



# Activities for Over 50s in Gateshead

## MONDAY

<b>Tyne Travelers Short Walks Group</b>	Various destinations	Ring for details	FREE	Age UK Gateshead 0191 477 3559
<b>Runabouts Social Group</b>	Various	Ring for details	£5 transport plus cost of chosen meal	Age UK Gateshead 0191 477 3559
<b>Zumba Gold</b>	Wrekenton Methodist Church	9:30 – 10:15	£4	Sam 07736 040308
<b>Easy Circuit</b>	Heworth Leisure Centre	9:30 – 10:15	Ring for details	0191 433 5715
<b>Keep Fit, Strong, and Steady</b>	Barmoor Hub, Ryton	10 – 10:45	£4	Sharon 07399 461290
<b>Dancercise</b>	Hope Community Church, Low Fell	10 – 10:45	£4.50	Emma 07963 048179
<b>Active Forever</b>	Bensham Grove Community Centre	10 am start	FREE	Active Families NE 07810 516066 <a href="mailto:wellbeanmachine@gmail.com">wellbeanmachine@gmail.com</a>
<b>Active Forever</b>	Barley Mow Village Hall	10 am start	FREE	Active Families NE 07810 516066 <a href="mailto:wellbeanmachine@gmail.com">wellbeanmachine@gmail.com</a>
<b>GetLow (dance fitness)</b>	Thomas Wilson Club, Low Fell	10 – 11	£4.50	DanceFuse 07765 466450
<b>Bereavement Support Group</b>	Holly Hill Social Club, Felling	10 – 12	£1	Age UK Gateshead 0191 477 3559
<b>Mental Health Support Group</b>	Citizens Advice Gateshead	10 – 12	FREE	Age UK Gateshead 0191 477 3559
<b>Dementia Day Care / Hub (subject to Adult Social Care referral)</b>	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
<b>Men's Group</b>	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
<b>Dance Aerobics</b>	Heworth Leisure Centre	10:30 – 11:30	Ring for details	0191 433 5715
<b>SwingFit with Ruth</b>	Barley Mow Village Hall	10:30 – 11:30	£6	Ruth 07719 174544
<b>Beginners Pilates</b>	Winlaton Mill Village Hall	10 – 10:55	£8	Claire 07908 689091 <a href="http://www.clairelouisepilates.co.uk/take-action">www.clairelouisepilates.co.uk/take-action</a>
<b>Dancercise</b>	Gateshead OPA, Deckham	11 – 11:45	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Bereavement Support Group</b>	Easington Communal Lounge, Wrekenton	11 – 1	FREE	Age UK Gateshead 0191 477 3559
<b>Dancercise</b>	Hope Community Church, Low Fell	11 – 11:45	£4.50	Emma 07963 048179
<b>Lunch Club</b>	Priory Court, NE10 8WL	11 – 2	£5 transport £1 raffle plus chosen meal cost	Age UK Gateshead 0191 477 3559

<b>Seated Exercise</b>	Blaydon Leisure Centre	11:45 – 12:30	£2	0191 433 5770
<b>Keep Fit, Strong, and Steady</b>	St. Joseph's Church Hall, Blaydon	11:45 – 12:30	£4	Sharon 07399 461290
<b>Strength and Balance</b>	Gateshead OPA, Deckham	12 – 12:45	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Aquafit</b>	Dunston Leisure Centre	12 – 12:45	Ring for details	0191 433 5770
<b>Mission to Mobility</b>	Hope Community Church, Low Fell	12 start	FREE	Active Families NE 07810 516066 <a href="mailto:wellbeanmachine@gmail.com">wellbeanmachine@gmail.com</a>
<b>Forest Fit</b>	Chopwell Woods	12 – 1	FREE	Lucy 07771 885084 or <a href="mailto:lucy.brenkley@forestryengland.uk">lucy.brenkley@forestryengland.uk</a>
<b>Happy Mondays Lunch Group</b> (by referral)	Chopwell Community Centre	12 – 2	FREE	MHA Communities Gateshead West 01207 563825
