



# September Activities in Deckham



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>11 - 11:45 Dancercise 12 - 12:45 Strength &amp; Balance 1:30 - 3 Staying Steady (referral) 2:30 - 4:30 Walking Football (D) 5:30 - 7:30 Never Too Old to Rock</p>	<p>3</p> <p>10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers</p>	<p>4</p> <p>11:30 - 12:15 GetLow (dance fitness) 12:30 - 1:15 Gentle Circuits</p>	<p>5</p> <p>10:30 - 12:30 Craft Group (£1) 10:45 - 12:15 Pickleball 11 - 1 Art Group (£1) 1:30 - 2:30 Seated Yoga</p>	<p>6</p> <p>9:30 - 10:15 ZOOM Active at Home 10 - 11:15 Curling 10 - 12 Walking Football (D) 11:30 start Health Walk 12 - 1:15 Backyard Cricket</p>
<p>9</p> <p>11 - 11:45 Dancercise 12 - 12:45 Strength &amp; Balance 1:30 - 3 Staying Steady (referral) 2:30 - 4:30 Walking Football (D) 5:30 - 7:30 Never Too Old to Rock</p>	<p>10</p> <p>10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers</p>	<p>11</p> <p>10 - 11:15 Curling 10 - 12 Social Group (£2) 11:30 - 12:15 GetLow (dance fitness) 12:30 - 1:15 Gentle Circuits 2 - 3 Ukulele Group (£5)</p>	<p>12</p> <p>10:30 - 12:30 Craft Group (£1) 10:45 - 12:15 Pickleball 11 - 1 Art Group (£1) 1:30 - 2:30 Seated Yoga</p>	<p>13</p> <p>9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£4) 10 - 12 Walking Football (D) 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket</p>
<p>16</p> <p>11 - 11:45 Dancercise 12 - 12:45 Strength &amp; Balance 1:30 - 3 Staying Steady (referral) 2:30 - 4:30 Walking Football (D) 5:30 - 7:30 Never Too Old to Rock</p>	<p>17</p> <p>10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4)</p>	<p>18</p> <p>10 - 11:15 Curling 11:30 - 12:15 GetLow (dance fitness) 12:30 - 1:15 Gentle Circuits 2 - 3 Ukulele Group (£5)</p>	<p>19</p> <p>10:30 - 12:30 Craft Group (£1) 10:45 - 12:15 Pickleball 11 - 1 Art Group (£1) 1:30 - 2:30 Seated Yoga</p>	<p>20</p> <p>9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£4) 10 - 12 Walking Football WH) 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket</p>

Gateshead Older People's Assembly / Gateshead 50+ is a charity (Reg. No. 1155832). We support activities for over 50s all across Gateshead.  
To see what's on near you, please visit [www.gatesheadopa.org.uk/whats-on](http://www.gatesheadopa.org.uk/whats-on)

All sessions are free unless otherwise indicated.

To see this month's walking schedule: [www.gatesheadopa.org.uk/whats-on/walk-to-wellness](http://www.gatesheadopa.org.uk/whats-on/walk-to-wellness)  
Friday walking football sessions alternate between our Deckham hub (D) and Washington Hub (WH).



178 Split Crow Road  
Deckham  
Gateshead  
NE8 3UB

[www.gatesheadopa.org.uk](http://www.gatesheadopa.org.uk)  
0191 438 1721





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<p>23</p> <p>11 - 11:45 Dancercise 12 - 12:45 Strength &amp; Balance 1:30 - 3 Staying Steady (referral) 2:30 - 4:30 Walking Football (D) 5:30 - 7:30 Never Too Old to Rock</p>	<p>24</p> <p>10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers</p>	<p>25</p> <p>10 - 11:15 Curling 10 - 12 Social Group (£2) 11:30 - 12:15 GetLow (dance fitness) 12:30 - 1:15 Gentle Circuits 2 - 3 Ukulele Group (£5) 1:45 - 3:15 Super Quiz</p>	<p>26</p> <p>10:30 - 12:30 Craft Group (£1) 10:45 - 12:15 Pickleball 11 - 1 Art Group (£1) 1:30 - 2:30 Seated Yoga</p>	<p>27</p> <p>10 - 11 Improver Line Dance (£4) 10 - 12 Walking Football (D) 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket</p>
<p>30</p> <p>11 - 11:45 Dancercise 12 - 12:45 Strength &amp; Balance 1 - 3 Energy Advice &amp; Support session 2:30 - 4:30 Walking Football (D) 5:30 - 7:30 Never Too Old to Rock</p>				

