Activities for Over 50s in Gateshead

MONDAY				
Zumba Gold	Wrekenton Methodist Church	9:30 – 10:15	£4	Sam 07736 040308
Easy Circuit	Heworth Leisure Centre	9:30 – 10:15	From £4.70	To book go to https://bookings.better.org.uk/location/heworth-leisure-centre or call 0191 433 5715
Strength & Balance (FULL – waitlist only)	Gateshead 50+, Deckham	10 – 10:45	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Keep Fit, Strong, and Steady	Barmoor Hub, Ryton	10 – 10:45	£4.50	Sharon 07399 461290
GetLow (dance fitness)	Thomas Wilson Club, Low Fell	10 – 11	£4.50	DanceFuse 07765 466450
Bereavement Support Group	Holly Hill Social Club, Felling	10 – 12	£1	Age UK Gateshead 0191 477 3559
Mental Health Support Group	Citizens Advice Gateshead	10 – 12	FREE	Age UK Gateshead 0191 477 3559
Dementia Day Care / Hub (subject to Adult Social Care referral)	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
Short Walking Group	Ring for details	10:30 start	FREE	Age UK Gateshead 0191 477 3559
Men's Group	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
Coffee Morning	Kibblesworth Village Millennium Centre	10 – 11:30	Cost of refreshments	0191 4111193
Group Cycle	Dunston Leisure Centre	10:30 – 11:15	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Dance Aerobics	Heworth Leisure Centre	10:30 – 11:30	From £4.70	To book go to https://bookings.better.org.uk/location/heworth-leisure-centre or call 0191 433 5715
DanceFit with Ruth	Barley Mow Village Hall	10:30 – 11:30	£6	Ruth 07719 174544
Beginners Pilates	Winlaton Mill Village Hall	10 – 10:55	£8	Claire 07908 689091 www.clairelouisepilates.co.uk/take-action
Dancercise (FULL – waitlist only)	Gateshead 50+, Deckham	11 – 11:45	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Bereavement Support Group	Easington Communal Lounge, Wrekenton	11 – 1	FREE	Age UK Gateshead 0191 477 3559
Line Dancing	Teams Life Centre	11 - 12	£1	0191 4781003
Dancercise	Hope Community Church, Low Fell	10:30 – 11:15	£5	Emma 07963 048179
Lunch Club	Priory Court, NE10 8WL	11 – 2	£5 transport £1 raffle plus meal cost	Age UK Gateshead 0191 477 3559

Seated Exercise	Blaydon Leisure Centre	11:45 – 12:30	£2	https://bookings.better.org.uk/location/blaydon-leisure-centre or call 0191 433 5770
Keep Fit, Strong, and Steady	St. Joseph's Church Hall, Blaydon	11:45 – 12:30	£4.50	Sharon 07399 461290
Strength and Balance (FULL – waitlist only)	Gateshead 50+, Deckham	12 – 12:45	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Strength and Balance	Hope Community Church, Low Fell	11:30 – 12:15	£5	Emma 07963 048179
Aqua Aerobics	Dunston Leisure Centre	12 – 12:45	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Forest Fit	Chopwell Woods	12 – 1	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Luncheon Club (GP referral required)	Chopwell Community Centre	12 - 2	FREE (donations welcome)	01207 562462
Tai Chi	Barmoor Hub, Ryton	1 - 2	£5	richard@richardneville.co.uk
Pickleball	Gateshead 50+, Deckham	1 - 3	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Sunniside Friendship Group	Sunniside Methodist Church	1 – 3 Alt. weeks	FREE	Age UK Gateshead 0191 477 3559
Progressive Pedalling Beginner Cycling	Chopwell Woods	1 – 3	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Chair Fitness	St Joseph's Church Hall, Blaydon	1:15 – 2	£4	Age UK Gateshead 0191 477 3559
Musical Mondays	Beamish Museum - 1900s Pit Village Band Hall	1:30 – 3	FREE	0191 370 4016 or healthandwellbeing@beamish.org.uk
