



July Activities in Deckham



Monday	Tuesday	Wednesday	Thursday	Friday
		1 10 - 11:15 Curling 11:30 - 12:15 Muscle Move & Balance 12:30 - 1:15 Circuits 1:30 - 2:30 Staying Steady (referral) 2 - 3 Ukulele Group (£5)	2 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	3 9:30 - 10:15 ZOOM Active at Home 10 - 10:45 Improver Line Dance (£4) 10-12 Walking Football 11 - 11:45 Beginner Line Dance (£4) 11:30 start Health Walk* 12 - 1:15 Walking Cricket
6 10 - 10:45 Strength & Balance 11 - 11:45 Dancercise (FULL) 12 - 12:45 Strength & Balance 1 - 3 Pickleball 2 - 4 Walking Football 3 - 4:45 Table Tennis 5:30 - 7:30 Never Too Old to Rock	7 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers	8 10 - 11:15 Curling 10 - 12 Social Group (£2) 11:30 - 12:15 Muscle Move & Balance 12:30 - 1:15 Circuits 1:30 - 2:30 Staying Steady (referral) 2 - 3 Ukulele Group (£5)	9 10:30 - 12:30 Craft Group (£1) 10:30 - 12:30 Pickleball 11 - 1 Art Group (£1) 1:30 - 2:30 Seated Yoga	10 9:30 - 10:15 ZOOM Active at Home 10 - 10:45 Improver Line Dance (£4) 10-12 Walking Football 11 - 11:45 Beginner Line Dance (£4) 11:30 start Health Walk* 12 - 1:15 Walking Cricket
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178 Split Crow Road
Deckham
Gateshead
NE8 3UB
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
All sessions are free unless otherwise indicated.

**Please visit gateshead50plus.org.uk for our walks schedule*



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