

## Monday

**Iyengar Yoga**  
**8 WEEK FREE TASTERS THROUGH 29 APRIL**  
(9:30 - 11, Aiki Martial Arts & Fitness Club, Ryton, Dave 07779 342183 for details)

**Dancercise**  
(10 - 10:45, Deckham Village Hall, £3.80)

**Low Impact Exercise**  
(10 - 10:45, Barmoor Hub, Ryton, £3.80)

**Mental Health Support Group**  
(10 - 12, AgeUK Resource Centre, 341-343 High Street, Gateshead)

**Art Diamonds Drop-in Group**  
(10 - 12, Crawcrook Library, Rachel Horton 0191 433 3864 for info, FREE)

**Walking Group**  
(10:30, Gateshead Interchange)

**Easy Does It (gentle exercise)**  
(11 - 11:45, Deckham Village Hall, £3.80)

**Coffee Morning**  
(11 - 1, Boltons Bungalows, Chopwell)

**Low Impact Exercise**  
(11:45 - 12:30, St. Joseph's Church Hall, Blaydon, £3.80)

**Men's Group**  
(alternate Mondays, 12 - 2:30, Garesfield Golf Club)

**Low Impact Exercise**  
(12:10 - 12:55 and 12:55 - 1:30, FACT, Denise Robertson House, Swalwell, £3.80)

**Friendship Group**  
(alternate Mondays, 1 - 3, Blaydon Library)

**Chair-based Exercise**  
(1:15 - 2:15, St. Joseph's Church Hall, Blaydon, £3)

**Denewell Social Group**  
(8 April, 1:30 - 3, Denewell Ave. URC Church, Low Fell)

**Silver Screen Film Club**  
(alternate Mondays, 1:30 - 3:30, Rosewood Care Centre, Bensham)

**Low Impact Exercise**  
(2 - 2:45, Wickham Community Centre, £3.80)

**Watercolour Painting**  
(2 - 4 pm from, St. John's Community Hall, Greenside, Gordon Lamb 01434 675 415 for details)

**Easy Does It (gentle exercise)**  
(3:15 - 4, Wood Green, Bill Quay, £3.80)

**Circuits Exercise Class**  
**10 WEEK FREE TASTERS THROUGH 3 JUNE**  
(5:30 - 6:15 pm, Deckham Village Hall)

**Zumba**  
(6:30 - 7:30 pm, Hertfordshire House Community Centre, Pelaw, 0191 469 1860 for info)

**Arthritis Care Support Group meeting**  
(1 April, 6:30 - 8:45 pm, Gateshead Civic Centre, Allison 0191 420 1302 for info)

**Iyengar Yoga**  
(7 - 8:30 pm, St. John's Community Hall, Greenside, £6, Dave 07779 342183 for details)

**Runabouts Group (monthly)**  
Contact AgeUK Gateshead for details

**Day Centre**  
(St. Mary's, Heworth, contact AgeUK Gateshead for details)

**Late Bloomers Gardening Club**  
(Monday to Saturday, weather dependent, House on the Hill, Felling)

## Tuesday

**Hatha Yoga**  
(9:50 - 10:50, St. Helen's Church Hall, Low Fell, £4)

**Low Impact Exercise**  
(10 - 10:45, Gateshead Indoor Bowling Centre, £3.80)

**Easy Does It (gentle exercise)**  
(10 - 10:45, Thought Foundation, Birtley, £3.80)

**Line Dancing**  
(10 - 10:45 Absolute Beginners and 11 - 12 Intermediate, St. Joseph's Church Hall opposite Gateshead Interchange, £3.50)

