

Title of Event	Description of Event	Time	Date	Venue Details	Price
Wideopen Men's Group – Age UK North Tyneside	Social Group for older men to meet and chat, as well as take part in organised activities and trips out.	10am – 12 noon	Tuesday 1st and 15th October	Event venue address: Wideopen Library, Canterbury Way Event contact telephone number: 0191 2877012 Event contact email address: alexis.brown@ageuknorthtyneside.org.uk	£2
Wideopen Friendship Group– Age UK North Tyneside	Social Group for older people to meet and chat, as well as take part in organised activities and trips out.	10 am – 12 noon	Thursday 10th and 24th October	Event venue address: Wideopen Library, Canterbury Way Event contact telephone number: 0191 2877012 Event contact email address: alexis.brown@ageuknorthtyneside.org.uk	free
Whitley Bay Cuppa Club– Age UK North Tyneside	Social Group for older people to meet and chat. Buy a cuppa in the café and spend some time in this lively social group that also links into a meals out with friends lunch and evening programme.	2pm	Every Tuesday	Event venue address: Rendezvous Café, Dukes Walk Northern Promenade Event contact telephone number: 0191 2877012 Event contact email address: alexis.brown@ageuknorthtyneside.org.uk	free
Older People's Transgender Group– Age UK North Tyneside	This is a supportive social group for older transgender or trans curious people. The groups provides real life peer to peer support as well as hosting activities, workshops and talks.		Meets fortnightly on Thursday evening	Event venue address: Whitley Bay Event contact telephone number: 0191 2877012 Event contact email address: alexis.brown@ageuknorthtyneside.org.uk	£2

Title of Event	Description of Event	Time	Date	Venue Details	Price
Whitley Bay Knit and Natter– Age UK North Tyneside	Get your knitting needles out and come along for a chat.	10am – 12noon	Thursday 3rd and 17th October	Event venue address: Whitley Bay Comrades Club Event contact telephone number: 0191 2877012 Event contact email address: alexis.brown@ageuknorthtyneside.org.uk	£2
Springfield Friendly Faces– Age UK North Tyneside	A new group offering a friendly face and a place to meet new people to get out and about with.	11am – 1pm	Every Monday	Event venue address: Springfield Community Centre, Springfield Park, Forest Hall Event contact telephone number: 0191 2877012 Event contact email address: alexis.brown@ageuknorthtyneside.org.uk	free
Busy Buddies– Age UK North Tyneside	Drop in to the café to meet new people and find out what's going on.	10.30am – 11.30 am	Wednesday 2nd and 16th October	Event venue address: Jarretts Coffee Shop, Bradbury Centre, 13 Saville Street West, North Shields Event contact telephone number: 0191 2877012 Event contact email address: alexis.brown@ageuknorthtyneside.org.uk	free
Garden Potting in North Shields– Age UK North Tyneside	Gentle gardening on our allotment site off Eustice Terrace in North Shields – tea and coffee provided. New to gardening of fully green fingered all are welcome.	10am – 12.30	Every Tuesday	Event venue address: Eustice Terrace North Shields Event contact telephone number: 0191 2808480 Event contact email address: kay.bradshaw@ageuknorthtyneside.org.uk	free
Music In Hospitals & Care– Age UK North Tyneside	Live music presentation	13:30-14:30	Tuesday October 1st	Event venue address: Linskill Park Wellbeing & Social Activity Centre Event contact telephone number: 0191 2630511 Event contact email address: michelle.clement@everydayuk.org	free

