November Activities in Deckham

Monday	Tuesday	Wednesday	Thursday	Friday
2 10 - 10:45 Strength & Balance (FULL) 11 - 11:45 Dancercise (FULL) 12 - 12:45 Strength & Balance (FULL) 1 - 3 Pickleball 3:30 - 5 Table Tennis	3 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers	4 10 - 11:15 Curling 11:30 - 12:15 Muscle Move & Balance 12:30 - 1:15 Circuits 2 - 3 Ukulele Group (£5) 3 - 4:30 Guitar Group (£5)	5 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	6 9:30 - 10:15 ZOOM Active at Home 10 - 10:45 Improver Line Dance (£4) 10-12 Walking Football - Washington 11 - 11:45 Beginner Line Dance (£4) 11:30 start Health Walk* 12:30 - 1:30 Walking Cricket (Gateshead Leisure Centre)
9 10 - 10:45 Strength & Balance (FULL) 11 - 11:45 Dancercise (FULL) 12 - 12:45 Strength & Balance (FULL) 1 - 3 Pickleball 3:30 - 5 Table Tennis	10 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4)	11 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) 3 - 4:30 Guitar Group (£5)	12 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	13 9:30 - 10:15 ZOOM Active at Home 10 - 10:45 Improver Line Dance (£4) 10-12 Walking Football - Washington 11 - 11:45 Beginner Line Dance (£4) 11:30 start Health Walk* 12:30 - 1:30 Walking Cricket (Gateshead Leisure Centre)
16 10 - 10:45 Strength & Balance (FULL) 11 - 11:45 Dancercise (FULL) 12 - 12:45 Strength & Balance (FULL) 1 - 3 Pickleball 3:30 - 5 Table Tennis	17 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers	18 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) 3 - 4:30 Guitar Group (£5)	19 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	20 9:30 - 10:15 ZOOM Active at Home 10 - 10:45 Improver Line Dance (£4) 10-12 Walking Football - Washington 11 - 11:45 Beginner Line Dance (£4) 11:30 start Health Walk* 12:30 - 1:30 Walking Cricket (Gateshead Leisure Centre)

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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