191 477 1116 thesoundroomcharity@hotmail.com
Parkinson's Carer Group	Gateshead Leisure Centre	7 to 8:30 pm 3 rd Tuesday	FREE	Linny Rubra 0344 225 3604 vc.north4@parkinsons.org.uk
Social Evening	Wood Green Community Lounge, Bill Quay	7 to 9:30 pm	Ring for info	Lynne 0191 469 6255
Caedmon Community Choir (non-audition a capella)	MEC Sage Gateshead	8 to 9:30pm Term time	£35 per term (income dependent)	Sylvia 07765 246491 caedmon.choir@gmail.com
Day Centre	Blackhall Mill Community Centre		Ring for info	AgeUK Gateshead 0191 477 3559

WEDNESDAY

Activity	Location	Time	Cost	Contact
Garden Group	Marquis Way Centre, Tem Valley	9:30 to 12:30 April to Oct.	Donations	Stroke Association – Sara or Pippa 0191 731 6771
Keep Fit, Strong, and Steady	St. Joseph's Church Hall, Blaydon	10 to 10:45	£3.80	LIFE Programme 07999 500951
Men's Hydrotherapy Group	Chase Park Rehabilitation Centre, Whickham	10 to 11	£4	Allison Bellinger 0191 420 1302
Zumba Gold	Thomas Wilson Club, Low Fell	10 to 11	£4 (£32 for 10 passes)	Danielle 07850 227720
Bowls Club (carpet bowls)	Crawcrook Centenary Methodist Church	From 10	£1	Trevor 0191 413 4819
Versus Arthritis Coffee Morning	Central Library Coffee Shop	10 to 12 18 March	FREE	Allison Bellinger 0191 420 1302
Joyce Close Social Group	Joyce Close Communal Lounge, Wardley	10 to 12	Ring for info	Gateshead OPA 0191 438 1721
Craft and Chatter Group	Sunniside Methodist Church	10 to 12	£3.50	sunnisidemethodistchurch@gmail.com
Charity Coffee Morning	Sunniside Methodist Church	10 to 12 1 st Wednesday	FREE	sunnisidemethodistchurch@gmail.com
Kells Way Group	Kells Way Communal Lounge, Rowlands Gill	10:30 to 12:30 Alt Wednesdays	Ring for info	MHA 01207 563 825
Gateshead Singing Group	Swalwell Fire Station	10:30 to 12 1 st Wed	FREE	Stroke Association – Sara or Pippa 0191 731 6771
Superbia LGBTQ+ Carers Social Group	8-9 Gladstone Terrace	10:30 to 12	Ring for info	Gateshead Carers 0191 490 0121
Art Diamonds: Go, See, Do	The Gallery, Gateshead Central Library	10:30 to 12:30	FREE	Jen/Karolynne 0191 433 8492
Deckham Social Group	Deckham Village Hall	10:30 to 12:30 4, 18 March	Ring for info	Gateshead OPA 0191 438 1721
Gentle Seated Yoga	Greenside Community Centre	11 to 12 From 1 April	FREE through 3/6	Rose 07515 107774
07515 1077	Cleveland Hall FC	11 to 12	FREE	Contact: Thomas.graham@nufc.co.uk Age UK: 0191 477 3559
Pilates	Deckham Village Hall	11:30 to 12:30	£6	Move to Improve (Emma) 07963 048179
Woollen Tops (knitting/crochet)	Christ Church Hall, Felling	10:30 to 11:30	Ring for info	AgeUK Gateshead 0191 477 3559
Cosy Crow Community Café	Deckham Village Hall	12:30 to 2:30	Donations	Gateshead OPA 0191 438 1721
St. Helen's Social Group	St. Helen's Church Hall, Low Fell	1 to 3 11, 25 March	Ring for info	Gateshead OPA 0191 438 1721
True Colours LGBT	341-343 High Street, Gateshead	1 to 3 Alt Wednesdays	Ring for info	AgeUK Gateshead 0191 477 3559
Walking Sports	Barmoor Hub, Ryton	From 1	£2	Gwenda Storey 0191 413 9415 or 07903 835257
Dancercise	Deckham Village Hall	1 to 1:45	£3.80	Move to Improve (Emma) 07963 048179
Gentle Yoga	Pilates & Yoga Studio, Whickham	1:30 to 2:30	FREE through 8/5	Emma 07963 048179
Communication Support Group	Stroke Association, Digital House Team View, Fifth Ave NE11 0NB	1 to 3 Alt. Weds.	FREE	Stroke Association 0191 731 6771
Mindfulness Walk	Chopwell Wood	1 to 4	FREE (booking essential)	0191 433 5357 involve@gatesheadhousing.co.uk
Art Diamonds Creative Writing Workshop	Birtley Library	2 to 4 4, 18 March	FREE	Jen/Karolynne 0191 433 8492
Well Tuned Ukulele Group	Deckham Village Hall	2 to 3:30	£3.50	silver@sagegateshead.com or 0191 443 5034