<b>Creative Friends</b>	Crawcrook Library	1 – 3	£3	<a href="mailto:information@equalarts.org.uk">information@equalarts.org.uk</a>
<b>Sunniside Friendship Group</b>	Sunniside Methodist Church	1 – 3 Alt. weeks	FREE	Age UK Gateshead 0191 477 3559
<b>Progressive Pedalling Beginner Cycling</b>	Chopwell Woods	1 – 3	FREE	Lucy 07771 885084 or <a href="mailto:lucy.brenkley@forestryengland.uk">lucy.brenkley@forestryengland.uk</a>
<b>Active Forever</b>	Whickham Community Centre	1pm start	FREE	Active Families NE 07810 516066 <a href="mailto:wellbeanmachine@gmail.com">wellbeanmachine@gmail.com</a>
<b>Chair Based Exercise</b>	St Joseph's Church Hall, Blaydon	1:15 – 2:15	£4	Age UK Gateshead 0191 477 3559
<b>Musical Mondays</b>	Beamish Museum - 1900s Pit Village Band Hall	1:30 – 3	FREE	0191 370 4016 or <a href="mailto:healthandwellbeing@beamish.org.uk">healthandwellbeing@beamish.org.uk</a>
<b>Walking Football</b>	Whitehills Community Centre	1:30 – 2:30	FREE	Nick 07483 915628 or <a href="mailto:nicholas.fearby@nhs.net">nicholas.fearby@nhs.net</a>
<b>Best Foot Forward Beginner's Walking Group</b>	Beamish Museum entrance	1:45 – 3:30	FREE	0191 370 4016 or <a href="mailto:healthandwellbeing@beamish.org.uk">healthandwellbeing@beamish.org.uk</a>
<b>Menopause Café</b>	Birtley Library	2 – 3:30 3 <sup>rd</sup> Mon.	FREE	0191 433 6101 (no need to book)
<b>Walking Football</b>	Gateshead Stadium	3 – 4	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Meditation and Relaxation</b>	Greenside Community Centre	3 – 4	£5	Rose 07515 107774
<b>Gateshead CD Preservation Society</b>	Gateshead Central Library	5 pm start 3 <sup>rd</sup> Mon.	FREE	0191 433 8420 (no need to book)
<b>Never Too Old to Rock</b>	Gateshead OPA, Deckham	5:30 – 7:30	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Get Low</b>	Thomas Wilson Club, Low Fell	6 – 7	£4.50	DanceFuse 07765 466450
<b>SwingFit with Paula</b>	Chopwell Community Centre	7 – 8	£6	Paula 07702 402979
<b>Yoga for Beginners</b> (6 class series)	Hertfordshire House, Pelaw	7 – 8	£36	Book online <a href="https://bookwhen.com/whitetigeryoga">https://bookwhen.com/whitetigeryoga</a>
<b>TUESDAY</b>				
<b>Tuesday Social Group</b>	Various	1 <sup>st</sup> Tues.	£5 transport plus cost of chosen meal	Age UK Gateshead 0191 477 3559
<b>Information and Advice Drop-in Service</b>	Blaydon Shopping Centre	8:30 – 3	FREE	Age UK Gateshead 0191 477 3559

<b>Aquafit</b>	Blaydon Leisure Centre	8:45 – 9:30	Ring for details	01914 433 5770
<b>Chair Based Exercise</b>	Eighton Banks Village Hall	9:25 – 10:15	£4	Age UK Gateshead 0191 477 3559
<b>Yoga</b>	Greenside Community Centre	9:30 – 11 11:15 – 12:45 1:30 – 3	£5	Rose 07515 107774
<b>Felling Friendship Group</b>	Felling Methodist Church	9:30 – 12 Alt. weeks	£2 membership £1 raffle	Age UK Gateshead 0191 477 3559
<b>Hatha Yoga</b>	Wesley Memorial Church Hall, Low Fell	9:45 - 11	£5	Age UK Gateshead 0191 477 3559
<b>Bingo, Coffee, and Cake</b>	Dene Court Lounge, Low Westwood (Co. Durham)	10 – 12 alt. Tues.	FREE	MHA Communities Gateshead West 01207 563825
<b>Tuesday Lunch Club</b>	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
