

Activities for Over 50s in Gateshead (July 2019)

MONDAY

Activity	Location	Time	Cost	Contact
Iyengar Yoga	Aiki Martial Arts & Fitness Club, Ryton	9:30 to 11	£6	Dave Curry 07779 342183
Dancercise	Deckham Village Hall	10 to 10:45	£3.80	LIFE Programme 07999 500951
Low Impact Exercise	Barmoor Hub, Ryton	10 to 10:45	£3.80	LIFE Programme 07999 500951
Mental Health Support Group	341-343 High Street, Gateshead	10 to 12	Ring for info	AgeUK Gateshead 0191 477 3559
Art Diamonds Drop-in Group	Crawcrook Library	10 to 12	FREE	Rachel Horton 0191 433 2864
Walking Group	Gateshead Interchange	From 10:30	Ring for info	AgeUK Gateshead 0191 477 3559
Easy Does It	Deckham Village Hall	11 to 11:45	£3.80	LIFE Programme 07999 500951
Coffee Morning	Boltons Bungalows, Chopwell	11 to 1	Ring for info	MHA 01207 563 825
Low Impact Exercise	St. Joseph's Church Hall, Blaydon	11:45 to 12:30	£3.80	LIFE Programme 07999 500951
Men's Group	Garesfield Golf Club	12 to 2:30 (alternate Mondays)	Ring for info	MHA 01207 563 825
Low Impact Exercise	FACT, Denise Robertson House, Swalwell	12:10 to 12:55 and 12:55 to 1:30	£3.80	LIFE Programme 07999 500951
Digital Textiles Workshop	Gateshead Central Library	1 to 3 29 July	FREE	Rachel Horton 0191 433 2864
Friendship Group	Blaydon Library	1 to 3	Ring for info	AgeUK Gateshead 0191 477 3559
Chair-based Exercise	St. Joseph's Church Hall, Blaydon	1:15 to 2:15	£3	AgeUK Gateshead 0191 477 3559
Denewell Social Group	Denewell Ave URC Church, Low Fell	1:30 to 3 2 nd Monday	Ring for info	Gateshead OPA 0191 438 1721
Silver Screen Film Club	Rosewood Care Centre, Bensham	1:30 to 3:30 Alternate Mondays	Ring for info	AgeUK Gateshead 0191 477 3559
Low Impact Exercise	St. Mary's Church Hall, Whickham	2 to 2:45	£3.80	LIFE Programme 07999 500951
Watercolour Painting	St. John's Community Hall, Greenside	2 to 4	Ring for info	Gordon Lamb 01434 675 415
Easy Does It	Wood Green, Bill Quay	3:15 to 4	£3.80	LIFE Programme 07999 500951
Chess Club – Gateshead LIVE	Gateshead Civic Centre	From 6:30	FREE	Customer Services 0191 433 3000
Zumba	Hertfordshire House Community Centre, Pelaw	6:30 to 7:30 pm	Ring for info	0191 469 1860
Iyengar Yoga	St. John's Community Hall, Greenside	7 to 8:30 pm	Ring for info	Dave Curry 07779 342183
Hatha Yoga	St. Cuthbert's Community Hall, Shibdon Road, Blaydon	7 to 8:30 pm	£5 (please bring a mat)	Carol 0191 413 4665
Runabouts Group	Ring for info	Monthly	Ring for info	AgeUK Gateshead 0191 477 3559
Late Bloomers Gardening Club	House on the Hill, Felling	Monday to Saturday, Weather depending	Ring for info	AgeUK Gateshead 0191 477 3559

TUESDAY

Activity	Location	Time	Cost	Contact
Hatha Yoga	St. Helen's Church Hall	9:50 to 10:50	£4	AgeUK Gateshead 0191 477 3559
Low Impact Exercise	Gateshead Indoor Bowling Centre	10 to 10:45	£3.80	LIFE Programme 07999 500951
Line Dancing	St. Joseph's Church Hall, opposite Gateshead Interchange	10 to 10:45 (beginners) and 11 to 12 (intermediate)	£3.50	AgeUK Gateshead 0191 477 3559
Together We Versus Arthritis Support Group	St. Peter's Church, Low Fell	10 to 12 30 July	FREE	Allison Bellinger 0191 420 1302
Exercise Group/Prize Bingo	McErlane Square, Pelaw	From 10	Ring for info	Lynda 07712 695403
Art Diamonds Drop-in Group	Leam Lane and Birtley Libraries	10 to 12	FREE	Rachel Horton 0191 433 2864
Grove Tuesday Social Club	Bensham Grove Community Centre	10 to 12	£2	Jean 07804 491839
Chair-based Exercise	Pleasant Place, Birtley	10:15 to 11:15	Ring for info	AgeUK Gateshead 0191 477 3559

