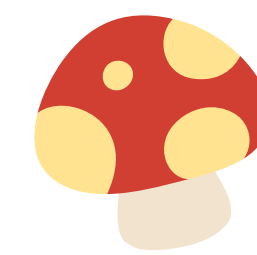


November Activities in Deckham



Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£4) 10-12 Walking Football 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket
4 11 - 11:45 Dancercise 12 - 12:45 Strength & Balance 1 - 2 Sleep Course 2:30 - 4:30 Walking Football 5:30 - 7:30 Never Too Old to Rock	5 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers	6 10 - 11:15 Curling 10 - 12 Social Group (£2) 11:30 - 12:15 GetLow (dance fitness) 12:30 - 1:15 Gentle Circuits 1:30 - 2:30 Staying Steady (referral) 2 - 3 Ukulele Group (£5)	7 10:30 - 12:30 Craft Group (£1) 10:45 - 12:15 Pickleball 11 - 1 Art Group (£1) 1:30 - 2:30 Seated Yoga	8 9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£4) 10-12 Walking Football 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket
11 11 - 11:45 Dancercise 12 - 12:45 Strength & Balance 1 - 2 Sleep Course 2:30 - 4:30 Walking Football 5:30 - 7:30 Never Too Old to Rock	12 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers	13 10 - 11:15 Curling 11:30 - 12:15 GetLow (dance fitness) 12:30 - 1:15 Gentle Circuits 1:30 - 2:30 Staying Steady (referral) 2 - 3 Ukulele Group (£5)	14 10:30 - 12:30 Craft Group (£1) 10:45 - 12:15 Pickleball 11 - 1 Art Group (£1) 1:30 - 2:30 Seated Yoga	15 9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£4) 10 - 12 Walking Football 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket

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

All sessions are free unless otherwise indicated.

To see this month's walking schedule: www.gatesheadopa.org.uk/whats-on/walk-to-wellness



178 Split Crow Road
Deckham
Gateshead
NE8 3UB

www.gatesheadopa.org.uk
0191 438 1721



November Activities in Deckham



Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p>11 - 11:45 Dancercise 12 - 12:45 Strength & Balance 1 - 2 Sleep Course 2:30 - 4:30 Walking Football 5:30 - 7:30 Never Too Old to Rock</p>	<p>19</p> <p>10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers</p>	<p>20</p> <p>10 - 11:15 Curling 10 - 12 Social Group (£2) 11:30 - 12:15 GetLow (dance fitness) 12:30 - 1:15 Gentle Circuits 1:30 - 2:30 Staying Steady (referral) 2 - 3 Ukulele Group (£5)</p>	<p>21</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>22</p> <p>9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£4) 10 - 12 Walking Football 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket</p>
<p>25</p> <p>11 - 11:45 Dancercise 12 - 12:45 Strength & Balance 2:30 - 4:30 Walking Football 5:30 - 7:30 Never Too Old to Rock</p>	<p>26</p> <p>10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers</p>	<p>27</p> <p>10 - 11:15 Curling 11:30 - 12:15 GetLow (dance fitness) 12:30 - 1:15 Gentle Circuits 1:30 - 2:30 Staying Steady (referral) 2 - 3 Ukulele Group (£5) 3 - 4:15 Super Quiz</p>	<p>28</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>29</p> <p>9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£4) 10 - 12 Walking Football 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket</p>

