

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
SwingFit with Ruth	Barley Mow Village Hall	10:30 – 11:30	£6		Ruth 07719 174544
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
Move Easy	Gateshead Leisure Centre	11:00 – 11:45	£2		Gateshead Leisure Centre 0191 433 5733
Strength and Balance	Gateshead OPA, Deckham	12:00 – 12:45	£4		Emma 07963 048179
Happy Mondays Lunch Group (by invitation only – referrals welcome)	Chopwell Community Centre	12:00 – 14:00	FREE		MHA Communities Gateshead West 01207 563825
Progressive Pedalling (beginners cycling)	Chopwell Woods	13:00 – 15:00	FREE		Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Strength & Balance	St. Cuthbert's Church Hall, Blaydon	13:15 – 14:00	£3.50		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, Whickham	18:00 – 19:00	£8		Book online www.pilatesandyogastudio.co.uk
SwingFit with Paula	Chopwell Community Centre	19:00 – 20:00	£6		Paula 07702 402979
ZOOM Pilates (healthy back)	ZOOM	19:00 – 20:00	£7		Book online www.pilatesandyogastudio.co.uk
Yoga for Beginners	Hertfordshire House, Pelaw	19:00 – 20:00	£36 (6 classes)		Book online https://bookwhen.com/whitetigeryoga
Yoga (beginner/intermediate)	Pilates and Yoga Studio, Whickham	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
ZOOM Pilates	ZOOM	9:30 – 10:30	£7		Book online www.pilatesandyogastudio.co.uk
Pilates (healthy back)	Pilates and Yoga Studio, Whickham	10:00 – 11:00	£8		Book online www.pilatesandyogastudio.co.uk
Bingo, Coffee, and Cake	Dene Court Lounge, Low Westwood (Co. Durham)	10:00 – 12:00 Alt. Tuesdays	FREE		MHA Communities Gateshead West 01207 563825
Men's Shed	Ryton Scout Hall	10:00 – 15:00	£1.50		0191 413 6363 or rytonmensshed@gmail.com
Keep Fit, Strong, and Steady	Denewell Avenue Church, Low Fell	10:00 – 10:45	£4		Sharon 07399 461290

Tai Chi*	Gateshead OPA, Deckham	10:30 – 11:30 11:45 – 12:45	£4	Dave 07909 715202
Exercise with Alex	William Morris Avenue Communal Lounge, Highfield	11:00 – 11:30	£3	MHA Communities Gateshead West 01207 563825
Move Easy	Heworth Leisure Centre	11:00 – 11:45	£2	Heworth Leisure Centre 0191 433 5715
Social Group	Blaydon Youth and Community Centre	11:00 – 13:00	FREE	BYCC 0191 414 7849
Move Easy	Dunston Leisure Centre	11:30 – 12:15	£2	Dunston Leisure Centre 0191 433 5757
Crafts Group	Blaydon Youth and Community Centre	12:00 – 15:00	£3	BYCC 0191 414 7849
Keep Fit, Strong, and Steady	Springwell Village Hall	11:45 – 12:30	£4	Phil 07500 059670
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
Gentle Exercise	Chopwell Woods	13:15 – 14:00	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
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	£4	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Shimmy Camp	St. Mary's Church Hall, Heworth	18:00 – 18:45	£5	www.faridadance.com/our-events
Tai Chi & Qi Gong	Whickham Community Centre	18:30 – 19:30	£5	Sandra 07855 157955 or sandramountjoy@hotmail.co.uk
Pilates (mat)	ZOOM and Pilates and Yoga Studio, Whickham	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
Evergreens (woodland activities)	Chopwell Woods	10:00 meet Alt. Wednesdays	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
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	£3	Dave 07909 715202
Geordie Online Variety Show	ZOOM	11:00 – 11:40	FREE	MHA Communities Gateshead West 01207 563825

