



Activities for Over 50s in Gateshead

MONDAY				
Zumba Gold	Wrekenton Methodist Church	9:30 – 10:15	£4	Sam 07736 040308
Easy Circuit	Heworth Leisure Centre	9:30 – 10:15	Ring for details	0191 433 5715
Keep Fit, Strong, and Steady	Barmoor Hub, Ryton	10 – 10:45	£4	Sharon 07399 461290
Dancercise	Hope Community Church, Low Fell	10 – 10:45	£4.50	Emma 07963 048179
Active Forever	Bensham Grove Community Centre	10 am start	£4	Active Families NE 07810 516066 wellbeanmachine@gmail.com
Active Forever	Barley Mow Village Hall	10 am start	£4	Active Families NE 07810 516066 wellbeanmachine@gmail.com
GetLow (dance fitness)	Thomas Wilson Club, Low Fell	10 – 11	£4.50	DanceFuse 07765 466450
Bereavement Support Group	Holly Hill Social Club, Felling	10 – 12	£1	Age UK Gateshead 0191 477 3559
Mental Health Support Group	Citizens Advice Gateshead	10 – 12	FREE	Age UK Gateshead 0191 477 3559
Dementia Day Care / Hub (subject to Adult Social Care referral)	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
Short Walking Group	Ring for details	10:30 start	FREE	Age UK Gateshead 0191 477 3559
Men's Group	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
Dance Aerobics	Heworth Leisure Centre	10:30 – 11:30	Ring for details	0191 433 5715
SwingFit with Ruth	Barley Mow Village Hall	10:30 – 11:30	£6	Ruth 07719 174544
Beginners Pilates	Winlaton Mill Village Hall	10 – 10:55	£8	Claire 07908 689091 www.clairelouisepilates.co.uk/take-action
Dancercise	Gateshead OPA, Deckham	11 – 11:45	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Bereavement Support Group	Easington Communal Lounge, Wrekenton	11 – 1	FREE	Age UK Gateshead 0191 477 3559
Dancercise	Hope Community Church, Low Fell	11 – 11:45	£4.50	Emma 07963 048179
Lunch Club	Priory Court, NE10 8WL	11 – 2	£5 transport £1 raffle plus meal cost	Age UK Gateshead 0191 477 3559
Seated Exercise	Blaydon Leisure Centre	11:45 – 12:30	£2	0191 433 5770

Keep Fit, Strong, and Steady	St. Joseph's Church Hall, Blaydon	11:45 – 12:30	£4	Sharon 07399 461290
Strength and Balance	Gateshead OPA, Deckham	12 – 12:45	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Aquafit	Dunston Leisure Centre	12 – 12:45	Ring for details	0191 433 5770
Forest Fit	Chopwell Woods	12 – 1	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Creative Friends	Crawcrook Library	1 – 3	£3	information@equalarts.org.uk
Sunniside Friendship Group	Sunniside Methodist Church	1 – 3 Alt. weeks	FREE	Age UK Gateshead 0191 477 3559
Progressive Pedalling Beginner Cycling	Chopwell Woods	1 – 3	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Chair Fitness	St Joseph's Church Hall, Blaydon	1:15 – 2	£4	Age UK Gateshead 0191 477 3559
Musical Mondays	Beamish Museum - 1900s Pit Village Band Hall	1:30 – 3	FREE	0191 370 4016 or healthandwellbeing@beamish.org.uk
Walking Football	Whitehills Community Centre	1:30 – 2:30	FREE	Nick 07483 915628 or nicholas.fearby@nhs.net
Best Foot Forward Beginner's Walking Group	Beamish Museum entrance	1:45 – 3:30	FREE	0191 370 4016 or healthandwellbeing@beamish.org.uk
Menopause Café	Birtley Library	2 – 3:30 3 rd Mon.	FREE	0191 433 6101 (no need to book)
Chair Fitness	Sunniside Methodist Church	2:30 – 3 Twice monthly	£3	Age UK Gateshead 0191 477 3559
Walking Football	Gateshead Stadium	3 – 4	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Meditation and Relaxation	Greenside Community Centre	3 – 4	£5	Rose 07515 107774
Gateshead CD Preservation Society	Gateshead Central Library	5 pm start 3 rd Mon.	FREE	0191 433 8420 (no need to book)
Never Too Old to Rock	Gateshead OPA, Deckham	5:30 – 7:30	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Get Low	Thomas Wilson Club, Low Fell	6 – 7	£4.50	DanceFuse 07765 466450
SwingFit with Paula	Chopwell Community Centre	7 – 8	£6	Paula 07702 402979
Yoga for Beginners (6 class series)	Hertfordshire House, Pelaw	7 – 8	£36	Book online https://bookwhen.com/whitetigeryoga
Gibside Singers (female choir)	Rowlands Gill Community Centre	7:30 – 9:30	FREE	Doris 01207 232532

