

FREE Activities for Over 50s

Never Too Old to Rock

Mondays, 17:30 -19:30
Gateshead OPA,
Deckham

FREE through 2021
Info: Craig 0191 438 1721

Dancercise

Tuesdays, 11:30 – 12:15
St. Barnabas Church Hall,
Rowlands Gill

FREE through 12/10, then £4
Info: Emma 07963 048179

Gateshead 50+ Singing Group

Tuesdays, 13:00 – 14:30
Gateshead OPA, Deckham

FREE through 2021
Info: Craig 0191 438 1721

Ukulele Group

Tuesdays, 14:45 -15:45
Gateshead OPA,
Deckham

FREE through 2021
Info: 0191 438 1721

Computer Support Drop-in

Wednesdays, 10:30 – 13:30
Dunston Activity Centre

FREE through 2021
Info: 0191 433 5690

Tai Chi

Wednesdays, 11 - 12
Dunston Activity Centre

FREE through 13/10, then £4
Info: Dave 07909 715202

Walking Rugby

Thursdays, 10 – 11:30
Blaydon Rugby Club

FREE through 2021
Info: 0191 420 0505

Strength and Balance

Thursdays, 10:30 – 11:15
Fellside Methodist Church,
Whickham

FREE through 14/10, then £4
Info: Emma 07963 048179

Art Group

Alt. Thursdays, 10:30 – 12:30
Gateshead OPA, Deckham

FREE through 2021
Info: 0191 438 1721

Walk and Talk

Thursdays, meet at 11
Blaydon Youth and
Community Centre

FREE through 2021
Info: 0191 414 7849

Samba Drumming

Thursdays, 15:15 – 16:15
Gateshead OPA,
Deckham

FREE through 2021
Info: 0191 438 1721

ZOOM Staying Steady at Home

Fridays, 9:30 – 10:15

FREE through 2021
Info: 0191 438 1721

Walking Football

Fridays, 10 – 10:45
and 11 – 11:45
Gateshead OPA, Deckham

FREE through 2021
Info: 0191 438 1721

Health Walks

Fridays from 11:30
Various Gateshead
locations

FREE through 2021
Info: 0191 438 1721



Information provided as a courtesy by
Gateshead Older People's Assembly.

Registered Charity No. 1155832