<b>Men's Shed</b>	Ryton Scout Hall	10 – 3	£1.50	0191 413 6363 or <a href="mailto:rytonmensshed@gmail.com">rytonmensshed@gmail.com</a>
<b>Dementia Day Care / Hub (subject to Adult Social Care referral)</b>	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
<b>Keep Fit, Strong, and Steady</b>	Denewell Avenue Church, Low Fell	10 – 10:45	£4	Sharon 07399 461290
<b>Men's Group</b>	Beamish Museum – Orchard Cottage, 1940s Farm	10 – 12 1:30 – 3:30	FREE	0191 370 4016 or <a href="mailto:healthandwellbeing@beamish.org.uk">healthandwellbeing@beamish.org.uk</a>
<b>Tai Chi</b>	Gateshead OPA, Deckham	10:30 – 11:30 11:45 – 12:45	£4	Dave 07909 715202
<b>Dancercise</b>	St. Mary's Centre, Whickham	10:30 – 11:15	£4.50	Emma 07963 048179
<b>Seated Exercise</b>	Heworth Leisure Centre	10:45 – 11:30	£2	0191 433 5715
<b>Easy Circuit</b>	Birtley Leisure Centre	10:45 – 11:30	Ring for details	0191 433 5797
<b>Tuesday Movers</b>	William Morrison Avenue Communal Lounge, Highfield	11 – 11:30	£3	MHA Communities Gateshead West 01207 563825
<b>Fit-Steps</b>	Wesley Memorial Church Hall, Low Fell	11 - 12	£4	Age UK Gateshead 0191 477 3559
<b>Next Steps Drop-in Bereavement Support Group</b>	The Tilley Stone, Gateshead	11 – 1:30	Vary according to menu choice	Age UK Gateshead 0191 477 3559
<b>Lunch Club</b>	Blackhall Mill Community Centre	11 – 2	£5 transport £1 raffle plus chosen meal cost	Age UK Gateshead 0191 477 3559
<b>Easy Circuit</b>	Dunston Leisure Centre	11:45 – 12:30	Ring for details	0191 433 5757
<b>Keep Fit, Strong, and Steady</b>	All Saints Church, Lobley Hill	12 – 12:45	£4	Sharon 07399 461290
<b>Tai Chi / Qi Gong</b>	Hertfordshire House Community Centre, Pelaw	12:15 – 1:30	£3.50	Age UK Gateshead 0191 477 3559
<b>Walking Football</b>	Gateshead Redheugh, Eslington Park	12 – 2	FREE	Terry 07930 618441 or <a href="mailto:terry.ritson@redheugh.club">terry.ritson@redheugh.club</a>
<b>Creative Minds Craft Group</b>	Blaydon Youth and Community Centre	12 – 3	£3	0191 414 7849

<b>50+ Boxing Training</b>	The Whitehills Centre	12:30 – 1:30	£3	0191 469 0852 or <a href="mailto:whitehillsprojects@gmail.com">whitehillsprojects@gmail.com</a>
<b>Gateshead 50+ Singing Group</b>	Gateshead OPA, Deckham	1 – 2:30	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	1 – 3	£3.50	Julie 07963 000151
<b>Yoga</b>	Barley Mow Village Hall	1 – 2	£5	0191 410 5334
<b>HenPower</b>	Wood Green, Bill Quay	1 – 3	Ring for info	<a href="mailto:information@equalarts.org.uk">information@equalarts.org.uk</a>
<b>Knitting and Craft Group</b>	AgeUK Gateshead, Jackson Street, Gateshead	1 – 3 Alt. weeks	£1	Age UK Gateshead 0191 477 3559
<b>Gentle Exercise</b>	Chopwell Woods	1:15 – 2	FREE	Lucy 07771 885084 or <a href="mailto:lucy.brenkley@forestryengland.uk">lucy.brenkley@forestryengland.uk</a>
<b>Tai Chi / Qi Gong</b>	Felling Methodist Church	1:30 – 2:30	£5	Age UK Gateshead 0191 477 3559
<b>Friendship Group</b>	Morrisons Birtley (café)	2 pm start	Ring for info	Age UK Gateshead 0191 477 3559
<b>Tai Chi</b>	St. Paul's Church Hall, Winlaton	2 – 3	£4	Dave 07909 715202