TUESDAY

Tuesday Social Group	Various	1 st Tues.	£5 transport plus cost of chosen meal	Age UK Gateshead 0191 477 3559
Information and Advice Drop-in Service	Blaydon Shopping Centre	8:30 – 3	FREE	Age UK Gateshead 0191 477 3559
Aquafit	Blaydon Leisure Centre	8:45 – 9:30	Ring for details	01914 433 5770
Yoga	Greenside Community Centre	9:30 – 11 11:15 – 12:45 1:30 – 3	£5	Rose 07515 107774
Felling Friendship Group	Felling Methodist Church	9:30 – 12 Alt. weeks	£2 membership £1 raffle	Age UK Gateshead 0191 477 3559

Hatha Yoga	Wesley Memorial Church Hall, Low Fell	9:45 – 10:45	£5	Age UK Gateshead 0191 477 3559
Pilates	Blaydon Youth and Community Centre	10 – 10:45	£2	0191 414 7849
Tuesday Lunch Club	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
Men's Shed	Ryton Scout Hall	10 – 3	£1.50	0191 413 6363 or rytonmensshed@gmail.com
Dementia Day Care / Hub (subject to Adult Social Care referral)	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
Keep Fit, Strong, and Steady	Denewell Avenue Church, Low Fell	10 – 10:45	£4	Sharon 07399 461290
Men's Group	Beamish Museum – Orchard Cottage, 1940s Farm	10 – 12 1:30 – 3:30	FREE	0191 370 4016 or healthandwellbeing@beamish.org.uk
Tai Chi	Gateshead OPA, Deckham	10:30 – 11:30 11:45 – 12:45	£4	Dave 07909 715202
Dancercise	St. Mary's Centre, Whickham	10:30 – 11:15	£4.50	Emma 07963 048179
Seated Exercise	Heworth Leisure Centre	10:45 – 11:30	£2	0191 433 5715
Easy Circuit	Birtley Leisure Centre	10:45 – 11:30	Ring for details	0191 433 5797
Tuesday Movers	South Sherburn Communal Lounge, Rowlands Gill	11 – 11:30	£3	MHA Communities Gateshead West 01207 563825
Legs, Bums and Tums	Blaydon Youth and Community Centre	11 – 11:45	£2	0191 414 7849
Fit-Steps	Wesley Memorial Church Hall, Low Fell	11 - 12	£4	Age UK Gateshead 0191 477 3559
Next Steps Drop-in Bereavement Support Group	The Tilley Stone, Gateshead	11 – 1:30	Varies by menu choice	Age UK Gateshead 0191 477 3559
Lunch Club	Blackhall Mill Community Centre	11 – 2	£5 transport £1 raffle plus meal cost	Age UK Gateshead 0191 477 3559
Easy Circuit	Dunston Leisure Centre	11:45 – 12:30	Ring for details	0191 433 5757
Keep Fit, Strong, and Steady	All Saints Church, Lobley Hill	12 – 12:45	£4	Sharon 07399 461290
Walking Football	Gateshead Redheugh, Eslington Park	12 – 2	FREE	Terry 07930 618441 or terry.ritson@redheugh.club
Creative Minds Craft Group	Blaydon Youth and Community Centre	12 – 3	£3	0191 414 7849
50+ Boxing Training	The Whitehills Centre	12:30 – 1:30	£3	0191 469 0852 or whitehillprojects@gmail.com
Knit and Natter	Felling Volunteer Library	12:30 – 2:30	FREE	0191 433 6402 or fellinglibrary@gateshead.gov.uk
Gateshead 50+ Singing Group	Gateshead OPA, Deckham	1 – 2:30	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Sequence Tea Dance	Dunston Activity Centre	1 – 3	£3.50	Julie 07963 000151
Yoga	Barley Mow Village Hall	1 – 2	£5	0191 410 5334
HenPower	Wood Green, Bill Quay	1 – 3	Ring for info	information@equalarts.org.uk