Walking Football	Whitehills Community Centre	1:30 – 2:30	FREE	Nick 07483 915628 or nicholas.fearby@nhs.net
Seated Yoga	Blaydon Youth and Community Centre	1:30 – 2:30	£2	BYCC 0191 414 7849
Best Foot Forward Beginner's Walking Group	Beamish Museum entrance	1:45 – 3:30	FREE	0191 370 4016 or healthandwellbeing@beamish.org.uk
Chair Fitness	Sunniside Methodist Church	2:30 – 3 Twice monthly	£3	Age UK Gateshead 0191 477 3559
Walking Football	Gateshead Stadium	3 – 4	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Meditation and Relaxation	Greenside Community Centre	3 – 4	£5	Rose 07515 107774
Table Tennis	Gateshead 50+, Deckham	3:30 – 5	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Gateshead CD Preservation Society	Gateshead Central Library	5 pm start 3rd Mon.	FREE	0191 433 8420 michaelglancey@gateshead.gov.uk (no need to book)
Zumba Gold	Windy Nook Methodist Church	6 – 6:45	£4	Sam 07736040308
Get Low	Thomas Wilson Club, Low Fell	6 – 7	£4.50	DanceFuse 07765 466450
Yoga for Beginners (6 class series)	Hertfordshire House, Pelaw	7 – 8	£36	Book online https://bookwhen.com/whitetigeryoga
Gibside Singers (female choir)	Rowlands Gill Community Centre	7:30 – 9:30	FREE	Doris 01207 232532

TUESDAY				
Tuesday Social Group	Various	1st Tues.	£5 transport plus cost of chosen meal	Age UK Gateshead 0191 477 3559
Information and Advice Drop-in Service	Blaydon Shopping Centre	8:30 – 3	FREE	Age UK Gateshead 0191 477 3559
Aquafit	Blaydon Leisure Centre	8:45 – 9:30	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Stronger for Life	Wrekenton Methodist Church	9:30 – 10:15	£4	Sam 07736 04030
Pilates	Kibblesworth Village Millennium Centre	9:30 – 10:30 10:45 – 11:45	£8	Moya 07906 318883
Yoga	Greenside Community Centre	9:30 – 11 11:15 – 12:45 1:30 – 3	£5	Rose 07515 107774
Felling Friendship Group	Felling Methodist Church	9:30 – 12 Alt. weeks	£2 membership £1 raffle	Age UK Gateshead 0191 477 3559
Hatha Yoga	Wesley Memorial Church Hall, Low Fell	9:45 – 10:45	£5	Age UK Gateshead 0191 477 3559
Cycling Session (beginner)	Gateshead International Stadium	10 – 12	FREE	activetravel@gateshead.gov.uk 0191 433 3200
Coffee Morning	St Johns Church, Low Fell	10 - 1	FREE	Shirley 07724 998776
Kibblesworth Woodcrafters	Kibblesworth Village Millennium Centre	10 - 3	£3.50	0191 4111193
Tuesday Lunch Club	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
Men's Shed	Ryton Scout Hall	10 – 3	£1.50	0191 413 6363 or rytonmensshed@gmail.com
Dementia Day Care / Hub (subject to Adult Social Care referral)	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
Keep Fit, Strong, and Steady	Denewell Avenue Church, Low Fell	10 – 10:45	£4.50	Sharon 07399 461290
Men's Group	Beamish Museum – Orchard Cottage, 1940s Farm	10 – 12 1:30 – 3:30	FREE	0191 370 4016 or healthandwellbeing@beamish.org.uk
Tai Chi	Gateshead 50+, Deckham	10:30 – 11:30 11:45 – 12:45	£4	Dave 07909 715202
Dancercise	St. Mary's Centre, Whickham	10:30 – 11:15	£5	Emma 07963 048179
Group Cycle	Dunston Leisure Centre	10:45 – 11:30	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Tuesday Movers	South Sherburn Communal Lounge, Rowlands Gill	11 – 11:30	£3	MHA Communities Gateshead West 01207 563825
Fit-Steps	Wesley Memorial Church Hall, Low Fell	11 - 12	£4	Age UK Gateshead 0191 477 3559
Let's Talk Pelaw	Pelaw Library	11 – 12	FREE	tararussell@gateshead.gov.uk
Next Steps Drop-in Bereavement Support Group	The Tilley Stone, Gateshead	11 – 1:30	Varies by menu choice	Age UK Gateshead 0191 477 3559

