

# Activities for Over 50s in Gateshead

MONDAY				
<b>Forest Fit</b>	Chopwell Woods	09:00 – 10:00	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
<b>Dancercise</b>	Gateshead OPA, Deckham	10:00 – 10:45	£4	Emma 07963 048179
<b>Keep Fit, Strong, and Steady</b>	Barmoor Hub, Ryton	10:00 – 10:45	£4	Sharon 07399 461290
<b>SwingFit with Ruth</b>	Barley Mow Village Hall	10:30 – 11:30	£6	Ruth 07719 174544
<b>Dancercise</b>	Gateshead OPA, Deckham	11:00 – 11:45	£4	Emma 07963 048179
<b>Keep Fit, Strong, and Steady</b>	St. Joseph's Church Hall, Blaydon	11:00 – 11:45	£4	Sharon 07399 461290
<b>Move Easy</b>	Gateshead Leisure Centre	11:00 – 11:45	£2	Gateshead Leisure Centre 0191 433 5733
<b>Strength and Balance</b>	Gateshead OPA, Deckham	12:00 – 12:45	£4	Emma 07963 048179
<b>Progressive Pedalling (beginners cycling)</b>	Chopwell Woods	13:00 – 15:00	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
<b>Strength &amp; Balance</b>	St. Cuthbert's Church Hall, Blaydon	13:15 – 14:00	£3.50	Emma 07963 048179
<b>Never Too Old to Rock</b>	Gateshead OPA, Deckham	17:30 – 19:30	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Yoga (beginner/intermediate)</b>	Pilates and Yoga Studio, Whickham	18:00 – 19:00	£8	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
<b>SwingFit with Paula</b>	Chopwell Community Centre	19:00 – 20:00	£6	Paula 07702 402979
<b>ZOOM Pilates (healthy back)</b>	ZOOM	19:00 – 20:00	£7	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
<b>Yoga for Beginners</b>	Hertfordshire House, Pelaw	19:00 – 20:00	FREE until 9/5	<a href="mailto:whitetigeryoga.uk@gmail.com">whitetigeryoga.uk@gmail.com</a>
<b>Yoga (beginner/intermediate)</b>	Pilates and Yoga Studio, Whickham	19:15 – 20:15	£8	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
TUESDAY				
<b>Yoga*</b>	Greenside Community Centre	9:30 – 11:00 11:15 – 12:45 13:30 – 15:00	£5	Rose 07515 107774
<b>ZOOM Pilates</b>	ZOOM	9:30 – 10:30	£7	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
<b>Pilates (healthy back)</b>	Pilates and Yoga Studio, Whickham	10:00 – 11:00	£8	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
<b>Men's Shed</b>	Ryton Scout Hall	10:00 – 15:00	£1.50	0191 413 6363 or <a href="mailto:rytonmensshed@gmail.com">rytonmensshed@gmail.com</a>
<b>Feast and Fitness</b>	Chopwell Woods	10:00 – 12:00	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
<b>Tai Chi*</b>	Gateshead OPA, Deckham	10:30 – 11:30 11:45 – 12:45	£4	Dave 07909 715202

