

Activities for Over 50s in Gateshead

MONDAY

Dancercise	Gateshead OPA, Deckham	10:00 – 10:45	£4	Emma 07963 048179
Keep Fit, Strong, and Steady	Barmoor Hub, Ryton	10:00 – 10:45	£4	Sharon 07399 461290
Dancercise	Gateshead OPA, Deckham	11:00 – 11:45	£4	Emma 07963 048179
Keep Fit, Strong, and Steady	St. Joseph's Church Hall, Blaydon	11:00 – 11:45	£4	Sharon 07399 461290
Strength and Balance	Gateshead OPA, Deckham	12:00 – 12:45	£4	Emma 07963 048179
Never Too Old to Rock	Gateshead OPA, Deckham	17:30 – 19:30	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Yoga (beginner/intermediate)	Pilates and Yoga Studio, Wickham	18:00 – 19:00	£8	Book online www.pilatesandyogastudio.co.uk
ZOOM Pilates (healthy back)	ZOOM	19:00 – 20:00	£7	Book online www.pilatesandyogastudio.co.uk
Yoga (beginner/intermediate)	Pilates and Yoga Studio, Wickham	19:15 – 20:15	£8	Book online www.pilatesandyogastudio.co.uk

TUESDAY

Yoga*	Greenside Community Centre	9:30 – 11:00 11:15 – 12:45 13:30 – 15:00	£5	Rose 07515 107774
Pilates (healthy back)	Pilates and Yoga Studio, Wickham	10:00 – 11:00	£8	Book online www.pilatesandyogastudio.co.uk
ZOOM Pilates	ZOOM	10:00 – 11:00	£7	Book online www.pilatesandyogastudio.co.uk
Tai Chi*	Gateshead OPA, Deckham	10:30 – 11:30 11:45 – 12:45	£4	Dave 07909 715202
Keep Fit, Strong, and Steady	Springwell Village Hall	11:45 – 12:30	£4	Phil 07500 059670
Keep Fit, Strong, and Steady	Denewell Avenue Church, Low Fell	12:00 – 12:45	£4	Sharon 07399 461290
Gateshead 50+ Singing Group	Gateshead OPA, Deckham	13:00 – 14:30	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Sequence Tea Dance	Dunston Activity Centre	13:00 – 15:00	£3.50	Julie 07963 000151
Tai Chi*	St. Paul's Church Hall, Winlaton	14:00 – 15:00	£4 indoors £3 outdoors	Dave 07909 715202
Ukulele Group	Gateshead OPA, Deckham	14:45 – 15:45	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Tai Chi & Qi Gong	Wickham Community Centre	18:30 – 19:30	£5	Sandra 07855 157955 or sandramountjoy@hotmail.co.uk
Pilates (mat)	ZOOM and Pilates and Yoga Studio, Wickham	19:00 – 20:00	£7 ZOOM £8 studio	Book online www.pilatesandyogastudio.co.uk
Scottish Country Dancing	St Alban's Church Hall, Windy Nook	19:30 – 21:30	£4	Sylvia 07773 423765

WEDNESDAY

Yoga*	Greenside Community Centre	9:30 – 11:00	£5	Rose 07515 107774
Pilates (mat)	ZOOM and Pilates and Yoga Studio, Whickham	10:00 – 11:00	£7 ZOOM £8 studio	Book online www.pilatesandyogastudio.co.uk
Keep Fit, Strong, and Steady	St. Joseph's Church Hall, Blaydon	10:00 – 10:45	£4	Sharon 07399 461290
Deckham Social Group	Gateshead OPA, Deckham	10:30 – 12:30 Alt. Wednesdays	£2	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Computer Support Drop-In	Dunston Activity Centre	10:30 – 13:30	FREE	0191 425 2222 (booking not necessary)
Tai Chi	Dunston Activity Centre	10:00 – 11:00 11:00 – 12:00	£4	Dave 07909 715202
Strength and Balance	Gateshead OPA, Deckham	11:30 – 12:15	£4	Emma 07963 048179
Dancercise	Gateshead OPA, Deckham	12:30 – 13:15	£4	Emma 07963 048179
Keep Fit, Strong, and Steady	Dunston Activity Centre	12:30 – 13:15	£4	Sharon 07399 461290
Line Dancing	Birtley Community Centre	13:00 – 14:30	£3	Birtley CC 0191 410 2343
Pilates (mat)	Gateshead OPA, Deckham	13:30 – 14:15	£4	Emma 07963 048179
Yoga*	Greenside Community Centre	13:30 – 14:30	£5	Rose 07515 107774
Sequence Tea Dance	Barley Mow Village Hall, Birtley	14:00 – 16:00	£3	Julie 07963 000151
Hot Yoga	Pilates and Yoga Studio, Whickham	18:00 – 19:00	£8	Book online www.pilatesandyogastudio.co.uk
Hot Yoga	Pilates and Yoga Studio, Whickham	19:15 – 20:15	£8	Book online www.pilatesandyogastudio.co.uk