<b>Crawcrook Crime Club</b>	Crawcrook Library	2 – 3 Last Tues.	FREE	<a href="mailto:lynnecorder@gateshead.gov.uk">lynnecorder@gateshead.gov.uk</a>
<b>Birtley Friendship Group</b>	Birtley Morrisons café	2 – 4 Alt. weeks	FREE	Age UK Gateshead 0191 477 3559
<b>Community Gardening Social</b>	Blaydon Youth and Community Centre	2:45 – 3:45	FREE	0191 414 7849
<b>Ukulele Group</b>	Gateshead OPA, Deckham	2:45 – 3:45	£5	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Tai Chi</b>	The Whitehills Centre	3:30 – 4:30	£3	Dave 07909 715202
<b>Crime Fiction Reading Group</b>	Gateshead Central Library	5:45 – 6:45 1 <sup>st</sup> Thurs	FREE	<a href="mailto:heleneddon@gateshead.gov.uk">heleneddon@gateshead.gov.uk</a>
<b>Shimmy Camp</b>	St. Mary's Church Hall, Heworth	6 – 6:45	£5	<a href="http://www.faridadance.com/our-events">www.faridadance.com/our-events</a>
<b>Tai Chi and Qi Gong</b>	Whickham Community Centre	6:30 – 7:30	£5	Sandra 07855 157955 or <a href="mailto:sandramountjoy@hotmail.co.uk">sandramountjoy@hotmail.co.uk</a>
<b>The Jungle Body</b>	Thomas Wilson Club, Low Fell	7 – 8	£4.50	DanceFuse 07765 466450
<b>Aquafit</b>	Heworth Leisure Centre	7:15 – 8	Ring for details	0191 433 5715
<b>WEDNESDAY</b>				
<b>Information and Advice Drop-in Service</b>	AgeUK Gateshead, Jackson Street, Gateshead	8:30 – 4	FREE	Age UK Gateshead 0191 477 3559
<b>Aquafit</b>	Heworth Leisure Centre	8:45 – 9:30	Ring for details	0191 433 5715
<b>Keep Fit, Strong, and Steady</b>	St. Joseph's Church Hall, Blaydon	10 – 10:45	£4	Sharon 07399 461 290
<b>Seated Dancing</b>	Millennium Centre, Kibblesworth	10 – 10:45	£4	Age UK Gateshead 0191 477 3559
<b>Zumba Gold</b>	Thomas Wilson Club	10 – 11	£4.50	DanceFuse 07765 466450
<b>Evergreens Woodland Activities</b>	Chopwell Woods	Meet at 10, alt. Weds.	FREE	Lucy 07771 885084 or <a href="mailto:lucy.brenkley@forestryengland.uk">lucy.brenkley@forestryengland.uk</a>
<b>Lunch Club</b>	Teams and Bensham Community Care	Mid Am to Mid PM	Ring for details	0191 460 0297

<b>Grief Words Therapeutic Writing Group</b>	Ridley Room, Blaydon Library	10 – 12 3 <sup>rd</sup> Weds	£3	0191 433 6201
<b>Deckham Social Group</b>	Gateshead OPA, Deckham	10 – 12 Fortnightly	£2	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Creative Friends</b>	Shipleigh Art Gallery	10 – 12	£3	<a href="mailto:information@equalarts.org.uk">information@equalarts.org.uk</a>
<b>Dementia Day Care / Hub (subject to Adult Social Care referral)</b>	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
<b>Chair Yoga</b>	Blackhall Mill Community Centre	10:30 – 11:30	£26/four weeks	Paul 07587 697485 or <a href="mailto:paulrathbone1@outlook.com">paulrathbone1@outlook.com</a>
<b>Computer Support Drop-in</b>	Dunston Activity Centre	10:30 – 1:30	FREE	0191 425 2222
<b>Tai Chi</b>	Dunston Activity Centre	10:30 – 11:30	£4	Dave 07909 715202
<b>Reading for Wellbeing: Let's Talk Stories</b>	Blaydon Library	11 – 12:30 1 <sup>st</sup> Weds.	FREE	0191 433 6201 (no need to book)
<b>Geordie Online Variety Show</b>	ZOOM	11 – 11:40	FREE	MHA Communities Gateshead West 01207 563825