Men's Fitness	OneTake Fitness & Nutrition, Felling	10:30 to 11:15	£4	Martin 0191 447 9300
Tai Chi	Deckham Village Hall	10:30 to 11:30 and 11:45 to 12:45	£3	Gateshead OPA 0191 438 1721
Wardley Gate Social Group	Wardley Gate Care Centre	10:30 to 11:30	FREE	Gateshead OPA 0191 438 1721
Watercolour Art Group	Sunniside Methodist Church	10:30 to 12:30		sunnisidemethodistchurch@gmail.com
Birtley Social Group	Birtley Fire Station	10:30 to 12:30 9 and 23 July	Ring for info	Gateshead OPA 0191 438 1721
Friendship Group	Civic Centre	10:30 to 12:30 Alternate Tuesdays	Ring for info	AgeUK Gateshead 0191 477 3559
Pilates	St. Helen's Church Hall, Low Fell	11 to 12	£3.50	AgeUK Gateshead 0191 477 3559
Tai Chi	Hertfordshire House Community Centre, Pelaw	11 to 12	Ring for info	0191 469 1860
Domino and Lunch Group	Boltons Bungalows, Chopwell	11 to 1	Ring for info	MHA 01207 563 825
Low Impact Exercise	Wrekenton Methodist Church	11:15 to 12	£3.80	LIFE Programme 07999 500951
Card Making Class	Birtley Hub	1 to 3 Alternate Tuesdays	£2	Hannah 0191 492 0434
Next Steps Bereavement Support Drop-in	341-343 High Street	1 to 3	Ring for info	AgeUK Gateshead 0191 477 3559
Low Impact Exercise	Springwell Village Community Venue	11:45 to 12:30	£3.80	LIFE Programme 07999 500951
Versus Arthritis Coffee Drop-in	Whickham Library	12 to 2 9 July	Ring for info	Allison Bellinger 0191 420 1302
Cosy Crow Singing Group	Deckham Village Hall	1 to 2:30	FREE	Gateshead OPA 0191 438 1721
Tai Chi	St. Paul's Church Hall, Winlaton	1:30 to 2:30 and 2:45 to 3:45	£3	Gateshead OPA 0191 438 1721
Get-together Group	William Morris Avenue, Rowlands Gill	1 to 3	Ring for info	MHA 01207 563 825
Family History Surgery	St. Mary's Heritage Centre	2 to 4	FREE	heritage@gateshead.gov.uk
Watercolour Painting	St. John's Community Hall, Greenside	2 to 4	Ring for info	Gordon Lamb 01434 675 415
Art Diamonds Drop-in Group	Chopwell and Pelaw Libraries	2 to 4	FREE	Rachel Horton 0191 433 3864
Boccia	McErlane Square, Pelaw	From 2	Ring for info	Lynda 07712 695403
Bowes Belles WI	Wrekenton Methodist Community Church	From 7 2 nd Tuesdays	£4	Katherine Watson 07780 454810 bowesbelleswi@gmail.com
Pilates	Thought Foundation, Birtley	5:15 to 7:30	£7.50	Moya Leddy 07906 318883
Social Evening	Wood Green Community Lounge, Bill Quay	7 to 9:30 pm	Ring for info	Lynne 0191 469 6255
Caedmon Community Choir (non-audition a capella)	MEC Sage Gateshead	8 to 9:30pm Term time	£35 per term (income dependent)	Sylvia 07765 246491 caedmon.choir@gmail.com
Day Centre	Blackhall Mill Community Centre		Ring for info	AgeUK Gateshead 0191 477 3559

WEDNESDAY

Activity	Location	Time	Cost	Contact
Low Impact Exercise	St. Joseph's Church Hall, Blaydon	10 to 10:45	£3.80	LIFE Programme 07999 500951
Men's Hydrotherapy Group	Chase Park Rehabilitation Centre, Whickham	10 to 11	£4	Allison Bellinger 0191 420 1302
Joyce Close Social Group	Joyce Close Communal Lounge, Wardley	10 to 12	Ring for info	Gateshead OPA 0191 438 1721
Craft and Chatter Group	Sunniside Methodist Church	10 to 12	£3.50	sunnisidemethodistchurch@gmail.com
Art Diamonds Drop-in Group	Blaydon Library	10 to 12	FREE	Rachel Horton 0191 433 3864
Versus Arthritis Drop-in Coffee Morning	Central Library Coffee Shop	10 to 12 17 July	Ring for info	Allison Bellinger 0191 420 1302
Deckham Social Group	Deckham Village Hall	10:30 to 12:30 10 and 24 July	Ring for info	Gateshead OPA 0191 438 1721
Walking Football	Cleveland Hall FC	11 to 12	FREE	Ashley Lowe 0344 372 1892
Pilates	Deckham Village Hall	11:30 to 12:30	£6	Emma 07930 48179
Woollen Tops (knitting/crochet)	Christ Church Hall, Felling	10:30 to 11:30	Ring for info	AgeUK Gateshead 0191 477 3559
Get-together Group	Kells Way, Rowlands Gill	10:30 to 12:30	Ring for info	MHA 01207 563 825
Cosy Crow Community Café	Deckham Village Hall	12:30 to 2:30	Pay-as-you-please	Gateshead OPA 0191 438 1721
Connect Social Group (refreshments and games)	Sunniside Methodist Church	12:45 to 2:15	£1.50	sunnisidemethodistchurch@gmail.com