Title of Event	Description of Event	Time	Date	Venue Details	Price
Singalong Memories Forest Hall Library - Dementia Connections Age UK North Tyneside	Stimulating and enjoyable activity		Thursday 3rd, 10th, 17th 24th & 31st October	Event venue address: Forest Hall library, Forest Hall Event contact telephone number: 0191 2808484	Free
Singalong Memories - Dementia Connections Age UK North Tyneside	Stimulating and enjoyable activity		Monday 7th, 14th, 21st & 28th October	Event venue address: St Columbus Church Hall, Northumberland Square, North Shields Event contact telephone number: 0191 2808484 Event contact email address: Gemma.Musson@northtyneside.org.uk	Free
Olive's Memory Café - Dementia Connections Age UK North Tyneside	Social group for people with Dementia and their family/carers		Wednesday 9th, 23rd October	Event venue address: Whitely Bay Metro Station, Whitley Bay, NE26 2QT Event contact telephone number: 0191 2808484 Event contact email address: Gemma.Musson@northtyneside.org.uk	£2.60
Café My Place Memory Cafe- Dementia Connections Age UK North Tyneside	Social Group for people with Dementia and their family/carers		Monday 14th & 28th October	Event venue address: The White Swan Centre, Killingworth Event contact telephone number: 0191 2808484 Event contact email address: SarahJane.Scott@northtyneside.org.uk	£2.60
Time Travellers - Dementia Connections Age UK North Tyneside	Explore monthly themes and make history come to life		Wednesday 2nd October	Event venue address: Segedunum Museum, Buddle Street Event contact telephone number: 0191 2808484 Event contact email address: SarahJane.Scott@northtyneside.org.uk	£2.60

Title of Event	Description of Event	Time	Date	Venue Details	Price
Arts and Crafts - Dementia Connections Age UK North Tyneside	For people living with Dementia – facilitated by Dementia Service Co-ordinator, all materials provided		Wednesday 2nd, 16th, 30th October	Event venue address: North Shields Customer First Centre, Northumberland Place, North Shields Event contact telephone number: 0191 2808484 Event contact email address: SarahJane.scott@northtyneside.org.uk	£2.60
Peer Support - Dementia Connections Age UK North Tyneside	Informal Chat & first-hand information about local services		Tuesday 29th October	Date & time of event: 29th October Event venue address: Saville Exchange, Howard Street, North Shields Event contact telephone number: 0191 2808484 Event contact email address: Lynsey.Ralph@northtyneside.org.uk	Free
Woollies start Christmas! - engAGE (Linskill Centre)	Bring your project, needles or hooks and get stuck into some festive patterns.	10am to 12 noon	Wednesday 30th October	Event venue address: The Linskill Centre, Linskill Terrace, North Shields, NE30 2AY Event contact telephone number: 0191 257 8000 Event contact email address: charlotte@linskill.org	Free
GNM: Hancock Museum - Dippy on Tour - Free Curators talk - Tyne and Wear Archives and Museums	The Natural History Museum's famous Dinosaur Dippy the Diplodocus has arrived in Newcastle. Unveiled to the British public in 1905, Dippy was cast from the type specimen found in America. The full skeleton is 21.3 metres long, 4.3 metres wide and 4.25 metres high!	3-4pm	Tuesday 1st October	Event venue address: Great North Museum: Hancock, Barras Bridge, Newcastle upon Tyne, NE2 4PT Event contact telephone number: 0191 2772297 Event contact email address: Joanne.charlton@twmuseums.org.uk	Free