<b>Whickham Friendship Group</b>	The Bridle Path, Front Street	11 – 1	Varies according to menu choice	Age UK Gateshead 0191 477 3559
<b>Lunch Club</b>	Priory Court, Wardley	11 - 2	£5 transport £1 raffle plus cost of chosen meal	Age UK Gateshead 0191 477 3559
<b>GetLow (dance fitness)</b>	Gateshead OPA, Deckham	11:30 – 12:15	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Active Forever</b>	Teams & Bensham Community Care	11:30 start	FREE	Active Families NE 07810 516066 <a href="mailto:wellbeanmachine@gmail.com">wellbeanmachine@gmail.com</a>
<b>Strength and Balance</b>	St. Alban's Centre, Windy Nook	11:30 – 12:15	£4.50	Emma 07963 048179
<b>Easy Circuit</b>	Heworth Leisure Centre	11:45 – 12:30	Ring for details	0191 433 5715
<b>Mobility Fit</b>	Marley Hill Community Centre	11:45 – 12:30	£4.50	Emily 07540 426025
<b>Easy Circuit</b>	Blaydon Leisure Centre	11:45 – 12:30	Ring for details	0191 433 5770
<b>Gentle Circuits</b>	Gateshead OPA, Deckham	12:30 – 1:15	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Dancercise</b>	St. Alban's Centre, Windy Nook	12:30 – 1:15	£4.50	Emma 07963 048179
<b>Keep Fit, Strong, and Steady</b>	Dunston Activity Centre	12:30 – 1:15	£4	Sharon 07399 461290
<b>Ryton Friendship Group</b>	Barmoor Hub	12:30 – 2:30 Alt weeks	£2 membership £1 raffle	Age UK Gateshead 0191 477 3559
<b>Walking Football</b>	Blaydon Youth and Community Centre	1 -2	FREE	Age UK Gateshead 0191 477 3559
<b>Line Dancing</b>	Birtley Community Centre	1 – 2:30	£3	0191 410 2343

<b>Health Walk</b>	Chopwell Woods	Meet at 1	FREE	Lucy 07771 885084 or <a href="mailto:lucy.brenkley@forestryengland.uk">lucy.brenkley@forestryengland.uk</a>
<b>Midweek Melodies</b>	Beamish Museum entrance	1:30 – 3	FREE	0191 370 4016 or <a href="mailto:healthandwellbeing@beamish.org.uk">healthandwellbeing@beamish.org.uk</a>
<b>Gentle Yoga – Mat</b>	Gateshead OPA, Deckham	1:30 – 2:15	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Active Forever</b>	The Salvation Army, Sunderland Road	1:30 pm start	FREE	Active Families NE 07810 516066 <a href="mailto:wellbeanmachine@gmail.com">wellbeanmachine@gmail.com</a>
<b>Pilates</b>	St. Alban's Centre, Windy Nook	1:30 – 2:15	£4.50	Emma 07963 048179
<b>Sequence Tea Dance</b>	Barley Mow Village Hall	1:30 – 4	£3	Julie 07963 000151
<b>Woolly Wednesdays</b>	Birtley Library	2 – 3:30	FREE	0191 433 6101 (no need to book)
<b>Woolly Wednesdays</b>	Leam Lane Libraries	2 – 3:30	FREE	0191 433 6428 (no need to book)
<b>Sewing Bee</b>	MakerPlace, Gateshead Central Library	2 – 3:30	FREE	0191 433 8420 (no need to book)
<b>Target Club</b>	Chopwell Woods	Meet at 2:30	FREE	Lucy 07771 885084 or <a href="mailto:lucy.brenkley@forestryengland.uk">lucy.brenkley@forestryengland.uk</a>
<b>Zumba</b>	Thomas Wilson Club, Low Fell	7 – 8	£4.50	DanceFuse 07765 466450
<b>Aquafit</b>	Dunston Leisure Centre	7:15 – 8	Ring for details	0191 433 5757

## THURSDAY

<b>AgeUK Striders Long Walks Group (7 – 10 miles)</b>	Various	Ring for details	FREE	Age UK Gateshead 0191 477 3559
<b>Aquafit</b>	Dunston Leisure Centre	8:45 – 9:30	Ring for details	0191 433 5757
<b>Easy Circuit</b>	Blaydon Leisure Centre	9:30 – 10:15	Ring for details	0191 433 5770