Soup and Social	Blaydon Youth and Community Centre	11 - 2	FREE	info@blaydonycc.org.uk
Lunch Club	Blackhall Mill Community Centre	11 – 2	£5 transport £1 raffle plus meal cost	Age UK Gateshead 0191 477 3559
Strength and Balance	St. Mary's Centre, Whickham	11:30 – 12:15	£5	Emma 07963 048179
Basic Circuits	Dunston Leisure Centre	11:45 – 12:30	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Keep Fit, Strong, and Steady	All Saints Church, Lobley Hill	12 – 12:45	£4.50	Sharon 07399 461290
Indoor Walking Club	Blaydon Youth and Community Centre	12 pm start	FREE	info@blaydonycc.org.uk
Walking Football	Gateshead Redheugh, Eslington Park	12 – 2	FREE	Terry 07930 618441 or terry.ritson@redheugh.club
50+ Boxing Training	The Whitehills Centre	12:30 – 1:30	£3	0191 469 0852 or whitehillsprojects@gmail.com
Knit and Natter	Felling Volunteer Library	12:30 – 2:30	FREE	0191 433 6402 or fellinglibrary@gateshead.gov.uk
Gateshead 50+ Singing Group	Gateshead 50+, Deckham	1 – 2:30	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Yoga	Barley Mow Village Hall	1 – 2	£5	0191 410 5334
Cycling Session (intermediate)	Gateshead International Stadium	1 – 3	FREE	activetravel@gateshead.gov.uk 0191 433 3200
Sequence Tea Dance	Dunston Activity Centre	1 – 3	£3.50	Julie 07963 000151
Line Dancing	Kibblesworth Village Millennium Centre	1 - 3	£2	0191 4111193
Gardening Club	Gateshead 50+, Deckham	1 – 3	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Gentle Exercise	Chopwell Woods	1:15 – 2	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Pilates	Age UK Gateshead (Gateshead High Street)	1:15 – 2	£4	0191 477 3559 claire.hall@ageukgateshead.org.uk
Line Dancing (absolute beginner)	Denewell Avenue URC	1:15 – 2:15	£5	Victoria 07498 357858
Friendship Group	Morrisons Birtley (café)	2 pm start	Ring for info	Age UK Gateshead 0191 477 3559
Tai Chi	St. Paul's Church Hall, Winlaton	2 – 3	£4	Dave 07909 715202
Crawcrook Crime Club	Crawcrook Library	2 – 3 Last Tues.	FREE	lynnecorder@gateshead.gov.uk
Birtley Friendship Group	Birtley Morrisons café	2 – 4 Alt. weeks	FREE	Age UK Gateshead 0191 477 3559
Super Quiz	Gateshead 50+, Deckham	2:45 – 4:15 (last Tuesday of month)	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Pilates and Sculpt	The Winlaton Centre	5:30 – 6:30	£8	Louise 07519 637022 or www.strongerinmidlife.co.uk
Crime Fiction Reading Group	Gateshead Central Library	5:45 – 6:45 1st Thurs	FREE	heleneddon@gateshead.gov.uk
Pilates	Kibblesworth Village Millennium Centre	6 - 7	£8	Moya 07906 318883

The Jungle Body	Thomas Wilson Club, Low Fell	7 – 8	£4.50	DanceFuse 07765 466450
Group Cycle	Dunston Leisure Centre	7 – 7:45	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Rowlands Gill & District Flower Club	St. Anne's Church Hall, Winlaton	7:30 start 1st Tues.	£5 per meeting or £35 annual membership	Pam 0191 413 2366
Aqua Aerobics	Heworth Leisure Centre	7:30 – 8:15	From £4.70	To book go to https://bookings.better.org.uk/location/heworth-leisure-centre or call 0191 433 5715
Whickham and Blaydon Badminton Club	Blaydon Youth and Community Centre	8 pm start	£8	wbc1@mail.com
WEDNESDAY				
Group Cycle	Dunston Leisure Centre	6:45 – 7:30	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Aqua Aerobics	Dunston Leisure Centre	7:45 – 8:30	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Information and Advice Drop-in Service	The Bank, Gateshead NE8 1AS	8:30 – 4	FREE	Age UK Gateshead 0191 477 3559