Gentle Exercise	Chopwell Woods	1:15 – 2	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Pilates	AgeUK Gateshead (Gateshead High Street)	1:15 – 2	£4	0191 477 3559 claire.hall@ageukgateshead.org.uk
Friendship Group	Morrisons Birtley (café)	2 pm start	Ring for info	Age UK Gateshead 0191 477 3559
Tai Chi	St. Paul's Church Hall, Winlaton	2 – 3	£4	Dave 07909 715202
Crawcrook Crime Club	Crawcrook Library	2 – 3 Last Tues.	FREE	lynnecorder@gateshead.gov.uk
Music, Memories & More	Bensham Grove Community Centre	2 – 3:30	FREE	Jo 07791 843962 or jo@activefamiliesne.co.uk
Birtley Friendship Group	Birtley Morrisons café	2 – 4 Alt. weeks	FREE	Age UK Gateshead 0191 477 3559
Ukulele Group	Gateshead OPA, Deckham	2:45 – 3:45	£5	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Tai Chi	The Whitehills Centre	3:30 – 4:30	£3	Dave 07909 715202
Crime Fiction Reading Group	Gateshead Central Library	5:45 – 6:45 1 st Thurs	FREE	heleneddon@gateshead.gov.uk
The Jungle Body	Thomas Wilson Club, Low Fell	7 – 8	£4.50	DanceFuse 07765 466450
Aquafit	Heworth Leisure Centre	7:15 – 8	Ring for details	0191 433 5715
Rowlands Gill & District Flower Club	St. Anne's Church Hall, Winlaton	7:30 start 1 st Tues.	£5 per meeting or £35 annual membership	Pam 0191 413 2366
WEDNESDAY				
Information and Advice Drop-in Service	The Bank, Gateshead NE8 1AS	8:30 – 4	FREE	Age UK Gateshead 0191 477 3559
Aquafit	Heworth Leisure Centre	8:45 – 9:30	Ring for details	0191 433 5715
Keep Fit, Strong, and Steady	St. Joseph's Church Hall, Blaydon	10 – 10:45	£4	Sharon 07399 461 290
Zumba Gold	Thomas Wilson Club	10 – 11	£4.50	DanceFuse 07765 466450
Evergreens Woodland Activities	Chopwell Woods	Meet at 10, alt. Weds.	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Lunch Club	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
Grief Words Therapeutic Writing Group	Ridley Room, Blaydon Library	10 – 12 3 rd Weds	£3	0191 433 6201
Deckham Social Group	Gateshead OPA, Deckham	10 – 12 Fortnightly	£2	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Creative Friends	Shipleigh Art Gallery	10 – 12	£3	information@equalarts.org.uk
Hubbub (w/ AgeUK Information & Advice)	The Field Club, High Spennings	10 – 12 Alt. Weds. from 10/4	FREE	MHA Communities Gateshead West 01207 563825
Dementia Day Care / Hub (subject to Adult Social Care referral)	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
Chair Yoga	Blackhall Mill Community Centre	10:30 – 11:30	£26/four weeks	Paul 07587 697485 or paulrathbone1@outlook.com

