

Monday	Tuesday	Wednesday
<p>Dancercise (10 – 10:45, Deckham Village Hall, £3.50)</p> <p>Low Impact Exercise (10 – 10:45, Barmoor Hub, Ryton, £3.50)</p> <p>Mental Health Support Group (10 – 12, AgeUK Resource Centre, 341-343 High Street, Gateshead)</p> <p>Walking Group (10:30, Gateshead Interchange)</p> <p>Easy Does It (gentle exercise) (11 – 11:45, Deckham Village Hall, £3.50)</p> <p>Coffee Morning (11 – 1, Boltons Bungalows, Chopwell)</p>	<p>Hatha Yoga (9:50 – 10:50, St. Helen's Church Hall, Low Fell, £4)</p> <p>Low Impact Exercise (10 – 10:45, Gateshead Indoor Bowling Centre, £3.50)</p>	<p>Low Impact Exercise (10 – 10:45, St. Joseph's Church Hall, Blaydon, £3.50)</p>
<p>SOSA Dance Fitness FREE 10-WEEK TASTERS (from 5 November, 11:15 – 12:15, Kibblesworth Millennium Centre)</p>	<p>Low Impact Exercise FREE 10-WEEK TASTERS through 11/12 (10 – 10:45, Barley Mow Village Hall)</p>	<p>Joyce Close Social Group (10 – 12, Joyce Close Communal Lounge)</p>
<p>Low Impact Exercise (11:45 – 12:30, St. Joseph's Church Hall, Blaydon, £3.50)</p> <p>Men's Group (alternate Mondays, 12 – 2:30, Garesfield Golf Club)</p> <p>Low Impact Exercise (12:45 – 1:30, FACT, Denise Robertson House, Swalwell, £3.50)</p> <p>Friendship Group (alternate Mondays, 1 – 3, Blaydon Library)</p> <p>Chair-based Exercise (1:15 – 2:15, St. Joseph's Church Hall, Blaydon, £3)</p> <p>Staying Steady (falls prevention) <i>Please ring to book</i> (start date and time TBC, Deckham Village Hall)</p> <p>Denewell Social Group (12 Nov, 1:30 – 3, Denewell Ave. URC Church, Low Fell)</p> <p>Silver Screen Film Club (alternate Mondays, 1:30 – 3:30, Rosewood Care Centre, Bensham)</p> <p>Low Impact Exercise (2 – 2:45, Whickham Community Centre, £3.50)</p> <p>St. Mark's Social Group (2 – 3:30, Room 5 off Chandos Street, Deckham)</p> <p>Easy Does It (gentle exercise) (3:15 – 4, Wood Green, Bill Quay, £3.50)</p>	<p>Our Voice Reminiscence and Writing Group FREE 6-WEEK TASTERS through 27/11 (10-11:30, Teams Life Centre)</p> <p>Chair-based Exercise (10:15 – 11:15, Pleasant Place, Birtley)</p> <p>Tai Chi (10:30 – 11:30 and 11:45 – 12:45, Deckham Village Hall, £3)</p> <p>Wardley Gate Social Group (10:30 – 11:30, Wardley Gate Care Centre)</p> <p>Line Dancing (10:30 – 11:30, St. Joseph's Church Hall opposite Gateshead Interchange, £3.50)</p> <p>Birtley Social Group (27 Nov, 10:30 – 12:30, Birtley Fire Station)</p> <p>Friendship Group (alternate Tuesdays, 10:30 – 12:30, Civic Centre)</p> <p>Pilates (11 – 12, St. Helen's Church Hall, Low Fell, £3.50)</p> <p>Domino and Lunch Group (11 – 1, Boltons Bungalows, Chopwell)</p> <p>Next Steps Bereavement Support Drop-in (alternate Tuesdays, 1 – 3, AgeUK Resource Centre, 341-343 High Street, Gateshead)</p>	<p>Deckham Social Group (14 & 28 Nov, 10:30 – 12:30, Deckham Village Hall)</p> <p>Woollen Tops (knitting/crochet) (10:30 – 12:30, Christ Church Hall, Felling)</p> <p>Get-together Group (alternate Wednesdays, 10:30 – 12:30, Kells Way, Rowlands Gill)</p>
