

August Activities in Deckham

Monday	Tuesday	Wednesday	Thursday	Friday
1 10 – 10:45 Dancercise (£4) 11 – 11:45 Dancercise (£4) 12 – 12:45 Strength & Balance (£4)	2 10:30 – 11:30 Tai Chi (£4) 11:45 – 12:45 Tai Chi (£4) 13:00 – 14:30 Gateshead 50+ Singers*	3 11:30 – 12:15 Strength & Balance (£4) 12:30 – 13:15 Dancercise (£4) 13:30 – 14:30 Pilates (£4)	4 10:30 – 12:30 Art Group (£2) 10:30 – 12:30 Craft Group (£2)	5 9:30 – 10:15 ZOOM Active at Home* 10 – 10:45 Beginner Line Dancing* 10 – 10:45 Walking Football* 11 – 11:45 Intermediate Line Dancing* 11 – 11:45 Walking Football* 11:30 start Health Walk* 12 – 13:15 Cricket*
8 10 – 10:45 Dancercise (£4) 11 – 11:45 Dancercise (£4) 12 – 12:45 Strength & Balance (£4)	9 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*	10 10:30 – 12:30 Social Group (£2)	11 10:30 – 12:30 Craft Group (£2) 13:30 – 14:30 Gentle Yoga*	12 9:30 – 10:15 ZOOM Active at Home* 10 – 10:45 Beginner Line Dancing* 10 – 10:45 Walking Football* 11 – 11:45 Intermediate Line Dancing* 11 – 11:45 Walking Football* 11:30 start Health Walk* 12 – 13:15 Cricket*
15 10 – 10:45 Dancercise (£4) 11 – 11:45 Dancercise (£4) 12 – 12:45 Strength & Balance (£4)	16 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)	17 OFFICE CLOSED	18 10:30 – 12:30 Art Group (£2) 10:30 – 12:30 Craft Group (£2) 13:30 – 14:30 Gentle Yoga*	19 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.

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22 10 - 10:45 Dancercise (£4) 11 - 11:45 Dancercise (£4) 12 - 12:45 Strength & Balance (£4)	23 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 13:00 - 14:30 Gateshead 50+ Singers*	24 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)	25 10:30 - 12:30 Craft Group (£2) 13:30 - 14:30 Gentle Yoga*	26 9:30 - 10:15 ZOOM Active at Home* 10 - 10:45 Beginner Line Dancing* 10 - 10:45 Walking Football* 11 - 11:45 Intermediate Line Dancing* 11 - 11:45 Walking Football* 11:30 start Health Walk* 12 - 13:15 Cricket*
29 BANK HOLIDAY	30 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)	31 11:30 - 12:15 Strength & Balance (£4) 12:30 - 13:15 Dancercise (£4) 13:30 - 14:30 Pilates (£4)		



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Gateshead Older People's Assembly, 178 Split Crow Road, Deckham NE8 3UB

