

# Exercise and Social Activities In the Community



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# What's On in the Community

## Alnwick Area

**Monday - Exercise to Music**  
Longframlington Memorial Hall  
9.30am - 10.30am

**Monday - General Exercises**  
Longframlington Memorial Hall  
11.00am - 12.00pm

**Monday - Chair & Standing**  
Costello Centre, Alnwick  
11.00am - 12.00pm

**Tuesday - Exercise to Music**  
Shilbottle Village Hall  
9.30am - 10.30am

**Wednesday - Chair Based Exercises**  
Thropton Memorial Hall  
10.00am - 11.00am

**Wednesday - Chair Based Exercises**  
Longhoughton Community Centre  
11.30am - 12.30pm

**Thursday - Exercise Class**  
Felton Village Hall  
10.00am - 11.00am

**Friday - Sitting & Standing Exercise Class**  
Rothbury Jubilee Hall  
10.00am - 11.00am

## Ashington Area

**Tuesday - Dancemix Gold**  
Ashington YMCA  
9.45am - 10.45am

## Morpeth Area

**Monday - Exercise to Music**  
St George's Church Hall, Morpeth  
10.30am - 11.30am

**Monday - Exercise to Music**  
Longhorsley Village Hall  
9.15am - 10.15am

**Monday - Chair Based Exercises**  
Netherton Village Hall  
10.00am - 11.00am

**Wednesday - Exercise to Music**  
Whalton Village Hall  
9.30am - 10.30am

**Thursday - Sitting & Standing**  
Hepple Village Hall  
10.00am - 11.00am

**Friday - Gentle Exercise to Music Class**  
Hepscott Village Hall  
10.30am - 11.30am

**Friday - Social Group**  
Morpeth Library in Royal  
Sovereign House  
10.00am - 12.00pm

# Classes in the community continued:

## **Amble Area**

**Monday - Social Group**  
Amble Library, Amble  
10.00am - 12.00pm

## **Blyth Area**

**Monday - Gentle Exercise**  
New Hartley Community Centre  
10.30am - 11.30am

**Monday - Sitting & Standing**  
Central Methodist Church, Blyth  
10.30am - 11.30am

**Tuesday - Social Group**  
St Mary's Parish Centre  
Wanley Street, Blyth (from 3 January 2023)  
10.00am - 12.00pm

## **Bellingham Area**

**Tuesday - Exercise to Music**  
Town Hall, Bellingham  
12.00pm - 1.00pm

## **Cramlington Area**

**Friday - Social Group**  
Cramlington Community Hub  
Manor Walks Shopping Centre, Cramlington  
9.30am - 11.30am

## **Tynedale Area**

**Monday - Exercise to Music**  
Slaley Village Hall  
9.30am - 10.30am

**Monday - Chair Exercises**  
Slaley Village Hall  
10.45am - 11.45am

**Tuesday - Muscle Strength & Balance Class**  
Hexham Torch Centre  
10.00am - 11.00am

**Wednesday - Social Group**  
St Mary's Parish Centre, Ponteland  
10.00am - 12.00pm

## **Bedlington Area**

**Monday - Social Group**  
Bedlington Library, Glebe Road  
Bedlington  
1.30pm - 2.30pm

## **Berwick Area**

**Wednesday - Exercise to Music**  
Norham Village Hall  
10.00am - 11.00am

## **For further information:**

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