Title of Event	Description of Event	Time	Date	Venue Details	Price
engAGE Sunday Lunch - engAGE (Linskill Centre)	Two course Sunday lunch in Café 32.	12 noon – lunch served at 12.30.	Sunday 27th October	Event venue address: The Linskill Centre, Linskill Terrace, North Shields, NE30 2AY Event contact telephone number: 0191 257 8000 Event contact email address: charlotte@linskill.org	£5
Slow Museum afternoons - Tyne and Wear Archives and Museums	Slow Museums provides a welcoming environment for anyone who needs more time to visit our museums and galleries. We support people with communication or literacy difficulties, people living with dementia, anxiety and stroke survivors etc. as well as their families and carers. Staff have received extra training and are delighted to offer a warm welcome.			8th October - Segedunum Roman Fort - Buddle Street, Wallsend, NE28 6HR 14th October - South Shields Museum and Art Gallery – Ocean Road, South Shields, NE33 2JA 25th October - Shipley Art Gallery – Prince Consort Road, Gateshead, NE8 4JB 31st October - Laing Art Gallery - New Bridge Street, Newcastle upon Tyne, NE1 8AG Event contact telephone number: 0191 2772297 Event contact email address: Joanne.charlton@twmuseums.org.uk	Free
Scribblers' Winter Book Launch - engAGE (Linskill Centre)	Celebrate the Scribblers' creative writing and winners of Linskill's children's writing competition. Enjoy a morning listening to a selection of short stories.	10.30am to 12 noon	Monday 28th October	Event venue address: The Linskill Centre, Linskill Terrace, North Shields, NE30 2AY Event contact telephone number: 0191 257 8000 Event contact email address: charlotte@linskill.org	Free
PageTurners - engAGE (Linskill Centre)	Page Turners is a monthly book group for people who love to read and dissect the plot and	1pm to 2pm	Tuesday 29th October	Event venue address: The Linskill Centre, Linskill Terrace, North Shields, NE30 2AY Event contact telephone number: 0191 257 8000 Event contact email address: charlotte@linskill.org	£1.50

Title of Event	Description of Event	Time	Date	Venue Details	Price
	characters! We meet on the last Tuesday of the month and it's a nice social hour.				
Click and Chat - Meadow Well Connected	Join us for a cup of coffee and a chat, learn how to use the internet in a relaxed and informal environment whilst meeting new friends	10 until 12	Tuesday 15th October 2019	Event venue address: Meadow Well Connected, Waterville Road, North Shields Event contact telephone number: 0191 341 0033 Event contact email address: lynn@meadowwellconnected.org.uk	Free
Film Club: Green Book - engAGE (Linskill Centre)	The October film is another feel good true story called Green Book; a working class Italian American bouncer becomes the driver of an African American classical pianist on a tour of venues through the 1960s American south.	1pm start – come 5 minutes before to grab a seat and a cuppa. Film running time is 2hours 10 minutes.	Wednesday 2nd October	Event venue address: The Linskill Centre, Linskill Terrace, North Shields, NE30 2AY Event contact telephone number:0191 257 8000 Event contact email address: charlotte@linskill.org	Free
engAGE 3 year celebration afternoon. - engAGE (Linskill Centre)	Come and join us for a slice of cake in Linskill's Trevelyan Hall. Find out what engAGE has been up to and see what's on	1pm to 3pm.	Thursday 3rd October	Event venue address: The Linskill Centre, Linskill Terrace, North Shields, NE30 2AY Event contact telephone number:0191 257 8000 Event contact email address: charlotte@linskill.org	Charge

Title of Event	Description of Event	Time	Date	Venue Details	Price
	offer to get involved with. Meet the different groups, have fun on the tombola and visit the Woollies craft table.				
Discovery Museum - Building History Tour - Tyne and Wear Archives and Museums	Discovery Museum is housed in the old Co-operative Wholesale Society building, Blandford House. Opening in 1899, it quickly became an iconic building in Newcastle city centre. Blandford House became a museum in 1978 and was re-launched as Discovery Museum in 1993.		Sunday 6th October	Event venue address: Discovery Museum, Blandford Square, Newcastle upon Tyne, NE1 4JA Event contact telephone number: 0191 2772297 Event contact email address: Joanne.charlton@twmuseums.org.uk	Free
Digital Champions - engAGE (Linskill Centre)	Digital Champions is the place to come and get help using your laptop, phone, tablet or computer. Use our machines or bring yours in. This is a very friendly drop in weekly session led by volunteers.	Drop in between 10am and 12 noon	Thursdays throughout October	Event venue address: The Linskill Centre, Linskill Terrace, North Shields, NE30 2AY Event contact telephone number:0191 257 8000 Event contact email address: charlotte@linskill.org	Free
Tuesday Lunch, Activities and Reminiscence Club - HAND IN HAND	Hand in Hand offer a warm welcome to anyone over 65 with a chance to meet and chat with others. We start with a	11am - 2.30 pm	Every Tuesday	Event venue address: Trinity Methodist Church Hall, Station Road Wallsend Event contact telephone number: 07968732252 Event contact email address: admin@handinhandproject.org.uk	£5.50 +£1 for Bingo