Bowls	Gateshead Indoor Bowls Centre	2:30 to 4:30 Alt. Weds.	£3	Stroke Association – Sara or Pippa 0191 731 6771
Chair-based Exercise	McErlane Square, Pelaw	From 3	Ring for info	Lynda 07712 695403
Hatha Yoga	The Winlaton Centre	4:15 to 5:45	£5 (mats provided)	Carol 0191 413 4665
Yoga for Adults	Thought Foundation, Birtley	5:30 to 6:30	£6	0191 691 0203
Move Easy Low Level Exercise Class	St. Helen's Church Hall, Low Fell	3 to 4	Ring for info	Mark 07568 367278
Bingo	Wood Green Community Lounge, Bill Quay	7 to 9:30 pm	Ring for info	Lynne 0191 469 6255
Gateshead Floral Art Society	Gateshead Civic Centre	Third Wednesday	Ring for info	Lynn Knight 0191 433 8460
Craft Group		Alternate Wednesdays	Ring for info	AgeUK Gateshead 0191 477 3559
Day Centre	Callendar Court, Beacon Lough		Ring for info	AgeUK Gateshead 0191 477 3559
Ryton Friendship Group	Barmoor Hub, Ryton	Alternate Wednesdays	Ring for info	AgeUK Gateshead 0191 477 3559