**Exercise Group / Prize Bingo**  
(from 10 am, McErlane Square, Pelaw, Lynda 07712 695403 for info)

**Art Diamonds Drop-in Group**  
(10 - 12, Leam Lane & Birtley Libraries, Rachel Horton 0191 433 3864 for info, FREE)

**Grove Tuesday Social Club**  
(10 to 12, Bensham Grove Community Centre, Jean 07804 491839 for info, £2)

**Chair-based Exercise**  
(10:15 - 11:15, Pleasant Place, Birtley)

**Men's Fitness Classes**  
**10 WEEK FREE TASTERS FROM 2 APRIL**  
(10:30 - 11:15, One Take Fitness & Nutrition, Sunderland Road, Martin 0191 447 9300 for info)

**Tai Chi**  
(10:30 - 11:30 and 11:45 - 12:45, Deckham Village Hall, £3)

**Wardley Gate Social Group**  
(10:30 - 11:30, Wardley Gate Care Centre)

**Birtley Social Group**  
(2, 16, & 20 April, 10:30 - 12:30, Birtley Fire Station)

**Friendship Group**  
(alternate Tuesdays, 10:30 - 12:30, Civic Centre)

**Pilates**  
(11 - 12, St. Helen's Church Hall, Low Fell, £3.50)

**Tai Chi**  
(11 - 12, Hertfordshire House Community Centre, Pelaw, 0191 469 1860 for info)

**Domino and Lunch Group**  
(11 - 1, Boltons Bungalows, Chopwell)

**Low Impact Exercise**  
(11:15 - 12, Wrekenton Methodist Church, £3.80)

**Next Steps Bereavement Support Drop-in**  
(alternate Tuesdays, 1 - 3, AgeUK Resource Centre, 341-343 High Street, Gateshead)

**Low Impact Exercise**  
(11:45 - 12:30, Springwell Village Community Venue, £3.80)

**Cosy Crow Singers Group**  
(1 - 2:30, Deckham Village Hall)

**Silver Matinee Film Club**  
**FREE**  
(30 April, refreshments from 1, Bill Quay Community Church, 0191 491 1015 for info)

**Tai Chi**  
(1:30 - 2:30 and 2:45 - 3:45, St. Paul's Church Hall, Winlaton, £3)

**Get-together Group**  
(1 - 3, William Morris Avenue, Rowlands Gill)

**Watercolour Painting**  
(2 - 4 pm, St. John's Community Hall, Greenside, Gordon Lamb 01434 675 415 for details)

**Art Diamonds Drop-in Group**  
(2 - 4, Chopwell & Pelaw Libraries, Rachel Horton 0191 433 3864 for info, FREE)

**Boccia**  
(from 2 pm, McErlane Square, Pelaw, Lynda 07712 695403 for info)

**Social Evening**  
(7 to 9:30 pm, Wood Green Community Lounge, Bill Quay, Lynne 0191 469 6255 for details)

**Day Centre**  
(Blackhall Mill Community Centre, contact AgeUK Gateshead for details)

## Wednesday

**Low Impact Exercise**  
(10 - 10:45, St. Joseph's Church Hall, Blaydon, £3.80)

**Men's Hydrotherapy Group**  
**6 WEEK FREE TASTERS FROM 20 MARCH**  
(10 - 11, Chase Park Rehabilitation Centre, Wickham, Allison 0191 420 1302 to book)

**Joyce Close Social Group**  
(10 - 12, Joyce Close Communal Lounge)

**Craft and Chatter Group**  
(10 - 12, Sunnyside Methodist Church, £3.50)

**Art Diamonds Drop-in Group**  
(10 - 12, Blaydon Library, Rachel Horton 0191 433 3864 for info, FREE)

**Arthritis Care Drop-in Coffee Morning**  
17 April, 10 - 12, Central Library Coffee Shop, Allison 0191 420 1302 for info)