<p>Iyengar Yoga FREE 10-WEEK TASTERS through 19/11 (7:30 – 9pm, St. John's Community Hall, Greenside)</p>	<p>Low Impact Exercise FREE 10-WEEK TASTERS through 11/12 (11:15 -12 Wrekenton Methodist Church)</p>	<p>Floristry Skills FREE 10-WEEK TASTERS (7 and 21 Nov, 10:30 – 12:30, Deckham Village Hall)</p>
<p>Runabouts Group (monthly) Contact AgeUK Gateshead for details</p> <p>Day Centre (St. Mary's, Heworth, contact AgeUK Gateshead for details)</p> <p>Late Bloomers Gardening Club (Monday to Saturday, weather dependent, House on the Hill, Felling)</p>	<p>Low Impact Exercise (11:45 – 12:30, Springwell Village Community Venue, £3.50)</p> <p>Our Voice Reminiscence and Writing Group FREE 6-WEEK TASTERS through 27/11 (12:30 – 2, Sunnyside Methodist Church)</p> <p>Cosy Crow Singers Group (1 – 2:30, Deckham Village Hall)</p> <p>Tai Chi (1:30 – 2:30 and 2:45 – 3:45, St. Paul's Church Hall, Winlaton, £3)</p> <p>Chair-based Exercise (1:30 – 2:30, Ridings Court, Crawcrook, £2)</p> <p>Get-together Group (1 – 3, William Morris Avenue, Rowlands Gill)</p>	<p>Low Impact Exercise (11:30 – 12:15, Lobley Hill Community Centre, £3.50)</p> <p>Exercise to Music (11:30 – 12:30, Salvation Army, Sunderland Road, £3.50)</p> <p>Cosy Crow Community Café <i>Pay-what-you-can, open to public</i> (12:30 – 2:30, Deckham Village Hall)</p> <p>Connect Social Group <i>Refreshments & games</i> (12:45 – 2:15, Sunnyside Methodist Church, £1.50)</p> <p>St. Helen's Social Group (7 & 21 Nov, 1 – 3, St. Helen's Church Hall, Low Fell)</p> <p>True Colours LGBT (alternate Wednesdays, 1 – 3, AgeUK Resource Centre, 341 – 343 High Street, Gateshead)</p> <p>Dancercise (1 – 1:45, Deckham Village Hall, £3.50)</p> <p>Staying Steady (falls prevention) <i>Please ring to book</i> (from 3 October, 2:15-3:45, St. Mary's, Church Chare, Whickham)</p>
<p>Watercolour Painting FREE 5-WEEK TASTERS (from 6 November, 2 – 4, St. John's Community Hall, Greenside)</p>	<p>Choseday Group (monthly) Contact AgeUK Gateshead for details</p> <p>Day Centre (Blackhall Mill Community Centre, contact AgeUK Gateshead for details)</p>	<p>Gentle Yoga FREE 10-WEEK TASTERS through 12/12 (2:30 – 3:30, Deckham Village Hall)</p> <p>Gentle Yoga FREE 10-WEEK TASTERS through 12/12 (4 - 5, Sunnyside Methodist Church)</p> <p>Craft Group (alternate Wednesdays, contact AgeUK Gateshead for details)</p> <p>Day Centre (Callendar Court, Beacon Lough, contact AgeUK Gateshead for details)</p> <p>Ryton Friendship Group (alternate Wednesdays, Barmoor Hub, Ryton, contact AgeUK Gateshead for details)</p>

Thursday	Friday	Saturday
<p>Easy Does It FREE 10-WEEK TASTERS through 13/12 (10 – 10:45, Chopwell Methodist Church)</p> <p>Staying Steady (ring for waiting list) (from 4 October, 10 – 11:30, St. Helen's Church Hall, Low Fell)</p> <p>Creative Challenge Creation (Art Diamonds) Work with local artists to design the creative challenges to be undertaken by Gateshead's Art Diamonds programme participants. Please ring to book. (10 – 12:30 and 1:30 – 4, Gateshead Central Library)</p> <p>Art Group (1, 15, and 