<b>Easy Cyclecise</b>	Dunston Leisure Centre	9:30 – 10:15	Ring for details	0191 433 5757
<b>Walking Netball</b>	Birtley Leisure Centre	9:30 – 10:30	£4	maxine.cutmore@englandnetball.co.uk
<b>Stretch &amp; Tone</b>	Thomas Wilson Club, Low Fell	10 -11	£4.50	Danielle 07850 227720 <a href="http://www.dancefuse.co.uk/fitness">www.dancefuse.co.uk/fitness</a>
<b>Walking Rugby</b>	Blaydon Rugby Club	10 – 11:30	FREE	0191 420 0505
<b>Death Café Discussion Group</b>	Birtley Library	10 – 12	FREE	0191 433 8420 (no need to book)
<b>Men's Group</b>	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
<b>Creative Arts Sessions</b>	BALTIC	10 – 12:30 4 <sup>th</sup> Thurs.	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Men's Shed</b>	Ryton Scout Hut	10 – 3	£1.50	0191 413 6363 or <a href="mailto:rytonmensshed@gmail.com">rytonmensshed@gmail.com</a>
<b>Dementia Day Care / Hub (subject to Adult Social Care referral)</b>	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
<b>Chair Yoga</b>	Crawcrook Pavilion	10:30 – 11:30	£5	Rose 07515 107774
<b>Strictly Fit Steps</b>	All Saints Vicarage, Lobley Hill	10:30 – 11:30	£4	Age UK Gateshead 0191 477 3559
<b>Memory Café</b>	Ye Olde Cross, Ryton	10:30 – 12:30 2 <sup>nd</sup> Thurs.	FREE	liz.smith@rytoncrosscs.org.uk

<b>NEFirst Credit Union PayPoint</b>	Gateshead OPA, Deckham	10:30 – 12:30 alt. Thurs.	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Craft Group</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	£4.50	Emma 07963 048179
<b>Love to Move Dementia-friendly Seated Exercise</b>	Strathmore Road Methodist Church, Rowlands Gill	10:45 – 11:30	FREE	MHA Communities West 01207 563825
<b>Pickleball</b>	Gateshead OPA, Deckham	10:45 – 12:45	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Walk and Talk</b>	Blaydon Youth and Community Centre	Meet at 10:45	FREE	0191 414 7849
<b>Bowls 4 Health</b>	Teams & Bensham Community Care	11 am start	FREE	Active Families NE 07810 516066 <a href="mailto:wellbeanmachine@gmail.com">wellbeanmachine@gmail.com</a>
<b>Art Group</b>	Gateshead OPA, Deckham	11 – 1 Fortnightly	£1	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Keep Fit, Strong, and Steady</b>	Denewell Avenue Church, Low Fell	11 – 11:45	£4	Sharon 07399 461290
<b>Indoor Walking Football</b>	Birtley Leisure Centre	11 – 12	FREE	<a href="mailto:steven@gfc-foundation.org.uk">steven@gfc-foundation.org.uk</a>
<b>Blaydon Friendship Group</b>	St. Cuthbert's Church	11:15 – 1:15 Alt. weeks	£3	Age UK Gateshead 0191 477 3559
<b>Rowlands Gill Lunch Group</b>	Strathmore Road Methodist Church, Rowlands Gill	12 – 2	£5	MHA Communities West 01207 563825
<b>Dancercise</b>	Barmoor Hub, Ryton	12:30 – 1:15	£4.50	Emma 07963 048179
<b>Dancing (seated and standing)</b>	Teams Life Centre	12:30 – 1:30	£4	Age UK Gateshead 0191 477 3559
<b>50+ Boxing Training</b>	The Whitehills Centre	12:30 – 1:30	£3	0191 469 0852 or <a href="mailto:whitehillprojects@gmail.com">whitehillprojects@gmail.com</a>
<b>Gentle Circuits</b>	St. Chad's Community Project, Bensham	1 – 1:45	£2.50	Leanne 07908 764555