Aqua Aerobics	Heworth Leisure Centre	8:45 – 9:30	From £4.70	To book go to https://bookings.better.org.uk/location/heworth-leisure-centre or call 0191 433 5715
Group Cycle	Dunston Leisure Centre	9:30 – 10:15	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Breakfast Club	South Sherburn Communal Lounge, Rowlands Gill	9:30 – 11:30	FREE	MHA Communities Gateshead West 01207 563825
Keep Fit, Strong, and Steady	St. Joseph's Church Hall, Blaydon	10 – 10:45	£4.50	Sharon 07399 461 290
Zumba Gold	Thomas Wilson Club	10 – 11	£4.50	DanceFuse 07765 466450
Curling	Gateshead 50+, Deckham	10 – 11:15	FREE	0191 438 1721
Evergreens Woodland Activities	Chopwell Woods	Meet at 10, alt. Weds.	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Lunch Club	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
Coffee Morning	Chowdene Chapel / Strongpoint Centre	10 – 11:30	FREE	info@chowdene.co.uk
Painting and Drawing	Kibblesworth Village Millennium Centre	10 - 12	£2	0191 4111193
Grief Words Therapeutic Writing Group	Ridley Room, Blaydon Library	10 – 12 3rd Weds	£3	0191 433 6201
Deckham Social Group	Gateshead 50+, Deckham	10 – 12 Fortnightly	£2	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Creative Friends	Shipley Art Gallery	10 – 12	£3	information@equalarts.org.uk
Hubbub (w/ AgeUK Information & Advice)	The Field Club, High Spen	10 – 12 Alt. Weds.	FREE	MHA Communities Gateshead West 01207 563825
Dementia Day Care / Hub (Adult Social Care referral)	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
Chair Yoga	Blackhall Mill Community Centre	10:30 – 11:30	£26/four weeks	Paul 07587 697485 or paulrathbone1@outlook.com

Wednesday Morning Club	St. James Church Hall, Burnopfield	10:30 – 12:30 Alt. Weds.	£3	MHA Communities Gateshead West 01207 563825
Computer Support Drop-in	Dunston Activity Centre	10:30 – 1:30	FREE	0191 425 2222
Tai Chi	Dunston Activity Centre	10:30 – 11:30	£4	Dave 07909 715202
Learn the Ukulele	Teams Life Centre	10:30 – 11:30	FREE	0191 4781003
Seated Stretch and Social	Blaydon Youth and Community Centre	11 - 12	£4	info@blaydonycc.org.uk
Yoga	Kibblesworth Village Millennium Centre	11 - 12	£6	0191 4111193
Reading for Wellbeing: Let's Talk Stories	Blaydon Library	11 – 12:30 1st Weds.	FREE	0191 433 6201 tararussell@gateshead.gov.uk (no need to book)
Whickham Friendship Group	The Bridle Path, Front Street	11 – 1	Varies by menu choice	Age UK Gateshead 0191 477 3559
Soup and Social	Blaydon Youth and Community Centre	11 - 2	FREE	info@blaydonycc.org.uk
Lunch Club	Priory Court, Wardley	11 - 2	£5 transport £1 raffle plus cost of meal	Age UK Gateshead 0191 477 3559
Muscle Move & Balance	Gateshead 50+, Deckham	11:30 – 12:15	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Strength and Balance	St. Alban's Centre, Windy Nook	11:30 – 12:15	£5	Emma 07963 048179
Soup and Social	Chowdene Chapel / Strongpoint Centre	11:30 – 1	FREE	info@chowdene.co.uk
Basic Cicuits	Heworth Leisure Centre	11:45 – 12:30	From £4.70	https://bookings.better.org.uk/location/blaydon-leisure-centre or call 0191 433 5770
Mobility Fit	Marley Hill Community Centre	11:45 – 12:30	£4.50	Emily 07540 426025
Easy Circuit	Blaydon Leisure Centre	11:45 – 12:30	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Choir	AgeUK Gateshead (Gateshead High Street)	12 – 1	£5	0191 477 3559 claire.hall@ageukgateshead.org.uk
Musical Cafe	Teams Life Centre	12 – 2:15	£3	0191 4781003