Wednesday Morning Club	St. James Church Hall, Burnopfield	10:30 – 12:30	£3	MHA Communities Gateshead West 01207 563825
Computer Support Drop-in	Dunston Activity Centre	10:30 – 1:30	FREE	0191 425 2222
Tai Chi	Dunston Activity Centre	10:30 – 11:30	£4	Dave 07909 715202
Reading for Wellbeing: Let's Talk Stories	Blaydon Library	11 – 12:30 1 st Weds.	FREE	0191 433 6201 (no need to book)
Whickham Friendship Group	The Bridle Path, Front Street	11 – 1	Varies by menu choice	Age UK Gateshead 0191 477 3559
Lunch Club	Priory Court, Wardley	11 - 2	£5 transport £1 raffle plus cost of meal	Age UK Gateshead 0191 477 3559
GetLow (dance fitness)	Gateshead OPA, Deckham	11:30 – 12:15	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Active Forever	Teams & Bensham Community Care	11:30 start	Ring for details	Active Families NE 07810 516066 wellbeanmachine@gmail.com
Strength and Balance	St. Alban's Centre, Windy Nook	11:30 – 12:15	£4.50	Emma 07963 048179
Easy Circuit	Heworth Leisure Centre	11:45 – 12:30	Ring for details	0191 433 5715
Mobility Fit	Marley Hill Community Centre	11:45 – 12:30	£4.50	Emily 07540 426025
Easy Circuit	Blaydon Leisure Centre	11:45 – 12:30	Ring for details	0191 433 5770
Choir	AgeUK Gateshead (Gateshead High Street)	12 – 1	£5	0191 477 3559 claire.hall@ageukgateshead.org.uk
Wednesday Movers	The Field Club, High Spen	12:30 – 1 from 17/4	£3	MHA Communities Gateshead West 01207 563825
Gentle Circuits	Gateshead OPA, Deckham	12:30 – 1:15	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Dancercise	St. Alban's Centre, Windy Nook	12:30 – 1:15	£4.50	Emma 07963 048179
Keep Fit, Strong, and Steady	Dunston Activity Centre	12:30 – 1:15	£4	Sharon 07399 461290
Ryton Friendship Group	Barmoor Hub	12:30 – 2:30 Alt weeks	£2 membership £1 raffle	Age UK Gateshead 0191 477 3559
Walking Football	Blaydon Youth and Community Centre	1 - 2	FREE	Age UK Gateshead 0191 477 3559
Line Dancing	Birtley Community Centre	1 – 2:30	£3	0191 410 2343
Health Walk	Chopwell Woods	Meet at 1	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Hubbub Afternoon Club	The Field Club, High Spen	1:30 – 3 Alt. Weds. from 10/4	£3.50	MHA Communities Gateshead West 01207 563825
Midweek Melodies	Beamish Museum entrance	1:30 – 3	FREE	0191 370 4016 or healthandwellbeing@beamish.org.uk
Active Forever	The Salvation Army, Sunderland Road	1:30 pm start	FREE	Active Families NE 07810 516066 wellbeanmachine@gmail.com
Pilates	St. Alban's Centre, Windy Nook	1:30 – 2:15	£4.50	Emma 07963 048179
Zoom Online Group	Zoom	1:30 – 2:15	FREE	Zoom ID: 865 9204 9463