<b>Carers' Cultural Adventures</b>	Shingley Art Gallery	1 – 3	£3	<a href="mailto:information@equalarts.org.uk">information@equalarts.org.uk</a>
<b>SIT FIT Chair Based Exercise</b>	St. Joseph's RC Church Hall, Blaydon	1:15 – 2:15	£4	Age UK Gateshead 0191 477 3559
<b>Canny Cuppa</b>	Beamish Museum – Orchard Cottage, 1940s farm	1:30 – 3:30	FREE	0191 370 4016 or <a href="mailto:healthandwellbeing@beamish.org.uk">healthandwellbeing@beamish.org.uk</a>
<b>Gentle Yoga</b>	Gateshead OPA, Deckham	1:30 – 2:30	FREE	Rose 07515 107774
<b>Sit-Fit</b>	St James Court, ground floor, Sanderson Villas	2 - 3	FREE	Age UK Gateshead 0191 477 3559
<b>HIITStep</b>	Thomas Wilson Club, Low Fell	5:15 – 5:45	£4.50	DanceFuse 07765 466450
<b>ZOOM Yoga</b>	ZOOM	6:30 – 8	£5	Rose 07515 107774
<b>Zumba</b>	Blaydon Leisure Centre	7 - 8	Ring for details	0191 433 5770
<b>Aquafit</b>	Blaydon Leisure Centre	7:15 - 8	Ring for details	0191 433 5770
<b>Easy Cyclecise</b>	Dunston Leisure Centre	9:15 – 8	Ring for details	0191 433 5757
<b>FRIDAY</b>				
<b>Men's Group</b>	Various	Ring for details	£5 transport plus cost of	Age UK Gateshead 0191 477 3559

		2nd Fri.	menu choice	
<b>Monthly Coach Trip</b>	Various destinations	All day	Various	MHA Communities Gateshead West 01207 563825
<b>Aquafit</b>	Heworth Leisure Centre	8:45 – 9:30	Ring for details	0191 433 5715
<b>Aquafit</b>	Blaydon Leisure Centre	8:45 – 9:30	Ring for details	0191 433 5770
<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>Scribblers Writing Group</b>	Gateshead Central Library	9:30 – 11:30 Alt. Fri	FREE	<a href="mailto:kathmilne@gateshead.gov.uk">kathmilne@gateshead.gov.uk</a>
<b>Walk Durham Wellbeing Walks</b>	Beamish Museum – meet in top bay of car park	9:45 – 11:30	FREE	<a href="http://www.durham.gov.uk/walkdurham">www.durham.gov.uk/walkdurham</a>
<b>Tai Chi / Qi Gong</b>	Birtley Community Centre	10 – 11	£5	Age UK Gateshead 0191 477 3559
<b>Line Dancing</b>	Gateshead OPA, Deckham	10 – 10:45 (beginner) 11 – 11:45 (intermediate)	£4	Victoria 07498 357858
<b>Keep Fit, Strong, and Steady</b>	Barmoor Hub, Ryton	10 – 10:45	£4	Sharon 07399 461290
<b>GetLow (dance fitness)</b>	Thomas Wilson Club, Low Fell	10 – 11	£4.50	DanceFuse 07765 466450
<b>Gentle Yoga</b>	The Winlaton Centre	10 – 11	£5	Rose 07515 107774
<b>Walking Football</b>	Chopwell Woods	Meet at 10	FREE	Lucy 07771 885084 or <a href="mailto:lucy.brenkley@forestryengland.uk">lucy.brenkley@forestryengland.uk</a>
<b>Reading Ramblers</b>	Chopwell Woods	10 – 11:30	FREE	Lucy 07771 885084 or <a href="mailto:lucy.brenkley@forestryengland.uk">lucy.brenkley@forestryengland.uk</a>
<b>Friday Lunch Club</b>	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
<b>Walking Football</b>	Gateshead OPA, Deckham	10 – 12	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Dementia Day Care / Hub (subject to Adult Social Care referral)</b>	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
<b>SIT FIT Chair Based Exercise</b>	Birtley Community Centre	11 – 12	£4	Age UK Gateshead 0191 477 3559
<b>Reading for Wellbeing: Let's Talk Stories</b>	Leam Lane Library	11 – 12:30	FREE	0191 433 6428 (no need to book)