Wednesday Movers	The Field Club, High Spen	12:30 – 1 from 17/4	£3	MHA Communities Gateshead West 01207 563825
Gentle Circuits	Gateshead 50+, Deckham	12:30 – 1:15	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Dancercise	St. Alban's Centre, Windy Nook	12:30 – 1:15	£5	Emma 07963 048179
Keep Fit, Strong, and Steady	Dunston Activity Centre	12:30 – 1:15	£4.50	Sharon 07399 461290
Ryton Friendship Group	Barmoor Hub	12:30 – 2:30 Alt weeks	£2 membership £1 raffle	Age UK Gateshead 0191 477 3559
Indoor Walking	Birtley Community Hall	1 – 1:45	FREE	Age UK Gateshead 0191 477 3559
Walking Football	Blaydon Youth and Community Centre	1 -2	FREE	Age UK Gateshead 0191 477 3559

Line Dancing	Birtley Community Centre	1 – 2:30	£3	0191 410 2343
Health Walk	Chopwell Woods	Meet at 1	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Active Seniors Chair Exercise with Ashleigh	Salvation Army, Sunderland Road NE8 3EY	1:30 – 2:30	FREE	annihumes@gmail.com 07967 888525
Midweek Melodies	Beamish Museum entrance	1:30 – 3	FREE	0191 370 4016 or healthandwellbeing@beamish.org.uk
Pilates	St. Alban's Centre, Windy Nook	1:30 – 2:15	£5	Emma 07963 048179
Zoom Online Group	Zoom	1:30 – 2:15	FREE	Zoom ID: 865 9204 9463 MHA Communities Gateshead West 01207 563825
Chair Pilates	The Winlaton Centre	1:30 – 2:30	£5	Louise 07519 637022 or www.strongerinmidlife.co.uk
Sequence Tea Dance	Barley Mow Village Hall	1:30 – 4	£3	Julie 07963 000151
Ukulele Group	Gateshead 50+, Deckham	2 – 3 (term time only)	£5	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Woolly Wednesdays	Birtley Library	2 – 3:30	FREE	0191 433 6101 (no need to book)
Woolly Wednesdays	Leam Lane Libraries	2 – 3:30	FREE	0191 433 6428 (no need to book)
Target Club	Chopwell Woods	Meet at 2:30	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Guitar Group	Gateshead 50+, Deckham	3 – 4:40	£5	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Fitness for All	AgeUK Gateshead (Gateshead High Street)	5:30 – 6:15	£4	0191 477 3559 claire.hall@ageukgateshead.org.uk
Mixed Level Flow (yoga)	Rowlands Gill Scout Hut	7 – 8	£7 or £25/block 4	Becky 07554 998440 www.vev.co/flow-rowlands-gill
Zumba	Thomas Wilson Club, Low Fell	7 – 8	£4.50	DanceFuse 07765 466450
THURSDAY				
Aqua Aerobics	Dunston Leisure Centre	8:45 – 9:30	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Aqua Aerobics	Heworth Leisure Centre	8:45 – 9:30	From £4.70	https://bookings.better.org.uk/location/heworth-leisure-centre or call 0191 433 5715
Group Cycle	Dunston Leisure Centre	9:30 – 10:15	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Group Cycle	Blaydon Leisure Centre	9:30 – 10:15	From £4.70	https://bookings.better.org.uk/location/blaydon-leisure-centre or call 0191 433 5770
Short Walk	Teams Medical Centre	10 AM meet	FREE	Teams Life Centre 0191 4781003
Stretch & Tone	Thomas Wilson Club, Low Fell	10 -11	£4.50	Danielle 07850 227720 www.dancefuse.co.uk/fitness
Walking Rugby	Blaydon Rugby Club	10 – 11:30	FREE	0191 420 0505
Coffee Morning	South Sherburn Communal Lounge, Rowlands Gill	10 -12	FREE	MHA Communities Gateshead West 01207 563825
Men's Group	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
Kibblesworth Woodcrafters	Kibblesworth Village Millennium Centre	10 - 3	£3.50	0191 4111193

Men's Shed	Ryton Scout Hut	10 – 3	£1.50	0191 413 6363 or rytonmensshed@gmail.com
Dementia Day Care / Hub (subject to Adult Social Care referral)	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