Bowls	Pelaw Community Bowls Club	1 to 3 through 17 July	FREE	John 07835977455
St. Helen's Social Group	St. Helen's Church Hall, Low Fell	1 to 3, 17, 31 July	Ring for info	Gateshead OPA 0191 438 1721
True Colours LGBT	341-343 High Street, Gateshead	1 to 3 Alternate Wednesdays	Ring for info	AgeUK Gateshead 0191 477 3559
Walking Sports	Barmoor Hub, Ryton	From 1	£2	Gwenda Storey 0191 413 9415 or 07903 835257
Dancercise	Deckham Village Hall	1 to 1:45	£3.80	LIFE Programme 07999 500951
Well Tuned Ukulele Group	Deckham Village Hall	2 to 3:30	FREE	silver@sagegateshead.com or 0191 443 5034
Chair-based Exercise	McErlane Square, Pelaw	From 3	Ring for info	Lynda 07712 695403
Hatha Yoga	The Winlaton Centre	4:15 to 5:45	£5 (mats provided)	Carol 0191 413 4665
Yoga for Adults	Thought Foundation, Birtley	5:30 to 6:30	£6	0191 691 0203
Move Easy Low Level Exercise Class	St. Helen's Church Hall, Low Fell	5:30 to 6:30 and 6:40 to 7:40	Ring for info	Mark 07568 367278
Bingo	Wood Green Community Lounge, Bill Quay	7 to 9:30 pm	Ring for info	Lynne 0191 469 6255
Gateshead Floral Art Society	Gateshead Civic Centre	Third Wednesday	Ring for info	Lynn Knight 0191 433 8460
Craft Group		Alternate Wednesdays	Ring for info	AgeUK Gateshead 0191 477 3559
Day Centre	Callendar Court, Beacon Lough		Ring for info	AgeUK Gateshead 0191 477 3559
Ryton Friendship Group	Barmoor Hub, Ryton	Alternate Wednesdays	Ring for info	AgeUK Gateshead 0191 477 3559

THURSDAY

Activity	Location	Time	Cost	Contact
Easy Does It	Chopwell Methodist Church	10 to 10:45	£3.80	LIFE Programme 07999 500951
Knit and Natter	Bill Quay Community Church	From 10	Ring for info	0191 491 1015
Weekly Walk	Teams Medical Practice	From 10	Ring for info	0191 460 4239
Walking Touch Rugby	Blaydon RFC	10 to 11:30	FREE	Jonathan Benson 07718 706551 jonathanbenson@rfu.com
Art Group	Deckham Village Hall	10:30 to 12:30 11 and 25 July	Ring for info	Gateshead OPA 0191 438 1721
Reminiscence Group	Deckham Village Hall	10:30 to 12:30 4 and 18 July	Ring for info	Gateshead OPA 0191 438 1721
Long Walking Group	Gateshead Interchange	10:30 departure Monthly	Ring for info	AgeUK Gateshead 0191 477 3559
Craft Group	Deckham Village Hall	11 to 3	Ring for info	Gateshead OPA 0191 438 1721
Easy Does It	Stargate & Crookhill Community Centre	11:30 to 12:15	£3.80	LIFE Programme 07999 500951
Tai Chi/Qi Gong	St. Joseph's Church Hall, opposite Gateshead Interchange	11:30 to 12:30	£3.50	AgeUK Gateshead 0191 477 3559
Low Impact Exercise	St. Helen's Church Hall, Low Fell	11:30 to 12:15	£3.80	LIFE Programme 07999 500951
NEFirst Credit Union pay point	Deckham Village Hall	12:30 to 1:30	FREE	Gateshead OPA 0191 438 1721
Cosy Crow Community Café	Deckham Village Hall	12:30 to 2:30	Pay-as-you-please	Gateshead OPA 0191 438 1721
Lunch Group	Strathmore Avenue Community Centre, Rowlands Gill	12:30 to 2:30	Ring for info	MHA 01207 563 825
Dancercise	Barmoor Hub, Ryton	1 to 1:45	£3.80	LIFE Programme 07999 500951
Well Tuned Percussion Group	Deckham Village Hall	1:30 to 2:30	FREE	silver@sagegateshead.com or 0191 443 5034
Whickham Social Group	Whickham Community Centre	1 to 3 1 st Thursday	Ring for info	Gateshead OPA 0191 438 1721
Friendship Group	Eighton Lodge Care Home	1 to 3	Ring for info	AgeUK Gateshead 0191 477 3559
Lonely Arts Drop-in Group	Thought Foundation, Birtley	1 to 3	£4	0191 691 0203
Hatha Yoga	Stargate Community Hall	2 to 3	£5	Carol 0191 413 4665
Fingers and Thumbs (proggy mat making)	St. Mary's Heritage Centre	2 to 4	FREE	0191 433 4699
Bereavement Support Group	341-343 High Street, Gateshead	2 to 4 1 st Thursday	Ring for info	AgeUK Gateshead 0191 477 3559
Art Diamonds Drop-in Group	Gateshead Central Library	2 to 4	FREE	Rachel Horton 0191 433 3864
Wellbeing and Weigh-in Group	McErlane Square, Pelaw	From 3	Ring for info	Lynda 07712 695403
Over 50s Technology Group	Birtley Hub	5:30 to 7	FREE Ring to book	Hannah 0191 492 0434
Day Centre	Priory Court, Wardley and Conifer Close, Winlaton		Ring for info	Age UK Gateshead

