

July Activities in Deckham

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 - 10:15 ZOOM Active at Home* 10 - 10:45 Walking Football* 11 - 11:45 Walking Football* 11:30 start Health walk* 12 - 13:15 Cricket*
4 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*	5 YORK COACH TRIP	6 11:30 - 12:15 Strength & Balance (£4) 12:30 - 13:15 Dancercise (£4) 13:30 - 14:30 Pilates (£4)	7 10:30 - 12:30 Art Group (£2) 10:30 - 12:30 Craft Group (£2) 13:30 - 14:30 Gentle Yoga*	8 9:30 - 10:15 ZOOM Active at Home* 11:30 start Health walk* 12 - 16:00 Beach day
11 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*	12 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 13:00 - 14:30 Gateshead 50+ Singers* 14:45 - 15:45 Ukulele Group (£4)	13 10:30 - 12:30 Social Group (£2) 11:30 - 12:15 Strength & Balance (£4) 12:30 - 13:15 Dancercise (£4) 13:30 - 14:30 Pilates (£4)	14 10:30 - 12:30 Craft Group (£2) 13:30 - 14:30 Gentle Yoga*	15 10 - 10:45 Walking Football* 11 - 11:45 Walking Football* 11:30 start Health walk* 12 - 13:15 Cricket*
18 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*	19 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 13:00 - 14:30 Gateshead 50+ Singers*	20 11:30 - 12:15 Strength & Balance (£4) 12:30 - 13:15 Dancercise (£4) 13:30 - 14:30 Pilates (£4)	21 10:30 - 12:30 Art Group (£2) 10:30 - 12:30 Craft Group (£2) 13:30 - 14:30 Gentle Yoga*	22 9:30 - 10:15 ZOOM Active at Home* 10 - 10:45 Walking Football* 11 - 11:45 Walking Football* 11:30 start Health walk* 12 - 13:15 Cricket*
25 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*	26 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 13:00 - 14:30 Gateshead 50+ Singers* 16:30 - 18:30 Art with Alan*	27 9:30 - 11:00 Brunch & Learn 10:30 - 12:30 Social Group (£2) 11:30 - 12:15 Strength & Balance (£4) 12:30 - 13:15 Dancercise (£4) 13:30 - 14:30 Pilates (£4)	28 10:30 - 12:30 Craft Group (£2) 13:30 - 14:30 Gentle Yoga*	29 9:30 - 10:15 ZOOM Active at Home* 10 - 10:45 Walking Football* 11 - 11:45 Walking Football* 11:30 start Health walk* 12 - 13:15 Cricket*



For more information about our activities, please ring 0191 438 1721 or email getinvolved@gatesheadopa.org.uk. To see what's on for over 50s all across Gateshead, please visit www.gatesheadopa.org.uk/whats-on. Activities marked * are free to attend.

Gateshead Older People's Assembly
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