

Welcome to the
ActivAge 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 Church Hall, Blaydon	Mon: 1.15-2.15	£3.00
Pleasant Place, Birtley	Tue: 10.15-11.15	FREE
Ridings Court, Crawcrook	Tue: 1.30-2.30	£2.00
EXERCISE TO MUSIC		
Salvation Army, Sunderland Road	Wed: 11.30—12.30	£3.50
TAI—CHI/QI GONG		
St Joseph’s Church Hall opposite Gateshead Interchange	Thurs: 11.30-12.30	£3.50
St Joseph’s RC Church, Birtley	Fri: 10.00-11.00	£3.50
LINE DANCING		
St Joseph’s Church Hall opposite Gateshead Interchange	Tue: 10.30-11.30	£3.50
HATHA YOGA		
St Helen’s Church Hall, Belle Vue Bank, Low Fell	Tue: 9.50-10.50	£4.00
PILATES		
St Helen’s Church Hall, Belle Vue Bank, Low Fell	Tue: 11.00-12.00	£3.50
SHORT-MEDIUM-LONG WALKING GROUPS		
Commencing from Gateshead Interchange	Mon-Bi weekly	FREE
Commencing from Gateshead Interchange	Thurs-Bi weekly	FREE

If you would like any information about our other groups, clubs and activities, please contact us using the details on the reverse of this leaflet.

To Help You Find Us Class Venues

St Josephs Church Hall, Shibdon Road, Tyne & Wear, NE21 5AE.

Pleasant Place, Birtley, Tyne & Wear, DH3 1PA.

Ridings Court, St Agnes Gardens, Crawcrook Ryton, NE40 4DE.

Salvation Army, Tennyson Court, Sunderland Road, Gateshead, NE8 3EY

St Josephs Church Hall, High West Street, Gateshead, NE8 1LX.

St Helen's Church Hall, Belle Vue Bank, Low Fell, NE9 6BR.

****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 holidays or other events.

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, 341-343 High Street, Gateshead, NE8 1EQ.

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Take a look at our web site

www.ageukgateshead.org.uk

Charity Reg: 702561

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