



## Activities for Over 50s in Gateshead

MONDAY				
<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	Emma 07963 048179
<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>Short Walking Group</b>	Ring for details	10:30 start	FREE	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>Coffee Morning</b>	Kibblesworth Village Millennium Centre	10 – 11:30	Cost of refreshments	0191 4111193
<b>Dance Aerobics</b>	Heworth Leisure Centre	10:30 – 11:30	Ring for details	0191 433 5715
<b>DanceFit 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.clairelousepilates.co.uk/take-action">www.clairelousepilates.co.uk/take-action</a>
<b>Dancercise</b>	Gateshead 50+, 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	Emma 07963 048179
<b>Lunch Club</b>	Priory Court, NE10 8WL	11 – 2	£5 transport £1 raffle plus 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 50+, Deckham	12 – 12:45	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>

<b>Strength and Balance</b>	Hope Community Church, Low Fell	11 – 11:45	£4	Emma 07963 048179
<b>Aquafit</b>	Dunston Leisure Centre	12 – 12:45	Ring for details	0191 433 5770
<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>Luncheon Club (GP referral required)</b>	Chopwell Community Centre	12 - 2	FREE (donations welcome)	01207 562462
<b>Tai Chi</b>	Barmoor Hub, Ryton	1 - 2	£5	<a href="mailto:richard@richardneville.co.uk">richard@richardneville.co.uk</a>
<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>Chair Fitness</b>	St Joseph's Church Hall, Blaydon	1:15 – 2	£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>Chair Fitness</b>	Sunniside Methodist Church	2:30 – 3 Twice monthly	£3	Age UK Gateshead 0191 477 3559
<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 50+, 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>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>Gibside Singers</b> (female choir)	Rowlands Gill Community Centre	7:30 – 9:30	FREE	Doris 01207 232532

## TUESDAY

<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>Pilates</b>	Kibblesworth Village Millennium Centre	9:30 – 10:30 10:45 – 11:45	£8	Moya 07906 318883

<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 – 10:45	£5	Age UK Gateshead 0191 477 3559
<b>Coffee Morning</b>	St Johns Church, Low Fell	10 - 1	FREE	Shirley 07724 998776
<b>Kibblesworth Woodcrafters</b>	Kibblesworth Village Millennium Centre	10 - 3	£3.50	0191 4111193
<b>Pilates</b>	Blaydon Youth and Community Centre	10 – 10:45	£2	0191 414 7849
<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 50+, 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	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>	South Sherburn Communal Lounge, Rowlands Gill	11 – 11:30	£3	MHA Communities Gateshead West 01207 563825
<b>Legs, Bums and Tums</b>	Blaydon Youth and Community Centre	11 – 11:45	£2	0191 414 7849
<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	Varies by menu choice	Age UK Gateshead 0191 477 3559
<b>Lunch Club</b>	Blackhall Mill Community Centre	11 – 2	£5 transport £1 raffle plus meal cost	Age UK Gateshead 0191 477 3559
<b>Strength and Balance</b>	St. Mary's Centre, Whickham	11:30 – 12:15	£4	Emma 07963 048179
<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>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>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>Knit and Natter</b>	Felling Volunteer Library	12:30 – 2:30	FREE	0191 433 6402 or <a href="mailto:fellinglibrary@gateshead.gov.uk">fellinglibrary@gateshead.gov.uk</a>
<b>Gateshead 50+ Singing Group</b>	Gateshead 50+, Deckham	1 – 2:30	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Yoga</b>	Barley Mow Village Hall	1 – 2	£5	0191 410 5334
<b>Sequence Tea Dance</b>	Dunston Activity Centre	1 – 3	£3.50	Julie 07963 000151
<b>Line Dancing</b>	Kibblesworth Village Millennium Centre	1 - 3	£2	0191 4111193
<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>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>Pilates</b>	AgeUK Gateshead (Gateshead High Street)	1:15 – 2	£4	0191 477 3559 <a href="mailto:claire.hall@ageukgateshead.org.uk">claire.hall@ageukgateshead.org.uk</a>
<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>Ukulele Group</b>	Gateshead 50+, Deckham	2:45 – 3:45	£5	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<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>Pilates</b>	Kibblesworth Village Millennium Centre	6 - 7	£8	Moya 07906 318883
<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>Rowlands Gill &amp; District Flower Club</b>	St. Anne's Church Hall, Winlaton	7:30 start 1 <sup>st</sup> Tues.	£5 per meeting or £35 annual membership	Pam 0191 413 2366