Move Easy	Birtley Leisure Centre	11:00 – 11:45	£2	Birtley Leisure Centre 0191 433 5797
Move Easy	Blaydon Leisure Centre	11:00 – 11:45	£2	Blaydon Leisure Centre 0191 433 5770
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
Health Walk	Chopwell Woods	13:00 meet	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
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	13:30 – 16:00	£3	Julie 07963 000151
Archery Club	Chopwell Woods	14:00 meet Alt. Wednesdays	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Nordic Walking	Chopwell Woods	18:00 meet	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
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
Men's Shed	Ryton Scout Hut	10:00 – 15:00	£1.50	0191 413 6363 or rytonmensshed@gmail.com
Art Group	Gateshead OPA, Deckham	10:30 – 12:30 Alt. Thursdays	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
NEFirst Credit Union PayPoint	Gateshead OPA, Deckham	10:30 – 12:30 Alt. Thursdays	FREE	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
Move Easy	Heworth Leisure Centre	10:30 – 11:15	£2	Heworth Leisure Centre 0191 433 5715

Love to Move Dementia-friendly Seated Exercise (all welcome)	Strathmore Road Methodist Church, Rowlands Gill	10:45 – 11:30	FREE	MHA Communities Gateshead West 01207 563825
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
Move Easy	Dunston Leisure Centre	11:30 – 12:15	£2	Dunston Leisure Centre 0191 433 5757
Rowlands Gill Lunch Group	Strathmore Road Methodist Church, Rowlands Gill	12:00 – 14:00	£5	MHA Communities Gateshead West 01207 563825
Dancercise	Barmoor Hub, Ryton	12:30 – 13:15	£4	Emma 07963 048179
Gentle Circuits	St. Chad's Community Project, Bensham	13:00 – 13:45	FREE through 14/7, £2.50 thereafter	Leanne 07908 764555
Gentle Yoga*	Gateshead OPA, Deckham	13:30 – 14:30	FREE	Rose 07515 107774
Stretch & Flex Yoga	Blaydon Youth and Community Centre	18:00 – 19:00	FREE through 7/7, £5 thereafter	BYCC 0191 414 7849
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				
Monthly Coach Trip	Various including the coast, Carlisle, historic properties, etc.	All day	Various	MHA Communities Gateshead West 01207 563825
ZOOM Active at Home	ZOOM	9:30 – 10:15	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
SwingFit with Paula	St. Joseph's Community Centre, Blaydon	9:30 – 10:30	£6	Paula 07702 402979
Keep Fit, Strong, and Steady	Barmoor Hub, Ryton	10:00 – 10:45	£4	Sharon 07399 461290
Gentle Yoga*	The Winlaton Centre	10:00 – 11:00	£5	Rose 07515 107774
Walking Football	Gateshead OPA, Deckham	10:00 – 10:45 11:00 – 11:45	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Tai Chi & Qi Gong	Marley Hill Community Centre	11:00 – 12:00	£5	Sandra 07855 157955 or sandramountjoy@hotmail.co.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
Gentle Circuits for Over 50s	Barley Mow Village Hall	12:00 – 12:45	£2.50	Leanne 07908 764555
Backyard Cricket	Gateshead OPA, Deckham	12:00 – 13:15	FREE	Alosh 07880 861879 or booking@cricketqube.com
Chopwell Lunch Group	Boltons Bungalows Communal Lounge, Chopwell	12:30 – 14:30	£5	MHA Communities Gateshead West 01207 563825
Keep Fit, Strong, and Steady	Swalwell Community Centre	12:30 – 13:15	£4	Sharon 07399 461290
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	£5	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
Sequence Dancing	Marley Hill Community Centre	19:30 – 22:00 24 June	£3	Julie Venton 07963 000151
SATURDAY				
ZOOM Yoga (beginner/intermediate)	ZOOM	9:00 – 10:00	£7	Book online www.pilatesandyogastudio.co.uk
Sequence Dance Social	Marley Hill Community Centre	19:30 – 22:00	£3	Julie Venton 07963 000151
SUNDAY				
Wellness Walx (Nordic walking)	Chopwell Woods	10:00 meet	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.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.

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