29 Nov, 10:30 – 12:30, Deckham Village Hall)</p> <p>Reminiscence Group (8 and 22 Nov, 10:30 – 12:30, Deckham Village Hall)</p> <p>Long Walking Group (alternate Thursdays, 10:30, Gateshead Interchange)</p> <p>Craft Group (11 – 3, Deckham Village Hall)</p>	<p>Low Impact Exercise (10 – 10:45, Barmoor Hub, Ryton, £3.50)</p> <p>Pelaw Friendship Group (alternate Fridays, 10 -12, Mcerlane Square, Pelaw)</p> <p>Tai Chi (10 – 11, St. Joseph's Church Hall, Birtley, £3.50)</p> <p>Knit and Natter Group (11 – 1, Boltons Bungalows, Chopwell)</p> <p>Lunch Club (alternate Fridays, 11 -1, Boltons Bungalows, Chopwell)</p> <p>Tai Chi (11:45 – 12:45, Pelaw Bowls Club, £3)</p> <p>Low Impact Exercise (11:40 – 12:30, Deckham Village Hall, £3.50)</p> <p>Low Impact Exercise (1 – 1:45, Lobley Hill Community Centre, £3.50)</p> <p>Tea Dance (1 – 3, Deckham Village Hall, £2)</p> <p>Get-together Group (1 – 3, High Spen Primary School)</p> <p>Men's Group (alternate Fridays, contact AgeUK Gateshead for details)</p>	<p>Iyengar Yoga FREE 10-WEEK TASTERS through 24/11 (10 – 11:30, Greenside Community Centre)</p> <p>Angel Felting Masterclass (Art Diamonds) Create a 3D soft sculpture of the Angel of the North experimenting with various techniques including needle felting, applique, and embroidery. Please ring to book. (10 – 4, Angel View Inn)</p>
<p>Low Impact Exercise FREE 10-WEEK TASTERS through 13/12 (11:30 – 12:15, St. Paul's Church Hall, Winlaton)</p> <p>Tai Chi/Qi Gong (11:30 – 12:30, St. Joseph's Church Hall, opposite Gateshead Interchange, £3.50)</p>		
<p>Low Impact Exercise FREE 10-WEEK TASTERS through 13/12 (12 – 12:45, St. Helen's Church Hall, Low Fell)</p>		
<p>Royal Northern Sinfonia Midday Concert FREE (21 Nov, 12 – 12:45, Deckham Village Hall)</p>		
<p>Cosy Crow Community Café Pay-what-you-can, open to public (12:30 – 2:30, Deckham Village Hall)</p> <p>Lunch Group (12:30 – 2:30, Strathmore Avenue Community Centre, Rowlands Gills)</p>		
<p>Dancercise FREE 10-WEEK TASTERS through 13/12 (1 – 1:45, Barmoor Hub, Ryton)</p>		
<p>Whickham Social Group (1 Nov, 1 – 3, Whickham Community Centre)</p>		
<p>Friendship Group (1 – 3, Eighton Lodge Care Home)</p>		
<p>Staying Steady (ring for waiting list) (from 4 October, 1:30 – 3, Trinity Methodist Church, Blaydon)</p>		
<p>Bereavement Support Group (1st Thursday of month, 2 – 4, AgeUK Resource Centre, 341-343 High Street, Gateshead)</p>		
<p>Day Centre (Priory Court, Wardley and Conifer Close, Winlaton, contact AgeUK Gateshead for details)</p>		<p>For more information, please contact:</p> <p>AgeUK Gateshead – 0191 477 3559 or infoandadvice@ageukgateshead.org.uk</p> <p>Gateshead Older People's Assembly 0191 438 1721 or info@gatesheadopa.org.uk</p> <p>The LIFE Programme – 07999500951 (Richie) or 0793048179 (Emma)</p> <p>MHA – 01207 563 825 (Sue Mould or Katherine Nichols)</p> <p>Sunniside Methodist Church – sunnisidemethodistchurch@gmail.com</p> <p>Gateshead Council Culture Team -- Rachel Horton 0191 433 3864 or rachelhorton@gateshead.gov.uk</p>