## WEDNESDAY

<b>Information and Advice Drop-in Service</b>	The Bank, Gateshead NE8 1AS	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>Breakfast Club</b>	South Sherburn Communal Lounge, Rowlands Gill	9:30 – 11:30	FREE	MHA Communities Gateshead West 01207 563825
<b>Keep Fit, Strong, and Steady</b>	St. Joseph's Church Hall, Blaydon	10 – 10:45	£4	Sharon 07399 461 290
<b>Zumba Gold</b>	Thomas Wilson Club	10 – 11	£4.50	DanceFuse 07765 466450
<b>Curling</b>	Gateshead 50+, Deckham	10 – 11:15	FREE	0191 438 1721
<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>Painting and Drawing</b>	Kibblesworth Village Millennium Centre	10 - 12	£2	0191 4111193
<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 50+, 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>Hubbub (w/ AgeUK Information &amp; Advice)</b>	The Field Club, High Spennings	10 – 12 Alt. Weds.	FREE	MHA Communities Gateshead West 01207 563825
<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>Wednesday Morning Club</b>	St. James Church Hall, Burnopfield	10:30 – 12:30 Alt. Weds.	£3	MHA Communities Gateshead West 01207 563825
<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>Yoga</b>	Kibblesworth Village Millennium Centre	11 - 12	£6	0191 4111193
<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>Whickham Friendship Group</b>	The Bridle Path, Front Street	11 – 1	Varies by menu choice	Age UK Gateshead 0191 477 3559
<b>Lunch Club</b>	Priory Court, Wardley	11 - 2	£5 transport £1 raffle plus cost of meal	Age UK Gateshead 0191 477 3559
<b>GetLow (dance fitness)</b>	Gateshead 50+, Deckham	11:30 – 12:15	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Strength and Balance</b>	St. Alban's Centre, Windy Nook	11:30 – 12:15	£4	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>Choir</b>	AgeUK Gateshead (Gateshead High Street)	12 – 1	£5	0191 477 3559 <a href="mailto:claire.hall@ageukgateshead.org.uk">claire.hall@ageukgateshead.org.uk</a>
<b>Wednesday Movers</b>	The Field Club, High Spennings	12:30 – 1 from 17/4	£3	MHA Communities Gateshead West 01207 563825
<b>Gentle Circuits</b>	Gateshead 50+, 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	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>Pilates</b>	St. Alban's Centre, Windy Nook	1:30 – 2:15	£4	Emma 07963 048179
<b>Zoom Online Group</b>	Zoom	1:30 – 2:15	FREE	Zoom ID: 865 9204 9463  MHA Communities Gateshead West 01207 563825
<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>Fitness for All</b>	AgeUK Gateshead (Gateshead High Street)	5:30 – 6:15	£4	0191 477 3559 <a href="mailto:claire.hall@ageukgateshead.org.uk">claire.hall@ageukgateshead.org.uk</a>
<b>Mixed Level Flow (yoga)</b>	Rowlands Gill Scout Hut	7 – 8	£7 or £25/block 4	Becky 07554 998440 <a href="http://www.vev.co/flow-rowlands-gill">www.vev.co/flow-rowlands-gill</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>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	<a href="mailto:maxine.cutmore@englandnetball.co.uk">maxine.cutmore@englandnetball.co.uk</a>
<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>Coffee Morning</b>	South Sherburn Communal Lounge, Rowlands Gill	10 -12	FREE	MHA Communities Gateshead West 01207 563825
<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>Kibblesworth Woodcrafters</b>	Kibblesworth Village Millennium Centre	10 - 3	£3.50	0191 4111193
<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>Long Walking Group</b>	Various locations	10:30 start	FREE	Age UK Gateshead 0191 477 3559
<b>Chair Yoga</b>	Greenside Community Centre	10:30 – 11:30	£5	Rose 07515 107774
<b>Meditation</b>	AgeUK Gateshead (Gateshead High Street)	10:30 – 11:15	£4	0191 477 3559 <a href="mailto:claire.hall@ageukgateshead.org.uk">claire.hall@ageukgateshead.org.uk</a>
<b>Love to Move</b>	Strathmore Road Methodist Church, Rowlands Gill	10:30 – 12	£3.50 (£3 for lunch)	MHA Communities Gateshead West 01207 563825
<b>Memory Café</b>	Ye Olde Cross, Ryton	10:30 – 12:30 2 <sup>nd</sup> Thurs.	FREE	<a href="mailto:liz.smith@rytoncrosscs.org.uk">liz.smith@rytoncrosscs.org.uk</a>
<b>NEFirst Credit Union PayPoint</b>	Gateshead 50+, 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 50+, 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	Emma 07963 048179
<b>Pickleball</b>	Gateshead 50+, Deckham	10:30 – 12:30	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	Tyne Valley Health and Wellbeing 07915 961049
<b>Art Group</b>	Gateshead 50+, Deckham	11 – 1	£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 Club</b>	Strathmore Road Methodist Church	12 – 2	£6	MHA Communities Gateshead West 01207 563825
<b>Dancercise</b>	Barmoor Hub, Ryton	12:30 – 1:15	£4	Emma 07963 048179
<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>Line Dancing</b>	Rowlands Gill Community Centre	1 – 1:45	£4	Victoria 07498 357858
<b>Gentle Circuits</b>	St. Chad's Community Project, Bensham	1 – 1:45	£2.50	Leanne 07908 764555
<b>Chi Me (Seated Tai Chi)</b>	Whickham Community Centre	1 - 2	FREE	Sonia 07905 898094
<b>Carers' Cultural Adventures</b>	ShIPLEY Art Gallery	1 – 3	£3	<a href="mailto:information@equalarts.org.uk">information@equalarts.org.uk</a>
<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 50+, Deckham	1:30 – 2:30	FREE	Rose 07515 107774
<b>Love to Move</b>	Dovecote Care Home, High Spen	2 – 3:30	£3	MHA Communities Gateshead West 01207 563825
<b>HIITStep</b>	Thomas Wilson Club, Low Fell	5:15 – 5:45	£4.50	DanceFuse 07765 466450
<b>Motown Dance</b>	AgeUK Gateshead (Gateshead High Street)	5:30 – 6:15	£4	0191 477 3559 <a href="mailto:claire.hall@ageukgateshead.org.uk">claire.hall@ageukgateshead.org.uk</a>
<b>ZOOM Yoga</b>	ZOOM	6:30 – 8	£5	Rose 07515 107774
<b>Line Dancing (beginners)</b>	Winlaton Centre	6:30 – 7:15	£4	Victoria 07498 357858
<b>Zumba</b>	Blaydon Leisure Centre	7 - 8	Ring for details	0191 433 5770