THURSDAY

Activity	Location	Time	Cost	Contact
Keep Fit, Strong, and Steady	Deckham Village Hall	10 to 10:45	£3.80	LIFE Programme 07999 500951
Strength and Balance	Chopwell Methodist Church	10 to 10:45	£3.80	Move to Improve (Emma) 07963 048179
Knit and Natter	Bill Quay Community Church	From 10	Ring for info	0191 491 1015
Weekly Walk	Teams Medical Practice	From 10	Ring for info	0191 460 4239
SwingFit with Amy	St. Helen's Church Hall, Low Fell	10 to 11	£5	Amy 07966 035910
Walking Touch Rugby	Blaydon RFC	10 to 11:30	FREE	Jonathan Benson 07718 706551 jonathanbenson@rfu.com
Craft Club	Crawcrook Centenary Methodist Church	10 to 12 and 1 to 3	£2 one session £2.50 both sessions	Trevor 0191 413 4819
Keep Fit, Strong, and Steady	St. Barnabas' Church Hall, Rowlands Gill	10:30 to 11:15	£3.80	LIFE Programme 07999 500951
Art Diamonds Papercutting Workshop	Dodds Room, Gateshead Central Library	10 to 12:30 19 March	FREE	Jen/Karolynne 0191 433 8492
Art Group	Deckham Village Hall	10:30 to 12:30 5, 19 March	Ring for info	Gateshead OPA 0191 438 1721
Reminiscence Group	Deckham Village Hall	10:30 to 12:30 26 March	Ring for info	Gateshead OPA 0191 438 1721
Thursday Morning Movie Club (When Harry Met Sally)	Deckham Village Hall	10:30 refreshments 10:55 film starts 12 March	50p	Gateshead OPA 0191 438 1721
Art Diamonds Screen Printing Workshop	Northern Print Studio, Ouseburn, Newcastle	10:30 to 3 5 March	FREE	Jen/Karolynne 0191 433 8492
Long Walking Group	Gateshead Interchange	10:30 departure Monthly	Ring for info	AgeUK Gateshead 0191 477 3559
Craft Group	Deckham Village Hall	11 to 3	Ring for info	Gateshead OPA 0191 438 1721
Tai Chi/Qi Gong	St. Joseph's Church Hall, opposite Gateshead Interchange	11:30 to 12:30	£3.50	AgeUK Gateshead 0191 477 3559
Dancercise	St. Barnabas' Church Hall, Rowlands Gill	11:30 to 12:15	£3.80	LIFE Programme 07999 500951
Keep Fit, Strong, and Steady	St. Helen's Church Hall, Low Fell	11:30 to 12:15	£3.80	LIFE Programme 07999 500951
NEFirst Credit Union pay point	Deckham Village Hall	12:30 to 1:30	FREE	Gateshead OPA 0191 438 1721
Cosy Crow Community Café	Deckham Village Hall	12:30 to 2:30	Donations	Gateshead OPA 0191 438 1721
Lunch Club	Rowlands Gill Community Centre	11 to 1	Ring for info	MHA 01207 563 825
Dancercise	Barmoor Hub, Ryton	1 to 1:45	£3.80	Move to Improve (Emma) 07963 048179
Dancercise	Kibblesworth Millennium Centre	1 to 1:45	FREE through 30/4	LIFE Programme 07999 500951
Moving Forward After Stroke (exercise & lifestyle support)	Dunston Leisure Centre	1 to 3	FREE	Stroke Association – Emma 0191 731 6771
Whickham Social Group	Whickham Community Centre	1 to 3 1 st Thursday	Ring for info	Gateshead OPA 0191 438 1721
Friendship Group	Eighton Lodge Care Home	1 to 3	Ring for info	AgeUK Gateshead 0191 477 3559
Lonely Arts Drop-in Group	Thought Foundation, Birtley	1 to 3	£4	0191 691 0203
Health Walk (Parkinson's UK)	Gibside (meet at reception)	From 1	FREE	Jasmin Danby 07975 947879 jdanby@parkinsons.org.uk
Seated Circle Dancing	Felling Community Centre	1:30 to 2:30 From 12 March	FREE through 30/4	Janette 07773 084321
Well Tuned Percussion Group	Deckham Village Hall	2 to 3	£4	silver@gateshead.com or 0191 443 5034
Art Diamonds Creative Challenges	Gateshead Central Library	2 to 3:30 5, 19 March	FREE	Jen/Karolynne 0191 433 8492

Keep Fit, Strong, and Steady	Kibblesworth Millennium Centre	2 to 2:45	FREE through 30/4	LIFE Programme 07999 500951
Keep Fit, Strong, and Steady	Mount Community Association, Eighton Banks	2 to 2:45	FREE through 7/5	LIFE Programme 07999 500951
Hatha Yoga	Stargate Community Hall	2 to 3	£5	Carol 0191 413 4665
Fingers and Thumbs (proggy mat making)	St. Mary's Heritage Centre	2 to 4	FREE	0191 433 4699
Bereavement Support Group	341-343 High Street, Gateshead	2 to 4 1 st Thursday	Ring for info	AgeUK Gateshead 0191 477 3559
Wellbeing and Weigh-in Group	McErlane Square, Pelaw	From 3	Ring for info	Lynda 07712 695403
Over 50s Technology Group	Birtley Hub	5:30 to 7	FREE Ring to book	Hannah 0191 492 0434
Day Centre	Priory Court, Wardley and Conifer Close, Winlaton		Ring for info	Age UK Gateshead
Women's Institute	Bill Quay Community Church	From 7 pm 1 st Thursday	Ring for info	0191 491 1015
Zumba (not specifically for over 50s)	Gym Etc., Team Valley	7 to 7:45	Members only	Sam 07736 040308