Title of Event	Description of Event	Time	Date	Venue Details	Price
	chat over a cup of tea, or maybe a game of Scrabble or Dominoes, followed by a home cooked 2 course lunch. In the afternoon we have a variety of activities including quizzes, chair exercises, entertainers and crafts and finish with an optional game of Bingo				
ATCS – Physical Groups					
Tai Chi North Shields - Age UK North Tyneside	Slow and purposeful movements both beneficial for mindfulness and building muscle strength	12pm-1pm	Wednesday 2 nd , 9 th , 16 th , 23 rd 30 th	Event venue address: Christ Church Parish Centre, Preston Road Event contact telephone number: 0191 287 7027 Event contact email address: Caitlin.calvert@ageuknorthtyneside.org.uk	£3
Seated Exercise, North Shields - Age UK North Tyneside	Seated exercise to music including tai chi, aerobics, stretching and weights		Thursday 3 rd , 10 th , 17 th , 24 th , 31 st	Event venue address: The Linskill Centre, Linskill Terrace Event contact telephone number: 0191 287 7027 Event contact email address: Caitlin.calvert@ageuknorthtyneside.org.uk	£2.50
Gentle Exercise Class, Whitley Bay Shields - Age UK North Tyneside	Gently exercise to music with exercises adapted to fit your physical abilities	2pm-3pm	Thursday 3 rd , 10 th , 17 th 24 th 31 st	Event venue address: St Pauls Church Hall, Whitley Road Event contact telephone number: 0191 287 7027 Event contact email address: Caitlin.calvert@ageuknorthtyneside.org.uk	£2.50

Title of Event	Description of Event	Time	Date	Venue Details	Price
Tai Chi, Whitley Bay Shields - Age UK North Tyneside	Slow and purposeful movements both beneficial for mindfulness and building muscle strength	10am-11.30am	Monday 7th 14th 21st	Event venue address: Foxhunters Pavilion, Rake Lane Event contact telephone number: 0191 287 7027 Event contact email address: Caitlin.calvert@ageuknorthtyneside.org.uk	£2
Line Dance, Whitley Bay Shields - Age UK North Tyneside	Line dancing is a group dance, repeating a sequence of steps to both traditional country music and disco songs.	10am-11.30am	Friday 4th, 11th, 18th 25th	Event venue address: Whitley Bay Baptist Church, Park Road Event contact telephone number: 0191 287 7027 Event contact email address: Caitlin.calvert@ageuknorthtyneside.org.uk	£3
Walk- Wylam to Thornley Woods 7.5miles - Age UK North Tyneside Walking Group	Join our walking group on their walk for October. Meet at Eldon Square Bus Station before 10.15am to catch the 10.26am bus.	meeting at 10.15am	Wednesday 9th October	Event venue address: Wylam to Thornley Woods Event contact telephone number: 0191 287 7027 Event contact email address: Caitlin.calvert@ageuknorthtyneside.org.uk	£1
Stroll – Silver Lonnen to Lemington via Denton Dene 4.5 miles - Age UK North Tyneside Walking Group	Join our walking group for their stroll for October.	Meet at Eldon Square Bus Station at 10.15am	Wednesday 23rd October	Event venue address: Silver Lonnen to Lemington Event contact telephone number: 0191 287 7027 Event contact email address: Caitlin.calvert@ageuknorthtyneside.org.uk	£1
Tai Chi, Wallsend - Age UK North Tyneside	Slow and purposeful movements both beneficial for mindfulness and building muscle strength	2.30-3.30pm	Monday 7th, 14th, 21st, 28th October	Event venue address: Wallsend Customer First Centre Event contact telephone number: 0191 287 7027 Event contact email address: Caitlin.calvert@ageuknorthtyneside.org.uk	£3