<b>Kibby Kraffers</b>	Kibblesworth Village Millennium Centre	7 - 9	£1.50	0191 4111193
<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 2nd Fri.	£5 transport plus cost of meal	Age UK Gateshead 0191 477 3559
<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>Flow: Gentle Yoga with Becky</b>	Rowlands Gill Scout Hut	9:30 – 10:30	£7 or £25/block of 4	Becky 07554 998440 <a href="http://www.vev.co/flow-rowlands-gill">www.vev.co/flow-rowlands-gill</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>Line Dancing</b>	Gateshead 50+, Deckham	10 – 11 (intermediate) 11:15 - 12 (beginner)	£4	Victoria 07498 357858
<b>Keep Fit, Strong, and Steady</b>	Barmoor Hub, Ryton	10 – 10:45	£4	Sharon 07399 461290
<b>Dancercise</b>	St. Mary's Centre, Whickham	10 – 10:45	£4	Emma 07963 048179
<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 50+, Deckham or Washington Hub (alt. weeks)	10 – 12	FREE	0191 438 1721 or <a href="mailto:getinvolved@gatesheadopa.org.uk">getinvolved@gatesheadopa.org.uk</a>
<b>Painting and Drawing</b>	Kibblesworth Village Millennium Centre	10 – 12:30	£2	0191 4111193
<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>Strength and Balance</b>	St. Mary's Centre, Whickham	11 – 11:45	£4	Emma 07963 048179
<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	Age UK Gateshead 0191 477 3559



			£1 raffle plus cost of meal	
<b>Easy Circuit</b>	Dunston Leisure Centre	11:15 – 11:2	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="http://www.gatesheadopa.org.uk/whats-on">www.gatesheadopa.org.uk/whats-on</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 50+, Deckham	12 – 1:15	FREE	Alosh 07880 861879 or <a href="mailto:booking@cricketqube.com">booking@cricketqube.com</a>
<b>Low Impact Movement (seated)</b>	Winlaton Mill Village Hall	12:30 -1:15	£5.50	Natalie 07548 607363 <a href="mailto:nataliefitnessathome@gmail.com">nataliefitnessathome@gmail.com</a>
<b>Meditation &amp; Mindfulness</b>	Greenside Community Centre	12:30 – 1:30	£10	Neil 07543 268926
<b>Chopwell Lunch Club</b>	Boltons Bungalows Communal Lounge	12:30 – 2:30 Alt. Fri.	£5.50	MHA Communities Gateshead West 01207 563825
<b>Seated Exercise</b>	Whickham Community Centre	1 – 2	£3	Kath 0191 488 1291
<b>Line Dancing</b>	Kibblesworth Village Millennium Centre	1 - 3	£2	0191 4111193
<b>Rhythm for Wellbeing (drumming)</b>	Greenside Community Centre	1:30 – 2:30	£10	Neil 07543 268926
<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>Singing for the Brain</b>	Centenary Methodist Church, Crawcrook	1:30 – 3	£3.50	MHA Communities Gateshead West 01207 563825
<b>Boccia</b>	Bensham Grove Community Hall	2 - 3	FREE	Gwin 07948 548266
<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>Glow It Fit</b>	AgeUK Gateshead (Gateshead High Street)	5:30 – 6:15	£4	0191 477 3559 <a href="mailto:claire.hall@ageukgateshead.org.uk">claire.hall@ageukgateshead.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>Bingo</b>	Kibblesworth Village Millennium Centre	7 - 9	50p or £1 per ticket	0191 4111193
<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>Strength &amp; Balance for Women</b>	Factory Road, Blaydon	8:30 start	£33 (6 sessions)	Natalie 07548 607363
<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 meal	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

This guide is published by Gateshead 50+ as a courtesy. 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.

Gateshead 50+ is a charity (no. 1155832) offering affordable 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](http://www.gatesheadopa.org.uk/whats-on) or give us a ring on 0191 438 1721.