



# April Activities in Deckham



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>10 - 11:15 Curling 10 - 12 Social Group (£2) 11:30 - 12:15 Muscle Move &amp; Balance 12:30 - 1:15 Circuits 2 - 3 Ukulele Group (£5)</p>	<p>2</p> <p>10:30 - 12:30 Craft Group (£1) 10:30 - 12:30 Pickleball 11 - 1 Art Group (£1) 1:30 - 2:30 Seated Yoga 2:45 - 3:30 GetLow dance fitness</p>	<p>3</p> <p>BANK HOLIDAY</p>
<p>6</p> <p>BANK HOLIDAY</p>	<p>7</p> <p>10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4)</p>	<p>8</p> <p>10 - 11:15 Curling 11:30 - 12:15 Muscle Move &amp; Balance 12:30 - 1:15 Circuits</p>	<p>9</p> <p>10:30 - 12:30 Craft Group (£1) 10:30 - 12:30 Pickleball 11 - 1 Art Group (£1) 1:30 - 2:30 Seated Yoga</p>	<p>10</p> <p>9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£5) 10-12 Walking Football 11:15 - 12 Beginner Line Dance (£5) 11:30 start Health Walk 12 - 1:15 Walking Cricket</p>
<p>13</p> <p>10 - 10:45 Strength &amp; Balance 11 - 11:45 Dancercise (FULL) 12 - 12:45 Strength &amp; Balance 1 - 3 Pickleball 2 - 4 Walking Football 5:30 - 7:30 Never Too Old to Rock</p>	<p>14</p> <p>10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers</p>	<p>15</p> <p>10 - 11:15 Curling 10 - 12 Social Group (£2) 11:30 - 12:15 Muscle Move &amp; Balance 12:30 - 1:15 Circuits</p>	<p>16</p> <p>10:30 - 12:30 Craft Group (£1) 10:30 - 12:30 Pickleball 11 - 1 Art Group (£1) 1:30 - 2:30 Seated Yoga</p>	<p>17</p> <p>9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£5) 10-12 Walking Football 11:15 - 12 Beginner Line Dance (£5) 11:30 start Health Walk 12 - 1:15 Walking Cricket</p>



178 Split Crow Road  
Deckham  
Gateshead  
NE8 3UB  
[gateshead50plus.org.uk](http://gateshead50plus.org.uk)  
0191 438 1721

**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 [gateshead50plus.org.uk](http://gateshead50plus.org.uk)**

**All sessions are free unless otherwise indicated.**



# April Activities in Deckham



Monday		Tuesday		Wednesday		Thursday		Friday	
20		21		22		23		24	
10 - 10:45	Strength & Balance	10:30 - 11:30	Tai Chi (£4)	10 - 11:15	Curling	10:30 - 12:30	Craft Group (£1)	***DAY TRIP*** (waitlist only)	
11 - 11:45	Dancercise (FULL)	11:45 - 12:45	Tai Chi (£4)	11:30 - 12:15	Muscle Move & Balance	10:30 - 12:30	Pickleball	9:30 - 10:15	ZOOM Active at Home
12 - 12:45	Strength & Balance	1 - 2:30	Gateshead 50+ Singers	12:30 - 1:15	Circuits	11 - 1	Art Group (£1)	10 - 11	Improver Line Dance (£5)
1 - 3	Pickleball			1:30 - 3	Super Quiz	1:30 - 2:30	Seated Yoga	10-12	Walking Football
2 - 4	Walking Football					2:45 - 3:30	GetLow dance fitness	11:15 - 12	Beginner Line Dance (£5)
5:30 - 7:30	Never Too Old to Rock							12 - 1:15	Walking Cricket
27		28		29		30			
10 - 10:45	Strength & Balance	10:30 - 11:30	Tai Chi (£4)	10 - 11:15	Curling	10:30 - 12:30	Craft Group (£1)		
11 - 11:45	Dancercise (FULL)	11:45 - 12:45	Tai Chi (£4)	10 - 12	Social Group (£2)	10:30 - 12:30	Pickleball		
12 - 12:45	Strength & Balance	1 - 2:30	Gateshead 50+ Singers	11:30 - 12:15	Muscle Move & Balance	11 - 1	Art Group (£1)		
1 - 3	Pickleball			12:30 - 1:15	Circuits	1:30 - 2:30	Seated Yoga		
2 - 4	Walking Football			1:30 - 2:30	Staying Steady (referral)	2:45 - 3:30	GetLow dance fitness		
5:30 - 7:30	Never Too Old to Rock			2 - 3	Ukulele Group (£5)				



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