Title of Event	Description of Event	Time	Date	Venue Details	Price
Gentle Exercise - Age UK North Tyneside	Gently exercise to music with exercises adapted to fit your physical abilities	9.30-10.30am	Friday 4th, 11th, 18th, 25th October	Event venue address: Wallsend Customer First Centre Event contact telephone number: 0191 287 7027 Event contact email address: Caitlin.calvert@ageuknorthtyneside.org.uk	£2.50
Yoga, Forest Hall Exercise - Age UK North Tyneside	Exercise to become more fit and flexible, improve breathing and relax your mind	1-2pm	Wednesday 2nd, 9th, 16th, 23rd, 30th October	Event venue address: Springfield Community Centre, Springfield Terrace Event contact telephone number: 0191 287 7027 Event contact email address: Caitlin.calvert@ageuknorthtyneside.org.uk	£2.50
Line Dance, Killingworth - Age UK North Tyneside	Line dancing is a group dance, repeating a sequence of steps to both traditional country music and disco songs.	1.30-3.30pm	Monday 7th, 14th, 21st, 28th October	Event venue address: White Swan Centre, Citadel East Event contact telephone number: 0191 287 7027 Event contact email address: Caitlin.calvert@ageuknorthtyneside.org.uk	£2.50
Line Dance, Dudley - Age UK North Tyneside	Line dancing is a group dance, repeating a sequence of steps to both traditional country music and disco songs.	1-2.30pm	Tuesday 1st, 8th, 15th, 22nd October	Event venue address: John Willie Sams Centre, Market Street, Dudley Event contact telephone number: 0191 287 7027 Event contact email address: Caitlin.calvert@ageuknorthtyneside.org.uk	£2.50
Wallsend Men's Group - Age UK North Tyneside	This fortnightly group of older men meet to chat, organise trips and bring in speakers	12noon – 2pm	Friday 11th and 25th October	Event venue address: Cedar Grove Wellbeing Centre, Cedar Grove Event contact telephone number: 0191 2877012 Event contact email address: Alexis.brown@ageuknorthtyneside.org.uk	£2
North Tyneside Talking Therapies	Brief description: one off Wellbeing Workshop to individuals living or			Friday 4 th – 1pm -3pm Cedar Grove Wellbeing Centre, Cedar Grove, Wallsend	free

Title of Event	Description of Event	Time	Date	Venue Details	Price
Wellbeing Work Shop	working in the North Tyneside area and who wish to gain further insight into their mental wellbeing and how this can be improved.			Monday 14th - 1pm – 3pm Bradbury Centre, 13 Saville Street West, North Shields Wednesday 30th - 1pm – 3pm Whitley Bay Training Suite, Park Road Name of contact person: Michael Phillips Telephone number 0191 295 2775 Email: Michael.phillips@northumbria-healthcare.nhs.uk	
Introduction to the pool (swimming teacher led)	If you would like to come along and speak to a swimming teacher on becoming more water confident or maybe you need to improve your breathing or swimming technique	7.15pm to 7.45pm	Monday 7th, 14th and 21st October	Event venue address: Hadrian Leisure centre, St Peters Road, Wallsend, NE28 7LQ Event contact telephone number: 0191 643 2025 Event contact email address: Hadrianleisure@northtyneside.gov.uk	free
Age Takes Centre Stage Awards event (award winners and nominees only) - Age UK North Tyneside		1.30 pm	Thursday 31st October	Event venue address: Wallsend Hall Event contact telephone number: Sue Santos 0191 2877017 Event contact email address sue.santos@ageuknorthtyneside.org.uk	