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Sequence Tea Dance	Barley Mow Village Hall	1:30 – 4	£3	Julie 07963 000151
Woolly Wednesdays	Birtley Library	2 – 3:30	FREE	0191 433 6101 (no need to book)
Woolly Wednesdays	Leam Lane Libraries	2 – 3:30	FREE	0191 433 6428 (no need to book)
Sewing Bee	MakerPlace, Gateshead Central Library	2 – 3:30	FREE	0191 433 8420 (no need to book)
Target Club	Chopwell Woods	Meet at 2:30	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Fitness for All	AgeUK Gateshead (Gateshead High Street)	5:30 – 6:15	£4	0191 477 3559 claire.hall@ageukgateshead.org.uk
Mixed Level Flow (yoga)	Rowlands Gill Scout Hut	7 – 8	£7 or £25/block 4	Becky 07554 998440 www.vev.co/flow-rowlands-gill
Zumba	Thomas Wilson Club, Low Fell	7 – 8	£4.50	DanceFuse 07765 466450
Aquafit	Dunston Leisure Centre	7:15 – 8	Ring for details	0191 433 5757
THURSDAY				
Aquafit	Dunston Leisure Centre	8:45 – 9:30	Ring for details	0191 433 5757
Easy Circuit	Blaydon Leisure Centre	9:30 – 10:15	Ring for details	0191 433 5770
Easy Cyclecise	Dunston Leisure Centre	9:30 – 10:15	Ring for details	0191 433 5757
Walking Netball	Birtley Leisure Centre	9:30 – 10:30	£4	maxine.cutmore@englandnetball.co.uk
Stretch & Tone	Thomas Wilson Club, Low Fell	10 -11	£4.50	Danielle 07850 227720 www.dancefuse.co.uk/fitness
Walking Rugby	Blaydon Rugby Club	10 – 11:30	FREE	0191 420 0505
Coffee Morning	South Sherburn Communal Lounge, Rowlands Gill	10 -12	FREE	MHA Communities Gateshead West 01207 563825
Death Café Discussion Group	Birtley Library	10 – 12	FREE	0191 433 8420 (no need to book)
Men's Group	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
Men's Shed	Ryton Scout Hut	10 – 3	£1.50	0191 413 6363 or rytonmensshed@gmail.com
Dementia Day Care / Hub (subject to Adult Social Care referral)	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
Long Walking Group	Various locations	10:30 start	FREE	Age UK Gateshead 0191 477 3559
Chair Yoga	Greenside Community Centre	10:30 – 11:30	£5	Rose 07515 107774
Meditation	AgeUK Gateshead (Gateshead High Street)	10:30 – 11:15	£4	0191 477 3559 claire.hall@ageukgateshead.org.uk
Love to Move	Strathmore Road Methodist Church, Rowlands Gill	10:30 – 12	£3.50 (£2.50 for lunch)	MHA Communities Gateshead West 01207 563825
Memory Café	Ye Olde Cross, Ryton	10:30 – 12:30 2 nd Thurs.	FREE	liz.smith@rytoncrosscs.org.uk

