



Monday	Tuesday	Wednesday	Thursday	Friday
		1 11:30 – 12:15 Strength & Balance* 12:30 – 13:15 Dancercise* 13:30 – 14:15 Pilates*	2 10:30 – 12:30 Art Group* (IN) 10:30 – 12:30 Craft Group* 13:30 – 14:30 Gentle Yoga*	3 9:30 – 10:15 ZOOM Stay Steady at Home* 10 – 10:45 Walking Football* 11 – 11:45 Walking Football* 11:30 start Health Walk*
6 10 – 10:45 Dancercise (£4) 11 – 11:45 Dancercise (£4) 12 – 12:45 Strength & Balance (£4) 17:30 – 19:30 Never Too Old to Rock* (IN)	7 10:30 – 11:30 Tai Chi (£4) 11:45 – 12:45 Tai Chi (£4) 13:00 – 14:30 Gateshead 50+ Singers*	8 10:30 – 12:30 Deckham Social Group (£2, IN) 11:30 – 12:15 Strength & Balance (£4) 12:30 – 13:15 Dancercise (£4) 13:30 – 14:15 Pilates (£4, IN)	9 10:30 – 12:30 Craft Group (£2) 13:30 – 14:30 Gentle Yoga (£5)	10 9:30 – 10:15 ZOOM Stay Steady at Home* 10 – 10:45 Walking Football* 11 – 11:45 Walking Football* 11:30 start Health Walk*
13 10 – 10:45 Dancercise (£4) 11 – 11:45 Dancercise (£4) 12 – 12:45 Strength & Balance (£4) 17:30 – 19:30 Never Too Old to Rock* (IN)	14 10:30 – 11:30 Tai Chi (£4) 11:45 – 12:45 Tai Chi (£4) 13:00 – 14:30 Gateshead 50+ Singers*	15 11:30 – 12:15 Strength & Balance (£4) 12:30 – 13:15 Dancercise (£4) 13:30 – 14:15 Pilates (£4, IN)	16 10:30 – 12:30 Art Group* (IN) 10:30 – 12:30 Craft Group (£2) 13:30 – 14:30 Gentle Yoga (£5)	17 9:30 – 10:15 ZOOM Stay Steady at Home* 10 – 10:45 Walking Football* 11 – 11:45 Walking Football* 11:30 start Health Walk*
20 10 – 10:45 Dancercise (£4) 11 – 11:45 Dancercise (£4) 12 – 12:45 Strength & Balance (£4) 17:30 – 19:30 Never Too Old to Rock* (IN)	21 10:30 – 11:30 Tai Chi (£4) 11:45 – 12:45 Tai Chi (£4) 13:00 – 14:30 Gateshead 50+ Singers* 15:15 – 16:15 Ukulele Group*	22 10:30 – 12:30 Deckham Social Group (£2, IN) 11:30 – 12:15 Strength & Balance (£4) 12:30 – 13:15 Dancercise (£4) 13:30 – 14:15 Pilates (£4, IN)	23 10:30 – 12:30 Craft Group (£2) 13:30 – 14:30 Gentle Yoga (£5) 15:15 – 16:15 Samba Drumming*	24 9:30 – 10:15 ZOOM Stay Steady at Home* 10 – 10:45 Walking Football* 11 – 11:45 Walking Football*
27 10 – 10:45 Dancercise (£4) 11 – 11:45 Dancercise (£4) 12 – 12:45 Strength & Balance (£4) 17:30 – 19:30 Never Too Old to Rock* (IN)	28 10:30 – 11:30 Tai Chi (£4) 11:45 – 12:45 Tai Chi (£4) 13:00 – 14:30 Gateshead 50+ Singers* 15:15 – 16:15 Ukulele Group*	29 11:30 – 12:15 Strength & Balance (£4) 12:30 – 13:15 Dancercise (£4) 13:30 – 14:15 Pilates (£4, IN)	30 10:30 – 12:30 Art Group* (IN) 10:30 – 12:30 Craft Group (£2) 13:30 – 14:30 Gentle Yoga (£5) 15:15 – 16:15 Samba Drumming*	<h2 style="margin: 0;">September 2021 Deckham Activities</h2>

All activities delivered in our covered outdoor area unless marked (IN). Activities marked \* are free.

For booking details, please ring 0191 438 1721 or email [getinvolved@gatesheadopa.org.uk](mailto:getinvolved@gatesheadopa.org.uk)

Gateshead Older People's Assembly • 178 Split Crow Road • Deckham • NE8 3UB

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