THURSDAY

ZOOM Pilates (mat)	ZOOM	6:30 – 7:30	£8	Book online www.pilatesandyogastudio.co.uk
Yoga*	Greenside Community Centre	9:15 – 10:45	£5	Rose 07515 107774
Pilates (small props)	ZOOM and Pilates and Yoga Studio, Whickham	9:30 – 10:30	£7 ZOOM £8 studio	Book online www.pilatesandyogastudio.co.uk
Walking Rugby	Blaydon Rugby Club (artificial grass pitch)	10:00 – 11:30	FREE	Blaydon RFC 0191 4200505 (booking not necessary, must play in studded boots)
Art Group	Gateshead OPA, Deckham	10:30 – 12:30 Alt. Thursdays	FREE until 9/12, £2 thereafter	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Craft Group (bring your own crafts)	Gateshead OPA, Deckham	10:30 – 12:30	£2	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Strength and Balance	Fellside Methodist Church, Whickham	10:30 – 11:15	£4	Emma 07963 048179
ZOOM Yoga*	ZOOM	11:00 – 12:00	£5	Rose 07515 107774
Keep Fit, Strong, and Steady	Denewell Avenue Church, Low Fell	11:00 – 11:45	£4	Sharon 07399 461290

Walk and Talk	Blaydon Youth and Community Centre	11:00 meet	FREE	BYCC 0191 414 7849
Indoor Walking Football	Birtley Leisure Centre	11:00 – 12:00	FREE	steven@gfc-foundation.org.uk
Dancercise	Barmoor Hub, Ryton	12:30 – 13:15	£4	Emma 07963 048179
Yoga*	Gateshead OPA, Deckham	13:30 – 14:30	£5	Rose 07515 107774
Samba Drumming	Gateshead OPA, Deckham	14:45 – 15:45	FREE until 2/12	0191 438 1721 getinvolved@gatesheadopa.org.uk
ZOOM Pilates (mat)	ZOOM	18:00 – 19:00	£7	Book online www.pilatesandyogastudio.co.uk
Yin Yoga	Pilates and Yoga Studio, Whickham	18:00 – 19:00	£8	Book online www.pilatesandyogastudio.co.uk
Yoga*	Greenside Community Centre	18:30 – 20:00	£5	Rose 07515 107774
Yoga Flow	Pilates and Yoga Studio, Whickham	19:15 – 20:15	£8	Book online www.pilatesandyogastudio.co.uk
FRIDAY				
ZOOM Active at Home	ZOOM	9:30 – 10:15	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Keep Fit, Strong, and Steady	Barmoor Hub, Ryton	10:00 – 10:45	£4	Sharon 07399 461290
Walking Football	Gateshead OPA, Deckham	10:00 – 10:45 11:00 – 11:45	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Tai Chi*	Pelaw Community Bowls Club	11:30 – 12:30	£4	Dave 07909 715202
Health Walks	Various within Gateshead	11:30 meet	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Seated Exercise	Whickham Community Centre	13:00-14:00	£3	Kath 0191 488 1291 (booking not necessary)
Stretch and Flex Yoga*	Blaydon Youth and Community Centre	14:30 – 15:30	FREE	BYCC 0191 414 7849
Indoor Walking Football	Blaydon Youth and Community Centre	15:30 – 16:30	FREE	BYCC 0191 414 7849 or steven@gfc-foundation.org.uk
SATURDAY				
ZOOM Yoga (beginner/intermediate)	ZOOM	9:00 – 10:00	£7	Book online www.pilatesandyogastudio.co.uk

* Can be done from a seated position

This guide is published as a courtesy by Gateshead Older People's Assembly. We assume 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.