**Deckham Social Group**  
(3 & 17 April, 10:30 - 12:30, Deckham Village Hall)

**Walking Football**  
(11 - 12, Cleveland Hall FC, Ashley Lowe 0344 372 1892 for info, FREE)

**Pilates**  
(11:30 - 12:30, Deckham Village Hall, £6)

**Woollen Tops (knitting/crochet)**  
(10:30 - 12:30, Christ Church Hall, Felling)

**Get-together Group**  
(alternate Wednesdays, 10:30 - 12:30, Kells Way, Rowlands Gill)

**Cosy Crow Community Café**  
*Pay-what-you-can, open to public*  
(12:30 - 2:30, Deckham Village Hall)

**Connect Social Group**  
*Refreshments & games*  
(12:45 - 2:15, Sunnyside Methodist Church, £1.50)

**St. Helen's Social Group**  
(10 & 24 April, 1 - 3, St. Helen's Church Hall, Low Fell)

**True Colours LGBT**  
(alternate Wednesdays, 1 - 3, AgeUK Resource Centre, 341 - 343 High Street, Gateshead)

**Dancercise**  
(1 - 1:45, Deckham Village Hall, £3.80)

**Meditation & Relaxation Group**  
**10 WEEK FREE TASTERS FROM 3 APRIL**  
(1:15 - 2:15, One Take Fitness & Nutrition, Sunderland Road, Mary 01207 520772 for info)

**Chair-based Exercise**  
(from 3 pm, McErlane Square, Pelaw, Lynda 07712 695403 for info)

**Move Easy Low Level Exercise Class**  
(5:30 - 6:30 and 6:40 - 7:40, St. Helen's Church Hall, Low Fell, James/Mark 07568367278 for info)