FRIDAY

Activity	Location	Time	Cost	Contact
Coffee Morning	Hertfordshire House Community Centre, Pelaw	9 to 11	Ring for info	0191 469 1860
Bike Ride (all equipment provided including bikes)	Meet at Big Local Bungalow, St Aidan's School, Derwentwater Road, NE8 2HQ	9:30 to 1	£1 suggested donation	0191 477 3734
Healthy Eating & Weight Management Group	Deckham Village Hall	10 to 10:45	£3.80	Nicola 07763 050855
Konga Lo	Thomas Wilson Club, Low Fell	10 to 11	£4 (£32 for 10 passes)	Danielle 07850 227720
Leam Lane Social Group	Leam Rangers Football Ground	10 to 12	Ring for info	Helen 07856796766
Pelaw Friendship Group	McErlane Square, Pelaw	10 to 12 Alt. Fridays	Ring for info	AgeUK Gateshead 0191 477 3559
Tai Chi	St. Joseph's Church Hall, Birtley	10 to 11	£3.50	AgeUK Gateshead 0191 477 3559
Start with Art Drop-in	Shiplay Art Gallery	10 to 11:30	FREE	Kerry Cook 0191 477 1495
Well Tuned Singing Group	Christ Church Hall, Felling	10:30 to 12	FREE	silver@sagegateshead.com or 0191 443 5034
Moving Forward After Stroke (exercise & lifestyle support)	Gateshead Leisure Centre	10:30 to 12:30	FREE	Stroke Association – Emma 0191 731 6771
Walking Football	Cleveland Hall FC	11 to 12	Ring for info	Contact:Thomas.graham@nufc.co.uk Age UK: 0191 477 3559
Boccia	Wood Green Community Lounge	From 11	Ring for info	Lynne 0191 469 6255
Knit and Natter Group	Boltons Bungalows, Chopwell	10:30 to 12:30 Alt Fridays	Ring for info	MHA 01207 563 825
Lunch Club	Boltons Bungalows, Chopwell	12:30 to 2:30 Alternate Fridays	Ring for info	MHA 01207 563 825
Keep Fit, Strong, and Steady	Dunston Activity Centre	11:30 to 12:15 Term time only	FREE through 1/5	LIFE Programme 07999 500951
Keep Fit, Strong, and Steady	St. Mary's, Church Chare, Whickham	11:30 to 12:15	£3.80	LIFE Programme 07999 500951
Belly dancing	Deckham Village Hall	11:45 to 12:45 From 20 March	FREE through 22/5	mandy.s@live.co.uk or 0191 438 1721
Tai Chi	Pelaw Community Bowls Club	11:45 to 12:45	£3	Gateshead OPA 0191 438 1721
Dancercise	Dunston Activity Centre	12:30 to 1:15 Term time only	FREE through 1/5	LIFE Programme 07999 500951
Tea Dance	Deckham Village Hall	1 to 3	£2	Gateshead OPA 0191 438 1721
High Spen Group	High Spen Primary School Library	1 to 3	Ring for info	MHA 01207 563 825
Meditation	Greenside Community Centre	1:30 to 2:30 From 3 April	FREE through 5/6	Rose 07515 107774
Dancercise	Barley Mow Community Centre	2 to 2:45	FREE through 1/5	LIFE Programme 07999 500951
Thought Foundation Lates Art Night	Thought Foundation, Birtley	7 to 9	£15	0191 691 0203
Men's Group	Ring for info	Alternate Fridays	Ring for info	AgeUK Gateshead 0191 477 3559
Versus Arthritis Walking Group	Ring for info	Last Friday	Ring for info	Allison Bellinger 0191 420 1302

SATURDAY

Activity	Location	Time	Cost	Contact
Adult Tap with Eileen Pine	Hertfordshire House Community Centre, Pelaw	9:45 to 10:45	Ring for info	0191 469 1860
Iyengar Yoga	Greenside Community Centre	10 to 11:30	£7	Dave Curry 07779 342183
Family History Surgery	St. Mary's Heritage Centre	10 to 12 Third Saturday	FREE	0191 433 4699
Coffee Morning	Crawcrook Centenary Methodist Church	10:30 to 12	Donations	Trevor 0191 413 4819
Art Diamonds: Chinese Brush Painting Workshop (Fish theme)	The Gallery, Central Library	1:30 to 4 14, 28 March	£5 if registered with Art Diamonds	Jen/Karolynne 0191 433 8492

SUNDAY

Activity	Location	Time	Cost	Contact
Nordic Walking	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