

Groups and Activities



Love
Later
Life

Yoga

Dancing

Exercise

Cuppa Club

Meals out

Line Dancing

Walking

Knitting

Physical and social groups and activities to help improve
your health and wellbeing

Call: 0191 2877012 or 0191 2877027

Visit: www.ageuk.org.uk/northtyneside/



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What's On: NORTH SHIELDS

TAI CHI GROUP	Wednesday, 12pm-1pm, Christ Church Parish Centre Preston Road £3
READING GROUP	3rd Wednesday, 10:30am & 3rd Thursday, 1:45pm, The Bradbury Centre, Saville Street West (Please call to check availability)
SEATED EXERCISE	Thursday, 10:30am-11:30am, The Linskill Centre, Linskill Terrace £2.50
CROCHET AND A CUPPA	Monday, 12pm-1pm, The Bradbury Centre, Saville Street West
GARDEN POTTERING	Tuesday, 10-12.30pm, Age UK North Tyneside Allotment, Eustace Avenue
BUSY BUDDIES	1st and 3rd Wednesday, 10:30-11:30am, Jarretts Coffee Shop, 13 Saville Street West

What's On: WHITLEY BAY

GENTLE EXERCISE	Thursday, 1-2pm, St Pauls Church Hall, Whitley Road £2.50
READING GROUP	2nd Tuesday of each month, 10:30am, Whitley Bay Customer First Centre, York Road
TAI CHI GROUP	Monday, 10:30am-11:30am, Foxhunters Pavillion, Rake Lane £2 (TT)
LINE DANCE	Friday, 10am-11:30am, Whitley Bay Baptist Church, Park Road £3
KNIT AND NATTER	1st and 3rd Thursday, 10am-12pm, Whitley Bay Comrades Club £2
CUPPA CLUB	Tuesday, 2pm, Rendezvous Cafe, Duke's Walk Northern Promenade
TRANSGENDER	Meets twice monthly, 7pm-9pm £2
LGBT SOCIAL NETWORK	Time and location varies, please call for more information.

What's On: WALLSEND

TAI CHI GROUP	Monday, 2:30pm-3:30pm, Wallsend Customer First Centre £3
TEA DANCING	Monday, 1pm-3pm, Trinity Methodist Church Hall, Station Road £1.50
GENTLE EXERCISE	Friday, 9:30am-10:30am, Wallsend Customer First Centre £2.50
SEATED EXERCISE	Monday, 11am-1pm, Battle Hill Multi Use Centre, North Bray Close (Please call to check availability) £1
MENS GROUP	Every other Friday, 12:00pm-2:00pm, Cedar Grove Wellbeing Centre, Cedar Grove £2

What's On: KILLINGWORTH and NORTH WEST

GENTLE CIRCUITS	Tuesday, 10:30am-11:30am, West Moor Community Centre, Benton Lane £2.50
YOGA	Wednesday, 1pm-2pm, Springfield Community Centre, Springfield Park £2.50
LINE DANCE	Monday, 1:30-3:30pm, White Swan Centre, Citadel East, Killingworth £2.50
LINE DANCE	Tuesday, 1pm-2:30pm, John Willie Sams Centre, Market Street, Dudley £2.50
MENS GROUP	1st and 3rd Tuesday, 10am-12pm, Wideopen Library, Canterbury Way £2
FRIENDSHIP GROUP	Every other Thursday 10:30am-12pm, Wideopen Library, Canterbury Way

Our groups and activities are led by either a volunteer or paid sessional worker

You do not need to book places for any of the advertised groups unless stated

(TT) = Term Time Only

WALKING AND STROLLING

Guided walks with time to enjoy the scenery and make new friends. Age UK North Tyneside's Walking & Strolling Group is a friendly & welcoming group with new members joining regularly.

Exercise whilst enjoying wonderful scenery and good company, with many health benefits to walking.

Please ask for our current programme of varied walks and strolls, held on the 2nd & 4th Wednesday of each month.

MEALS OUT WITH FRIENDS

A social activity group who organise regular monthly meals with a ready made group of friends in enjoyable surroundings.

We try to ensure that the cost of each outing is no more than £10. Bookings must be made one week before the date of the meal. Please let us know if you need to cancel.

LUNCH BUNCH - Every 2nd Wednesday of each month, meeting at 12pm.

EVENING EATERS - Every 1st Thursday of each month, meeting at 5:45pm.

Please ask for our current Lunch Bunch and Evening Eaters programme.

SIGN Directory

SIGN North Tyneside brings together information about activities, events and services for residents living within North Tyneside. It can help you find out what's happening in your local area. You can also find out about support and equipment for your home, activities within your community, and services to meet your care and support needs.

Visit www.services.northtyneside.gov.uk/sign/