<b>Move Easy</b>	Heworth Leisure Centre	11:00 – 11:45	£2	Heworth Leisure Centre 0191 433 5715
<b>Social Group</b>	Blaydon Youth and Community Centre	11:00 – 13:00	FREE	BYCC 0191 414 7849
<b>Move Easy</b>	Dunston Leisure Centre	11:30 – 12:15	£2	Dunston Leisure Centre 0191 433 5757
<b>Crafts Group</b>	Blaydon Youth and Community Centre	12:00 – 15:00	£3	BYCC 0191 414 7849
<b>Keep Fit, Strong, and Steady</b>	Springwell Village Hall	11:45 – 12:30	£4	Phil 07500 059670
<b>Keep Fit, Strong, and Steady</b>	Denewell Avenue Church, Low Fell	12:00 – 12:45	£4	Sharon 07399 461290
<b>Gateshead 50+ Singing Group</b>	Gateshead OPA, Deckham	13:00 – 14:30	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Sequence Tea Dance</b>	Dunston Activity Centre	13:00 – 15:00	£3.50	Julie 07963 000151
<b>Gentle Exercise</b>	Chopwell Woods	13:15 – 14:00	FREE	Lucy 07771 885084 or <a href="mailto:lucy.brenkley@forestryengland.uk">lucy.brenkley@forestryengland.uk</a>
<b>Tai Chi*</b>	St. Paul's Church Hall, Winlaton	14:00 – 15:00	£4 indoors £3 outdoors	Dave 07909 715202
<b>Ukulele Group</b>	Gateshead OPA, Deckham	14:45 – 15:45	£4	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Shimmy Camp</b>	St. Mary's Church Hall, Heworth	18:00 – 18:45	£5	<a href="http://www.faridadance.com/our-events">www.faridadance.com/our-events</a>
<b>Tai Chi &amp; Qi Gong</b>	Whickham Community Centre	18:30 – 19:30	£5	Sandra 07855 157955 or <a href="mailto:sandramountjoy@hotmail.co.uk">sandramountjoy@hotmail.co.uk</a>
<b>Pilates (mat)</b>	ZOOM and Pilates and Yoga Studio, Whickham	19:00 – 20:00	£7 ZOOM £8 studio	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
<b>Scottish Country Dancing</b>	St Alban's Church Hall, Windy Nook	19:30 – 21:30	£4	Sylvia 07773 423765
<b>WEDNESDAY</b>				
<b>Yoga*</b>	Greenside Community Centre	9:30 – 11:00	£5	Rose 07515 107774
<b>Pilates (mat)</b>	ZOOM and Pilates and Yoga Studio, Whickham	10:00 – 11:00	£7 ZOOM £8 studio	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
<b>Keep Fit, Strong, and Steady</b>	St. Joseph's Church Hall, Blaydon	10:00 – 10:45	£4	Sharon 07399 461290
<b>Evergreens (woodland activities)</b>	Chopwell Woods	10:00 meet Alt. Wednesdays	FREE	Lucy 07771 885084 or <a href="mailto:lucy.brenkley@forestryengland.uk">lucy.brenkley@forestryengland.uk</a>
<b>Deckham Social Group</b>	Gateshead OPA, Deckham	10:30 – 12:30 Alt. Wednesdays	£2	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Computer Support Drop-In</b>	Dunston Activity Centre	10:30 – 13:30	FREE	0191 425 2222 (booking not necessary)
<b>Tai Chi</b>	Dunston Activity Centre	10:00 – 11:00 11:00 – 12:00	£3	Dave 07909 715202
<b>Move Easy</b>	Birtley Leisure Centre	11:00 – 11:45	£2	Birtley Leisure Centre 0191 433 5797
<b>Move Easy</b>	Blaydon Leisure Centre	11:00 – 11:45	£2	Blaydon Leisure Centre 0191 433 5770
<b>Strength and Balance</b>	Gateshead OPA, Deckham	11:30 – 12:15	£4	Emma 07963 048179
<b>Dancercise</b>	Gateshead OPA, Deckham	12:30 – 13:15	£4	Emma 07963 048179

<b>Keep Fit, Strong, and Steady</b>	Dunston Activity Centre	12:30 – 13:15	£4	Sharon 07399 461290
<b>Line Dancing</b>	Birtley Community Centre	13:00 – 14:30	£3	Birtley CC 0191 410 2343
<b>Health Walk</b>	Chopwell Woods	13:00 meet	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
<b>Pilates (mat)</b>	Gateshead OPA, Deckham	13:30 – 14:15	£4	Emma 07963 048179
<b>Yoga*</b>	Greenside Community Centre	13:30 – 14:30	£5	Rose 07515 107774
<b>Sequence Tea Dance</b>	Barley Mow Village Hall, Birtley	14:00 – 16:00	£3	Julie 07963 000151
<b>Hot Yoga</b>	Pilates and Yoga Studio, Whickham	18:00 – 19:00	£8	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
<b>Hot Yoga</b>	Pilates and Yoga Studio, Whickham	19:15 – 20:15	£8	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
<b>THURSDAY</b>				
<b>ZOOM Pilates (mat)</b>	ZOOM	6:30 – 7:30	£8	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
<b>Yoga*</b>	Greenside Community Centre	9:15 – 10:45	£5	Rose 07515 107774
<b>Pilates (small props)</b>	ZOOM and Pilates and Yoga Studio, Whickham	9:30 – 10:30	£7 ZOOM £8 studio	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
<b>Walking Rugby</b>	Blaydon Rugby Club (artificial grass pitch)	10:00 – 11:30	FREE	Blaydon RFC 0191 4200505
<b>Men's Shed</b>	Ryton Scout Hut	10:00 – 15:00	£1.50	0191 413 6363 or <a href="mailto:rytonmensshed@gmail.com">rytonmensshed@gmail.com</a>
<b>Art Group</b>	Gateshead OPA, Deckham	10:30 – 12:30 Alt. Thursdays	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>NEFirst Credit Union PayPoint</b>	Gateshead OPA, Deckham	10:30 – 12:30 Alt. Thursdays	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Craft Group (bring your own crafts)</b>	Gateshead OPA, Deckham	10:30 – 12:30	£2	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Strength and Balance</b>	Fellside Methodist Church, Whickham	10:30 – 11:15	£4	Emma 07963 048179
<b>Move Easy</b>	Heworth Leisure Centre	10:30 – 11:15	£2	Heworth Leisure Centre 0191 433 5715
<b>ZOOM Yoga*</b>	ZOOM	11:00 – 12:00	£5	Rose 07515 107774
<b>Keep Fit, Strong, and Steady</b>	Denewell Avenue Church, Low Fell	11:00 – 11:45	£4	Sharon 07399 461290
<b>Walk and Talk</b>	Blaydon Youth and Community Centre	11:00 meet	FREE	BYCC 0191 414 7849
<b>Indoor Walking Football</b>	Birtley Leisure Centre	11:00 – 12:00	FREE	<a href="mailto:steven@gfc-foundation.org.uk">steven@gfc-foundation.org.uk</a>
<b>Move Easy</b>	Dunston Leisure Centre	11:30 – 12:15	£2	Dunston Leisure Centre 0191 433 5757
<b>Dancercise</b>	Barmoor Hub, Ryton	12:30 – 13:15	£4	Emma 07963 048179
<b>Gentle Yoga*</b>	Gateshead OPA, Deckham	13:30 – 14:30	£5	Rose 07515 107774
<b>ZOOM Pilates (mat)</b>	ZOOM	18:00 – 19:00	£7	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>