**Bingo**  
(7 to 9:30 pm, Wood Green Community Lounge, Bill Quay, Lynne 0191 469 6255 for details)

**Craft Group**  
(alternate Wednesdays, contact AgeUK Gateshead for details)

**Day Centre**  
(Callendar Court, Beacon Lough, contact AgeUK Gateshead for details)

**Ryton Friendship Group**  
(alternate Wednesdays, Barmoor Hub, Ryton, contact AgeUK Gateshead for details)

Thursday	Friday	Saturday
<p><b>Easy Does It</b> (10 – 10:45, Chopwell Methodist Church, £3.80)</p> <p><b>Knit and Natter</b> (from 10 am, Bill Quay Community Church, 0191 491 1015 for details)</p> <p><b>Weekly Walk</b> (from 10 am, Teams Medical Practice, 0191 460 4239 for info, FREE)</p> <p><b>Art Group</b> (4 &amp; 18 April, 10:30 – 12:30, Deckham Village Hall)</p> <p><b>Reminiscence Group</b> (11 &amp; 25 April, 10:30 – 12:30, Deckham Village Hall)</p> <p><b>Long Walking Group</b> (alternate Thursdays, 10:30, Gateshead Interchange)</p> <p><b>Craft Group</b> (11 – 3, Deckham Village Hall)</p>	<p><b>Coffee Morning</b> (9 – 11 term time, Hertfordshire House Community Centre, Pelaw, 0191 469 1860 for info)</p> <p><b>Low Impact Exercise</b> (10 – 10:45, Barmoor Hub, Ryton, £3.80)</p> <p><b>Pelaw Friendship Group</b> (alternate Fridays, 10 -12, McErlane Square, Pelaw)</p> <p><b>Tai Chi</b> (10 – 11, St. Joseph's Church Hall, Birtley, £3.50)</p> <p><b>Walking Football</b> (11 – 12, Cleveland Hall FC, Ashley Lowe 0344 372 1892 for info, FREE)</p> <p><b>Boccia</b> (from 11 am, Wood Green Community Lounge, Bill Quay, Lynne 0191 469 6255 for details)</p> <p><b>Knit and Natter Group</b> (11 – 1, Boltons Bungalows, Chopwell)</p> <p><b>Lunch Club</b> (alternate Fridays, 11 -1, Boltons Bungalows, Chopwell)</p>	<p><b>Adult Tap with Eileen Pine</b> (9:45 – 10:45, Hertfordshire House Community Centre, Pelaw, 0191 469 1860 for info)</p> <p><b>Iyengar Yoga</b> (10 – 11:30, Greenside Community Centre, Dave 07779 342183 for details)</p>
<p><b>Easy Does It (gentle exercise)</b> <b>10 WEEK FREE TASTERS THROUGH 25 APRIL</b> 11:30 – 12:15 Stargate &amp; Crookhill Community Centre</p>	<p><b>Low Impact Exercise</b> <b>10 WEEK FREE TASTERS THROUGH 26 APRIL</b> 11:30 – 12:15 St. Mary's, Church Chare, Whickham</p>	
<p><b>Tai Chi/Qi Gong</b> (11:30 – 12:30, St. Joseph's Church Hall, opposite Gateshead Interchange, £3.50)</p> <p><b>Low Impact Exercise</b> (12 – 12:45, St. Helen's Church Hall, Low Fell, £3.50)</p> <p><b>Cosy Crow Community Café</b> <i>Pay-what-you-can, open to public</i> (12:30 – 2:30, Deckham Village Hall)</p> <p><b>Lunch Group</b> (12:30 – 2:30, Strathmore Avenue Community Centre, Rowlands Gills)</p> <p><b>Dancercise</b> (1 – 1:45, Barmoor Hub, Ryton, £3.80)</p> <p><b>Whickham Social Group</b> (4 April, 1 – 3, Whickham Community Centre)</p> <p><b>Friendship Group</b> (1 – 3, Eighton Lodge Care Home)</p> <p><b>Lonely Arts Drop-in Group</b> (1 – 3, Thought Foundation, Birtley, 0191 691 0203 for info, £4 donation)</p> <p><b>Bereavement Support Group</b> (1<sup>st</sup> Thursday of month, 2 – 4, AgeUK Resource Centre, 341-343 High Street, Gateshead)</p> <p><b>Art Diamonds Drop-in Group</b> (2 – 4, Gateshead Central Library, Rachel Horton 0191 433 3864 for info, FREE)</p> <p><b>Wellbeing and weigh-in group</b> (from 3 pm, McErlane Square, Pelaw, Lynda 07712 695403 for info)</p> <p><b>Day Centre</b> (Priory Court, Wardley and Conifer Close, Winlaton, contact AgeUK Gateshead for details)</p> <p><b>Women's Institute</b> (1<sup>st</sup> Thursday of month, from 7 pm, Bill Quay Community Church, 0191 491 1015 for info)</p>	<p><b>Tai Chi</b> (11:45 – 12:45, Pelaw Bowls Club, £3)</p> <p><b>Low Impact Exercise</b> (11:40 – 12:30, Deckham Village Hall, £3.80)</p> <p><b>Tea Dance</b> (1 – 3, Deckham Village Hall, £2)</p> <p><b>Get-together Group</b> (1 – 3, High Spen Primary School)</p> <p><b>TF Lates Art Night</b> (26 April, 7 – 9 pm, Thought Foundation, Birtley, 0191 691 0203 for info, £15 includes materials)</p> <p><b>Men's Group</b> (alternate Fridays, contact AgeUK Gateshead for details)</p> <p><b>Walking Group</b> (last Friday of month, Versus Arthritis, contact Allison 0191 420 1302 for info)</p>	<p><b>For more information, please contact:</b></p> <p><b>AgeUK Gateshead – 0191 477 3559 or <a href="mailto:infoandadvice@ageukgateshead.org.uk">infoandadvice@ageukgateshead.org.uk</a></b></p> <p><b>Gateshead Older People's Assembly 0191 438 1721 or <a href="mailto:info@gatesheadopa.org.uk">info@gatesheadopa.org.uk</a></b></p> <p><b>The LIFE Programme – 07999500951 (Richie) or 0793048179 (Emma)</b></p> <p><b>MHA – 01207 563 825 (Sue Mould or Katherine Nichols)</b></p> <p><b>Sunniside Methodist Church – <a href="mailto:sunnisidemethodistchurch@gmail.com">sunnisidemethodistchurch@gmail.com</a></b></p>