

Welcome to the
Active Age **GATESHEAD**

Age UK Gateshead provides a wide range of exercise classes and leisure activities for people over the age of 50 throughout our borough.

Please ask for our latest leisure activity leaflet or visit our web-site at ageukgateshead.org.uk

LOCATION	DAY/TIME	CHARGE
CHAIR –BASED EXERCISE		
St Joseph's RC Church Hall, Blaydon, NE21 5A	Mon: 1.15-2.15	£4.00
TAI–CHI/QI GONG		
St Mary's Church Hall, Heworth, NE10 OUY	Tues: 12.30–13.30	£3.50
Birtley Community Centre, Ravensworth Road	Fri: 10.00-11.00	£5.00
LINE DANCING		
St Joseph's Church Hall opposite Gateshead Inter-change (Absolute Beginners Class)	Tue: 9.45-10.30	£3.50
HATHA YOGA		
Wesley Memorial Church Hall (2nd floor) The Crescent, 557 Durham Rd, Low Fell, NE9 5EY	Tue: 10.00-11.00	£5.00
DANCE AND TONE		
Wesley Memorial Church Hall (2nd floor) The Crescent, 557 Durham Rd, Low Fell, NE9 5EY	Tue: 11.00-12.00	£4.00
Salsa steps DANCEPIRATIONS body tone		
All Saints Vicarage, Rosewood Gardens, Lobley Hill, NE11 ODP. Beginning 18/8/22	Thurs: 10.30-11.30	£3.50
SHORT-MEDIUM-LONG WALKING GROUPS		
Commencing from Gateshead Inter-change or Haymarket Bus Station	Mon-Bi weekly	FREE
Commencing from Gateshead Inter-change or Haymarket Bus Station	Thurs-Bi weekly	FREE

If you would like any information about our other groups, clubs and activities, please contact us on 0191 4773559 or email advice@ageukgateshead.org.uk

Please Note

Before attending any of our activities for the first time, please give us a call to confirm costs, if any and to check that the session you have chosen has not been cancelled, due to tutor absence or if the class has been moved.

Prior to joining in a group or activity you will be asked to complete a client questionnaire or register by an Age UK Gateshead/ Newcastle volunteer or tutor. This is so as we have information should there be a medical emergency.

Any other details completed on the form will be stored on our data base system in the strictest confidence and will not be given to any other organisations. If you have any questions about the above please contact us.

Age UK Gateshead, Christ Church Hall, Gateshead, NE10 9LR.

Tel: 0191 4773559

advice@ageukgateshead.org.uk

Please visit our web-site at www.ageukgateshead.org.uk

Charity Reg: 702561

This information was correct at the time of printing 01/08/2022