NEFirst Credit Union PayPoint	Gateshead OPA, Deckham	10:30 – 12:30 alt. Thurs.	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Craft Group	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	£4.50	Emma 07963 048179
Pickleball	Gateshead OPA, Deckham	10:45 – 12:45	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Walk and Talk	Blaydon Youth and Community Centre	Meet at 10:45	FREE	Tyne Valley Health and Wellbeing 07915 961049
Bowls 4 Health	Teams & Bensham Community Care	11 am start	Ring for details	Active Families NE 07810 516066 wellbeanmachine@gmail.com
Art Group	Gateshead OPA, Deckham	11 – 1	£1	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Keep Fit, Strong, and Steady	Denewell Avenue Church, Low Fell	11 – 11:45	£4	Sharon 07399 461290
Indoor Walking Football	Birtley Leisure Centre	11 – 12	FREE	steven@gfc-foundation.org.uk
Blaydon Friendship Group	St. Cuthbert's Church	11:15 – 1:15 Alt. weeks	£3	Age UK Gateshead 0191 477 3559
Rowlands Gill Lunch Club	Strathmore Road Methodist Church	12 – 2	£6	MHA Communities Gateshead West 01207 563825
Dancercise	Barmoor Hub, Ryton	12:30 – 1:15	£4.50	Emma 07963 048179
50+ Boxing Training	The Whitehills Centre	12:30 – 1:30	£3	0191 469 0852 or whitehillprojects@gmail.com
Line Dancing	Rowlands Gill Community Centre	1 – 1:45	FREE through 18/4, then £4	Victoria 07498 357858
Gentle Circuits	St. Chad's Community Project, Bensham	1 – 1:45	£2.50	Leanne 07908 764555
Chi Me (Seated Tai Chi)	Whickham Community Centre	1 - 2	FREE	Sonia 07905 898094
Carers' Cultural Adventures	Shipleigh Art Gallery	1 – 3	£3	information@equalarts.org.uk
Canny Cuppa	Beamish Museum – Orchard Cottage, 1940s farm	1:30 – 3:30	FREE	0191 370 4016 or healthandwellbeing@beamish.org.uk
Gentle Yoga	Gateshead OPA, Deckham	1:30 – 2:30	FREE	Rose 07515 107774
Love to Move	Dovecote Care Home, High Spen	2 – 4	£3	MHA Communities Gateshead West 01207 563825
HIITStep	Thomas Wilson Club, Low Fell	5:15 – 5:45	£4.50	DanceFuse 07765 466450
Motown Dance	AgeUK Gateshead (Gateshead High Street)	5:30 – 6:15	£4	0191 477 3559 claire.hall@ageukgateshead.org.uk
ZOOM Yoga	ZOOM	6:30 – 8	£5	Rose 07515 107774
Zumba	Blaydon Leisure Centre	7 - 8	Ring for details	0191 433 5770
Aquafit	Blaydon Leisure Centre	7:15 - 8	Ring for details	0191 433 5770
Easy Cyclecise	Dunston Leisure Centre	9:15 – 8	Ring for details	0191 433 5757

FRIDAY				
Men's Group	Various	Ring for details 2nd Fri.	£5 transport plus cost of meal	Age UK Gateshead 0191 477 3559
Aquafit	Heworth Leisure Centre	8:45 – 9:30	Ring for details	0191 433 5715
Aquafit	Blaydon Leisure Centre	8:45 – 9:30	Ring for details	0191 433 5770
ZOOM Active at Home	ZOOM	9:30 – 10:15	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Flow: Gentle Yoga with Becky	Rowlands Gill Scout Hut	9:30 – 10:30	£7 or £25/block of 4	Becky 07554 998440 www.vev.co/flow-rowlands-gill
SwingFit with Paula	St. Joseph's Community Centre, Blaydon	9:30 – 10:30	£6	Paula 07702 402979
Scribblers Writing Group	Gateshead Central Library	9:30 – 11:30 Alt. Fri	FREE	kathmilne@gateshead.gov.uk
Walk Durham Wellbeing Walks	Beamish Museum – meet in top bay of car park	9:45 – 11:30	FREE	www.durham.gov.uk/walkdurham
Line Dancing	Gateshead OPA, Deckham	10 – 11 (intermediate) 11:15 - 12 (beginner)	£4	Victoria 07498 357858
Keep Fit, Strong, and Steady	Barmoor Hub, Ryton	10 – 10:45	£4	Sharon 07399 461290
GetLow (dance fitness)	Thomas Wilson Club, Low Fell	10 – 11	£4.50	DanceFuse 07765 466450
Gentle Yoga	The Winlaton Centre	10 – 11	£5	Rose 07515 107774
Walking Football	Chopwell Woods	Meet at 10	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Reading Ramblers	Chopwell Woods	10 – 11:30	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Friday Lunch Club	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
Walking Football	Gateshead OPA, Deckham or Washington Hub (alt. weeks)	10 – 12	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Dementia Day Care / Hub (subject to Adult Social Care referral)	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
Reading for Wellbeing: Let's Talk Stories	Leam Lane Library	11 – 12:30	FREE	0191 433 6428 (no need to book)
Lunch Club	Easington Communal Lounge, Wrekenton	11 – 2	£5 transport £1 raffle plus cost of meal	Age UK Gateshead 0191 477 3559
Easy Circuit	Dunston Leisure Centre	11:15 – 112	Ring for details	0191 433 5757
Tai Chi	Pelaw Community Bowls Club	11:30 – 12:30	£4	Dave 07909 715202
Health Walk	Various	Meet at 11:30	FREE	0191 438 1721 or www.gatesheadopa.org.uk/whats-on
Gentle Circuits for Over 50s	Family Hub, Harras Bank, Birtley DH3 2LN	12 – 12:45	£4.50	Leanne 07908 764555

