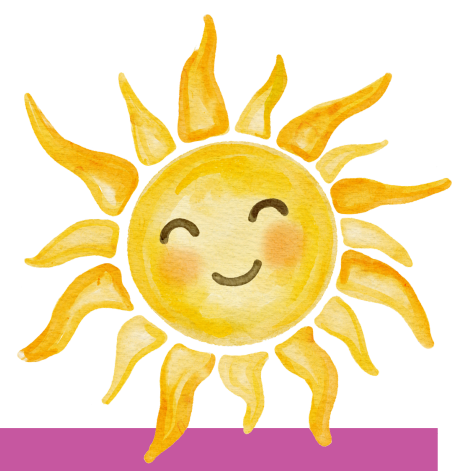
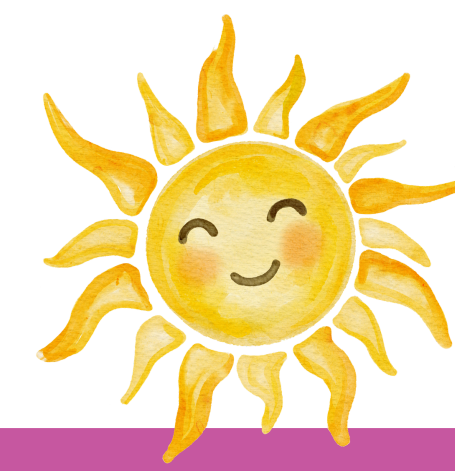
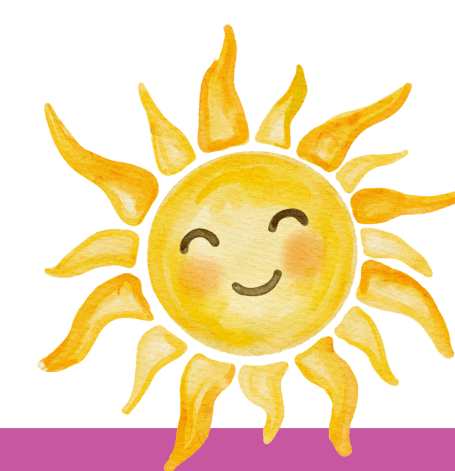


June Activities in Deckham



Monday		Tuesday		Wednesday		Thursday		Friday	
22		23		24		25		26	
10 - 10:45	Strength & Balance	10:30 - 11:30	Tai Chi (£4)	10 - 11:15	Curling	10:30 - 12:30	Craft Group (£1)	9:30 - 10:15	ZOOM Active at Home
11 - 11:45	Dancercise (FULL)	11:45 - 12:45	Tai Chi (£4)	10 - 12	Social Group (£2)	10:30 - 12:30	Pickleball	10 - 11	Improver Line Dance (£5)
12 - 12:45	Strength & Balance	1 - 2:30	Gateshead 50+ Singers	11:30 - 12:15	Muscle Move & Balance	1:30 - 2:30	Seated Yoga	10-12	Walking Football
1 - 3	Pickleball			12:30 - 1:15	Circuits	2:45 - 3:30	GetLow dance fitness	11:15 - 12	Beginner Line Dance (£5)
2 - 4	Walking Football			1:30 - 2:30	Staying Steady (referral)			11:30 start	Health Walk
3 - 4:45	Table Tennis			2 - 3	Ukulele Group (£5)			12 - 1:15	Walking Cricket
5:30 - 7:30	Never Too Old to Rock			3:15 - 4:45	Super Quiz			12:15 - 2:15	Sequence Dance
29		30							
10 - 10:45	Strength & Balance	10:30 - 11:30	Tai Chi (£4)						
11 - 11:45	Dancercise (FULL)	11:45 - 12:45	Tai Chi (£4)						
12 - 12:45	Strength & Balance	1 - 2:30	Gateshead 50+ Singers						
1 - 3	Pickleball								
2 - 4	Walking Football								
3 - 4:45	Table Tennis								
5:30 - 7:30	Never Too Old to Rock								



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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

All sessions are free unless otherwise indicated.