<b>Lunch Club</b>	Easington Communal Lounge, Wrekenton	11 – 2	£5 transport £1 raffle plust cost of menu choice	Age UK Gateshead 0191 477 3559
<b>Easy Circuit</b>	Dunston Leisure Centre	11:15 – 112	Ring for details	0191 433 5757
<b>Tai Chi</b>	Pelaw Community Bowls Club	11:30 – 12:30	£4	Dave 07909 715202
<b>Health Walk</b>	Various	Meet at 11:30	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Gentle Circuits for Over 50s</b>	Family Hub, Harras Bank, Birtley DH3 2LN	12 – 12:45	£4.50	Leanne 07908 764555



<b>Backyard Cricket</b>	Gateshead OPA, Deckham	12 – 1:15	FREE	Alosh 07880 861879or <a href="mailto:booking@cricketqube.com">booking@cricketqube.com</a>
<b>Meditation &amp; Mindfulness</b>	Greenside Community Centre	12:30 – 1:30	£10	Neil 07543 268926
<b>Chopwell Lunch Group</b>	Boltons Bungalows Communal Lounge, Chopwell	12:30 – 2:30	£5	MHA Communities Gateshead West 01207 563825
<b>Mission to Mobility</b>	Barley Mow Village Hall	1 pm start	FREE	Active Families NE 07810 516066 <a href="mailto:wellbeanmachine@gmail.com">wellbeanmachine@gmail.com</a>
<b>Seated Exercise</b>	Whickham Community Centre	1 – 2	£3	Kath 0191 488 1291
<b>Equal Arts Creative Friends</b>	Birtley Library	1 – 3	£3	0191 261 1619 or <a href="mailto:information@equalarts.org.uk">information@equalarts.org.uk</a>
<b>Friday Film Club</b>	Gateshead Central Library	2 – 3	FREE	0191 433 8420 (no need to book)
<b>Friends Like Us Craft and Chat Sessions</b>	Gateshead Central Library	2 – 3:30 2 <sup>nd</sup> Fri	FREE	0191 433 8420 (no need to book)
<b>Indoor Walking Football</b>	Blaydon Youth and Community Centre	3:30 – 4:30	FREE	<a href="mailto:steven@gfc-foundation.org.uk">steven@gfc-foundation.org.uk</a>
<b>Funk It (judgement-free dancing)</b>	Emmanuel College Dance Studio	6 – 6:55	£4.50	<a href="http://www.funkitdance.co.uk">www.funkitdance.co.uk</a> or <a href="mailto:funkitdance@yahoo.com">funkitdance@yahoo.com</a>
<b>Aquafit</b>	Heworth Leisure Centre	7:15 - 8	Ring for details	0191 433 5715
<b>Sequence Dancing</b>	Marley Hill Community Centre	7:30 – 10	£3	Julie 07963 000151
<b>SATURDAY</b>				
<b>Windy Nook Parkrun/Parkwalk</b>	The Whitehills Centre	Meet at 9	FREE	0191 469 0852 or <a href="mailto:whitehillprojects@gmail.com">whitehillprojects@gmail.com</a>
<b>Gateshead Parkrun/Parkwalk</b>	Saltwell Park	Meet at 9	FREE	<a href="mailto:gateshead@parkrun.com">gateshead@parkrun.com</a>
<b>Dementia Day Care / Hub (subject to Adult Social Care referral)</b>	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
<b>Birtley Lunch Club</b>	Croftside Community Lounge	11 – 2	£5 transport £1 raffle plus cost of menu choice	Age UK Gateshead 0191 477 3559
<b>Sequence Dance Social</b>	Marley Hill Community Centre	7:30 – 10	£3	Julie 07963 000151
<b>SUNDAY</b>				
<b>Wellness Walx (Nordic walking)</b>	Chopwell Woods	Meet at 10	FREE	Lucy 07771 885084 or <a href="mailto:lucy.brenkley@forestryengland.uk">lucy.brenkley@forestryengland.uk</a>
<b>Bereavement Support Knitting Group</b>	House on the Hill, Felling	10:30 – 1:30	£2 membership £5 lunch	Age UK Gateshead 0191 477 3559