<b>Yin Yoga</b>	Pilates and Yoga Studio, Whickham	18:00 – 19:00	£8	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
<b>Yoga*</b>	Greenside Community Centre	18:30 – 20:00	£5	Rose 07515 107774
<b>Yoga Flow</b>	Pilates and Yoga Studio, Whickham	19:15 – 20:15	£8	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
<b>FRIDAY</b>				
<b>ZOOM Active at Home</b>	ZOOM	9:30 – 10:15	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>SwingFit with Paula</b>	St. Joseph's Community Centre, Blaydon	9:30 – 10:30	£6	Paula 07702 402979
<b>Tai Chi &amp; Qi Gong</b>	Strathmore Road Methodist Church, Rowlands Gill	9:30 – 10:30	FREE until 10/6, £5 thereafter	Sandra 07855 157955 or <a href="mailto:sandramountjoy@hotmail.co.uk">sandramountjoy@hotmail.co.uk</a>
<b>ZOOM Bellydance</b>	ZOOM	10:00 – 11:00	£5	Klaire <a href="mailto:klairejay@gmail.com">klairejay@gmail.com</a>
<b>Keep Fit, Strong, and Steady</b>	Barmoor Hub, Ryton	10:00 – 10:45	£4	Sharon 07399 461290
<b>Gentle Yoga*</b>	The Winlaton Centre	10:00 – 11:00	£5	Rose 07515 107774
<b>Walking Football</b>	Gateshead OPA, Deckham	10:00 – 10:45 11:00 – 11:45	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Tai Chi &amp; Qi Gong</b>	Marley Hill Community Centre	11:00 – 12:00	£5	Sandra 07855 157955 or <a href="mailto:sandramountjoy@hotmail.co.uk">sandramountjoy@hotmail.co.uk</a>
<b>Tai Chi*</b>	Pelaw Community Bowls Club	11:30 – 12:30	£4	Dave 07909 715202
<b>Health Walks</b>	Various within Gateshead	11:30 meet	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Gentle Circuits for Over 50s</b>	Barley Mow Village Hall	12:00 – 12:45	FREE until 10/6, £2.50 thereafter	Leanne 07908 764555
<b>Backyard Cricket</b>	Gateshead OPA, Deckham	12:00 – 13:15	FREE until 10/6, £5 thereafter	Alosh 07880 861879 or <a href="mailto:booking@cricketqube.com">booking@cricketqube.com</a>
<b>Seated Exercise</b>	Whickham Community Centre	13:00 -14:00	£3	Kath 0191 488 1291 (booking not necessary)
<b>Keep Fit, Strong, and Steady</b>	Swalwell Community Centre	14:15 – 15:00	£4	Sharon 07399 461290
<b>Stretch and Flex Yoga*</b>	Blaydon Youth and Community Centre	14:30 – 15:30	£5	BYCC 0191 414 7849
<b>Indoor Walking Football</b>	Blaydon Youth and Community Centre	15:30 – 16:30	FREE	BYCC 0191 414 7849 or <a href="mailto:steven@gfc-foundation.org.uk">steven@gfc-foundation.org.uk</a>
<b>SATURDAY</b>				
<b>ZOOM Yoga (beginner/intermediate)</b>	ZOOM	9:00 – 10:00	£7	Book online <a href="http://www.pilatesandyogastudio.co.uk">www.pilatesandyogastudio.co.uk</a>
<b>SUNDAY</b>				
<b>Wellness Walx (Nordic walking)</b>	Chopwell Woods	10:00 meet	FREE	Lucy 07771 885084 or <a href="mailto:lucy.brenkley@forestryengland.uk">lucy.brenkley@forestryengland.uk</a>

\* Can be done from a seated position



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