Backyard Cricket	Gateshead OPA, Deckham	12 – 1:15	FREE	Alosh 07880 861879or booking@cricketqube.com
Low Impact Movement (seated)	Winlaton Mill Village Hall	12:30 -1:15	£5.50	Natalie 07548 607363 nataliefitnessathome@gmail.com
Meditation & Mindfulness	Greenside Community Centre	12:30 – 1:30	£10	Neil 07543 268926
Chopwell Lunch Club	Boltons Bungalows Communal Lounge	12:30 – 2:30 Alt. Fri.	£5.50	MHA Communities Gateshead West 01207 563825
Mission to Mobility	Barley Mow Village Hall	1 pm start	£4	Active Families NE 07810 516066 wellbeanmachine@gmail.com
Seated Exercise	Whickham Community Centre	1 – 2	£3	Kath 0191 488 1291
Rhythm for Wellbeing (drumming)	Greenside Community Centre	1:30 – 2:30	£10	Neil 07543 268926
Equal Arts Creative Friends	Birtley Library	1 – 3	£3	0191 261 1619 or information@equalarts.org.uk
Singing for the Brain	Centenary Methodist Church, Crawcrook	1:30 – 3	£3.50	MHA Communities Gateshead West 01207 563825
Boccia	Bensham Grove Community Hall	2 - 3	FREE	Gwin 07948 548266
Friday Film Club	Gateshead Central Library	2 – 3	FREE	0191 433 8420 (no need to book)
Friends Like Us Craft and Chat Sessions	Gateshead Central Library	2 – 3:30 2 nd Fri	FREE	0191 433 8420 (no need to book)
Indoor Walking Football	Blaydon Youth and Community Centre	3:30 – 4:30	FREE	steven@gfc-foundation.org.uk
Glow It Fit	AgeUK Gateshead (Gateshead High Street)	5:30 – 6:15	£4	0191 477 3559 claire.hall@ageukgateshead.org.uk
Funk It (judgement-free dancing)	Emmanuel College Dance Studio	6 – 6:55	£4.50	www.funkitdance.co.uk or funkitdance@yahoo.com
Aquafit	Heworth Leisure Centre	7:15 - 8	Ring for details	0191 433 5715
Sequence Dancing	Marley Hill Community Centre	7:30 – 10	£3	Julie 07963 000151
SATURDAY				
Strength & Balance for Women	Factory Road, Blaydon	8:30 start	£33 (6 sessions)	Natalie 07548 607363
Windy Nook Parkrun/Parkwalk	The Whitehills Centre	Meet at 9	FREE	0191 469 0852 or whitehillprojects@gmail.com
Gateshead Parkrun/Parkwalk	Saltwell Park	Meet at 9	FREE	gateshead@parkrun.com
Dementia Day Care / Hub (subject to Adult Social Care referral)	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
Birtley Lunch Club	Croftside Community Lounge	11 – 2	£5 transport £1 raffle plus cost of meal	Age UK Gateshead 0191 477 3559
Sequence Dance Social	Marley Hill Community Centre	7:30 – 10	£3	Julie 07963 000151
SUNDAY				
Wellness Walx (Nordic walking)	Chopwell Woods	Meet at 10	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Bereavement Support Knitting Group	House on the Hill, Felling	10:30 – 1:30	£2 membership £5 lunch	Age UK Gateshead 0191 477 3559

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Gateshead Older People's Assembly is a charity (no. 1155832) offering affordable (often free) opportunities for over 50s in our borough to socialise, exercise, and learn. To see find out what's on in your area, visit www.gatesheadopa.org.uk/whats-on or give us a ring on 0191 438 1721.