Long Walking Group	Various locations	10:30 start	FREE	Age UK Gateshead 0191 477 3559
Indoor Walking	Gateshead Salvation Army, Sunderland Road	10:30 – 11:30	FREE	Active Travel Gateshead 07714 657274
Chair Yoga	Greenside Community Centre	10:30 – 11:30	£5	Rose 07515 107774
Group Cycle	Dunston Leisure Centre	10:30 – 11:15	£4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Pilates	Dunston Leisure Centre	10:30 – 11:15	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Meditation	AgeUK Gateshead (Gateshead High Street)	10:30 – 11:15	£4	0191 477 3559 claire.hall@ageukgateshead.org.uk
Love to Move	Strathmore Road Methodist Church, Rowlands Gill	10:30 – 12	£3.50 (£3 for lunch)	MHA Communities Gateshead West 01207 563825
Memory Café	Ye Olde Cross, Ryton	10:30 – 12:30 2nd Thurs.	FREE	liz.smith@rytoncrosscs.org.uk
NEFirst Credit Union PayPoint	Gateshead 50+, Deckham	10:30 – 12:30 alt. Thurs.	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Craft Group	Gateshead 50+, Deckham	10:30 – 12:30	£2	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Strength and Balance	Fellside Methodist Church, Whickham	10:30 – 11:15	£5	Emma 07963 048179
Pickleball	Gateshead 50+, Deckham	10:30 – 12:30	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Walk and Talk	Blaydon Youth and Community Centre	Meet at 10:45	FREE	Tyne Valley Health and Wellbeing 07915 961049
Art Group	Gateshead 50+, Deckham	11 – 1	£1	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Keep Fit, Strong, and Steady	Denewell Avenue Church, Low Fell	11 – 11:45	£4.50	Sharon 07399 461290
Blaydon Friendship Group	St. Cuthbert's Church	11:15 – 1:15 Alt. weeks	£3	Age UK Gateshead 0191 477 3559
Friends for Life Group	Teams Life Centre	11:30 - 1	£2	0191 4781003
Chair Yoga	The Bank, Gateshead NE8 1AS	12 – 12:45	£4	Age UK Gateshead 0191 477 3559
Indoor Walking	Elgin Centre, Deckham	12 – 12:45	FREE	Age UK Gateshead 0191 477 3559
Rowlands Gill Lunch Club	Strathmore Road Methodist Church	12 – 2	£6	MHA Communities Gateshead West 01207 563825
Dancercise	Barmoor Hub, Ryton	12:30 – 1:15	£5	Emma 07963 048179
50+ Boxing Training	The Whitehills Centre	12:30 – 1:30	£3	0191 469 0852 or whitehillsprojects@gmail.com
Over 50s Social Afternoon	Felling Community Centre (Smithburn Road)	From 1 pm Alt. weeks	FREE	07942 459455 or 0191 469 3502
Line Dancing	Rowlands Gill Community Centre	1 – 1:45	£4	Victoria 07498 357858
Indoor Walking	Emmaville Hall, Ryton	1 – 2	FREE	Alyson 07825 194251

Chi Me (Seated Tai Chi)	Whickham Community Centre	1 - 2	FREE	Sonia 07905 898094
Carers' Cultural Adventures	Shipley Art Gallery	1 – 3	£3	information@equalarts.org.uk
Over 50s Entertainment Group	Felling Community Centre	1 – 3:45 Fortnightly	FREE	07942 459455
Canny Cuppa	Beamish Museum – Orchard Cottage, 1940s farm	1:30 – 3:30	FREE	0191 370 4016 or healthandwellbeing@beamish.org.uk
Gentle Yoga	Gateshead 50+, Deckham	1:30 – 2:30	FREE	Rose 07515 107774
Love to Move	Dovecote Care Home, High Spen	2 – 3:30	£3	MHA Communities Gateshead West 01207 563825
GetLow (dance fitness)	Gateshead 50+, Deckham	2:45 – 3:30	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
HIITStep	Thomas Wilson Club, Low Fell	5:15 – 5:45	£4.50	DanceFuse 07765 466450
Motown Dance	AgeUK Gateshead (Gateshead High Street)	5:30 – 6:15	£4	0191 477 3559 claire.hall@ageukgateshead.org.uk
ZOOM Yoga	ZOOM	6:30 – 8	£5	Rose 07515 107774
