



September Activities in Deckham



Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers	2 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)	3 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	4 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
7 10 - 10:45 Strength & Balance 11 - 11:45 Dancercise (FULL) 12 - 12:45 Strength & Balance (FULL) 1 - 3 Pickleball 2 - 4 Walking Football 3:30 - 5 Table Tennis	8 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers	9 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)	10 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	11 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
14 10 - 10:45 Strength & Balance 11 - 11:45 Dancercise (FULL) 12 - 12:45 Strength & Balance (FULL) 1 - 3 Pickleball 2 - 4 Walking Football 3:30 - 5 Table Tennis	15 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4)	16 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)	17 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	18 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



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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Monday		Tuesday		Wednesday		Thursday		Friday	
21		22		23		24		25	
10 - 10:45	Strength & Balance	10:30 - 11:30	Tai Chi (£4)	10 - 11:15	Curling	10:30 - 12:30	Craft Group (£1)	10 - 10:45	Improver Line Dance (£4)
11 - 11:45	Dancercise (FULL)	11:45 - 12:45	Tai Chi (£4)	11:30 - 12:15	Muscle Move & Balance	10:30 - 12:30	Pickleball	10-12	Walking Football
12 - 12:45	Strength & Balance (FULL)	1 - 2:30	Gateshead 50+ Singers	12:30 - 1:15	Circuits	11 - 1	Art Group (£1)	11 - 11:45	Beginner Line Dance (£4)
1 - 3	Pickleball			2 - 3	Ukulele Group (£5)	1:30 - 2:30	Seated Yoga	11:30 start	Health Walk*
2 - 4	Walking Football			3 - 4:30	Guitar Group (£5)	2:45 - 3:30	GetLow	12 - 1:15	Walking Cricket
3:30 - 5	Table Tennis								
28		29		30					
10 - 10:45	Strength & Balance	10:30 - 11:30	Tai Chi (£4)	10 - 11:15	Curling				
11 - 11:45	Dancercise (FULL)	11:45 - 12:45	Tai Chi (£4)	10 - 12	Social Group (£2)				
12 - 12:45	Strength & Balance (FULL)	1 - 2:30	Gateshead 50+ Singers	11:30 - 12:15	Muscle Move & Balance				
1 - 3	Pickleball	2:45 - 4:15	Super Quiz	12:30 - 1:15	Circuits				
2 - 4	Walking Football			2 - 3	Ukulele Group (£5)				
3:30 - 5	Table Tennis			3 - 4:30	Guitar Group (£5)				



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