Women's Institute	Bill Quay Community Church	From 7 pm 1 st Thursday	Ring for info	0191 491 1015
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FRIDAY

Activity	Location	Time	Cost	Contact
Coffee Morning	Hertfordshire House Community Centre, Pelaw	9 to 11	Ring for info	0191 469 1860
Grandparent & Toddler Playgroup	Deckham Village Hall	9:30 to 11	£1.50	Gateshead OPA 0191 438 1721
Low Impact Exercise	Barmoor Hub, Ryton	10 to 10:45	£3.80	LIFE Programme 07999 500951
Pelaw Friendship Group	McErlane Square, Pelaw	10 to 12 Alternate Fridays	Ring for info	AgeUK Gateshead 0191 477 3559
Tai Chi	St. Joseph's Church Hall, Birtley	10 to 11	£3.50	AgeUK Gateshead 0191 477 3559
Start with Art Drop-in	Shingley Art Gallery	10 to 11:30	FREE	Kerry Cook 0191 477 1495
Well Tuned Singing Group	Christ Church Hall, Felling	10:30 to 12	FREE	silver@sagegateshead.com or 0191 443 5034
Walking Football	Cleveland Hall FC	11 to 12	Ring for info	Ashley Lowe 0344 372 1892
Boccia	Wood Green Community Lounge	From 11	Ring for info	Lynne 0191 469 6255
Knit and Natter Group	Boltons Bungalows, Chopwell	11 to 1	Ring for info	MHA 01207 563 825
Lunch Club	Boltons Bungalows, Chopwell	11 to 1 Alternate Fridays	Ring for info	MHA 01207 563 825
Low Impact Exercise	St. Mary's, Church Chare, Whickham	11:30 to 12:15	£3.80	LIFE Programme 07999 500951
Tai Chi	Pelaw Community Bowls Club	11:45 to 12:45	£3	Gateshead OPA 0191 438 1721
Low Impact Exercise	Deckham Village Hall	11:40 to 12:30	£3.80	LIFE Programme 07999 500951
Tea Dance	Deckham Village Hall	1 to 3	£2	Gateshead OPA 0191 438 1721
Get-together Group	High Spen Primary School	1 to 3	Ring for info	MHA 01207 563 825
Thought Foundation Lates Art Night	Thought Foundation, Birtley	7 to 9	£15	0191 691 0203
Men's Group	Ring for info	Alternate Fridays	Ring for info	AgeUK Gateshead 0191 477 3559
Versus Arthritis Walking Group	Ring for info	Last Friday	Ring for info	Allison Bellinger 0191 420 1302

SATURDAY

Activity	Location	Time	Cost	Contact
Adult Tap with Eileen Pine	Hertfordshire House Community Centre, Pelaw	9:45 to 10:45	Ring for info	0191 469 1860
Iyengar Yoga	Greenside Community Centre	10 to 11:30	£6	Dave Curry 07779 342183
Family History Surgery	St. Mary's Heritage Centre	10 to 12 Third Saturday	FREE	0191 433 4699

Please note that these details are provided as a courtesy. Gateshead Older People's Assembly assumes 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.

If your organisation would like to have its activities added to this list, please send the relevant details to lola@gatesheadopa.org.uk