Line Dancing (beginners)	Winlaton Centre	6:30 – 7:15	£4	Victoria 07498 357858
Zumba	Blaydon Leisure Centre	7 - 8	From £4.70	https://bookings.better.org.uk/location/blaydon-leisure-centre or call 0191 433 5770
Dance Fitness	Dunston Leisure Centre	7 – 8	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
FRIDAY				
Men's Group	Various	Ring for details 2nd Fri.	£5 transport plus cost of meal	Age UK Gateshead 0191 477 3559
Aquafit	Blaydon Leisure Centre	8:45 – 9:30	From £4.70	https://bookings.better.org.uk/location/blaydon-leisure-centre or call 0191 433 5770
Breakfast Café	Salvation Army, Sunderland Road NE8 3EY (side entrance)	9 – 10:15	£3.50	annihumes@gmail.com 07967 888525
ZOOM Active at Home	ZOOM	9:30 – 10:15	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Flow: Gentle Yoga with Becky	Rowlands Gill Scout Hut	9:30 – 10:30	£7 or £25/block of 4	Becky 07554 998440 www.vev.co/flow-rowlands-gill
SwingFit with Paula	St. Joseph's Community Centre, Blaydon	9:30 – 10:30	£6	Paula 07702 402979
Walk Durham Wellbeing Walks	Beamish Museum – meet in top bay of car park	9:45 – 11:30	FREE	www.durham.gov.uk/walkdurham
Pilates for Beginners	Teams Life Centre	10 - 11	£1	0191 4781003
Line Dancing	Gateshead 50+, Deckham	10 – 11 (intermediate) 11:15 - 12 (beginner)	£4	Victoria 07498 357858
Keep Fit, Strong, and Steady	Barmoor Hub, Ryton	10 – 10:45	£4.50	Sharon 07399 461290
Dancercise	St. Mary's Centre, Whickh	10 – 10:45	£5	Emma 07963 048179

GetLow (dance fitness)	Thomas Wilson Club, Low Fell	10 – 11	£4.50	DanceFuse 07765 466450
Walking Football	Chopwell Woods	Meet at 10	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Friday Lunch Club	Teams and Bensham Community Care	Mid AM to Mid PM	Ring for details	0191 460 0297
Walking Football	Gateshead 50+, Deckham or Washington Hub (alt. weeks)	10 – 12	FREE	0191 438 1721 or getinvolved@gatesheadopa.org.uk
Painting and Drawing	Kibblesworth Village Millennium Centre	10 – 12:30	£2	0191 4111193
Dementia Day Care / Hub (subject to Adult Social Care referral)	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
Group Cycle	Dunston Leisure Centre	10:15 - 11	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Strength and Balance	St. Mary's Centre, Whickham	11 – 11:45	£5	Emma 07963 048179
Chair Exercise	Winlaton Mill Village Hall	11 - 12	£6	Natalie 07548 607363
Reading for Wellbeing: Let's Talk Stories	Leam Lane Library	11 – 12:30	FREE	0191 433 6428 tararussell@gmail.com (no need to book)
Lunch Club	Easington Communal Lounge, Wrekenton	11 – 2	£5 transport £1 raffle plus cost of meal	Age UK Gateshead 0191 477 3559
Basic Circuits	Dunston Leisure Centre	11:15 – 112	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Tai Chi	Pelaw Community Bowls Club	11:30 – 12:30	£4	Dave 07909 715202
Health Walk	Various	Meet at 11:30	FREE	0191 438 1721 or www.gatesheadopa.org.uk/whats-on
Gentle Circuits for Over 50s	Family Hub, Harras Bank, Birtley DH3 2LN	12 – 12:45	£4.50	Leanne 07908 764555
Backyard Cricket	Gateshead 50+, Deckham	12 – 1:15	FREE	Alosh 07880 861879or booking@cricketqube.com
Low Impact Movement (seated)	Winlaton Mill Village Hall	12:30 -1:15	£5.50	Natalie 07548 607363 nataliefitnessathome@gmail.com
Meditation & Mindfulness	Greenside Community Centre	12:30 – 1:30	£10	Neil 07543 268926
Chopwell Lunch Club	Boltons Bungalows Communal Lounge	12:30 – 2:30 Alt. Fri.	£5.50	MHA Communities Gateshead West 01207 563825
Line Dancing (absolute beginner)	St. Mary's Centre, Whickham	1 – 1:45	£4	Victoria 07498 357858
Line Dancing (improver level)	St. Mary's Centre, Whickham	2 – 2:45	£4	Victoria 07498 357858
Seated Exercise	Whickham Community Centre	1 – 2	£3	Kath 0191 488 1291
Line Dancing	Kibblesworth Village Millennium Centre	1 - 3	£2	0191 4111193

Friends Like Us Craft and Chat Sessions	Gateshead Central Library	1 - 3 2nd Fri	FREE	0191 433 8420 (no need to book)
Rhythm for Wellbeing (drumming)	Greenside Community Centre	1:30 – 2:30	£10	Neil 07543 268926
Singing for the Brain	Centenary Methodist Church, Crawcrook	1:30 – 3	£3.50	MHA Communities Gateshead West 01207 563825
Boccia	Bensham Grove Community Hall	2 - 3	FREE	Gwin 07948 548266
The Chat Pack (Men Only)	Gateshead Central Library	2 – 3:30 Monthly	FREE	Contact michaelglancey@gateshead.gov.uk for details
Friday Film Club	Gateshead Central Library	2 – 3:30 monthly	FREE	0191 433 8420 michaelglancey@gateshead.gov.uk (no need to book)
Indoor Walking Football	Blaydon Youth and Community Centre	3:30 – 4:30	FREE	steven@gfc-foundation.org.uk
Group Cycle	Dunston Leisure Centre	5:30 – 6:15	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Glow It Fit	AgeUK Gateshead (Gateshead High Street)	5:30 – 6:15	£4	0191 477 3559 claire.hall@ageukgateshead.org.uk
Funk It (judgement-free dancing)	Emmanuel College Dance Studio	6 – 6:55	£4.50	www.funkitdance.co.uk or funkitdance@yahoo.com
Bingo	Kibblesworth Village Millennium Centre	7 - 9	50p or £1 per ticket	0191 4111193
Aqua Aerobics	Heworth Leisure Centre	7 – 7:45	From £4.70	https://bookings.better.org.uk/location/heworth-leisure-centre or call 0191 433 5715
Sequence Dancing	Marley Hill Community Centre	7:30 – 10	£3	Julie 07963 000151
SATURDAY				
Strength & Balance for Women	Factory Road, Blaydon	8:30 start	£33 (6 sessions)	Natalie 07548 607363
Windy Nook Parkrun/Parkwalk	The Whitehills Centre	Meet at 9	FREE	0191 469 0852 or whitehillsprojects@gmail.com
Gateshead Parkrun/Parkwalk	Saltwell Park	Meet at 9	FREE	gateshead@parkrun.com
Group Cycle	Dunston Leisure Centre	9:30 – 10:15	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770
Dementia Day Care / Hub (subject to Adult Social Care referral)	House on the Hill, Felling	10 – 3	£5 transport £5 lunch	Age UK Gateshead 0191 477 3559
Birtley Lunch Club	Croftside Community Lounge	11 – 2	£5 transport £1 raffle plus cost of meal	Age UK Gateshead 0191 477 3559
Sequence Dance Social	Marley Hill Community Centre	7:30 – 10	£3	Julie 07963 000151
Social Dance	St Mary's Centre, Whickham	7:10 – 10 First Saturday monthly	£5	Sue 07890 756944
SUNDAY				
Group Cycle	Dunston Leisure Centre	9 – 9:45	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770

Wellness Walx (Nordic walking)	Chopwell Woods	Meet at 10	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Bereavement Support Knitting Group	House on the Hill, Felling	10:30 – 1:30	£2 membership £5 lunch	Age UK Gateshead 0191 477 3559
Aqua Aerobics	Dunston Leisure Centre	11:30 – 1:15	From £4.70	https://bookings.better.org.uk/location/dunston-leisure-centre or call 0191 433 5770

This guide is published by Gateshead 50+ as a courtesy. We assume 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.

Gateshead 50+ is a charity (no. 1155832) offering affordable opportunities for over 50s in our borough to socialise, exercise, and learn. To see find out what's on in your area, visit www.gateshead50plus.org.uk/whats-on or give us a ring on 0191 438 1721.