



Programme

of Events

October 2017

Regular Weekly Events:

Monday:				
Event/Activity	Time	Venue	Cost	For further information
Tap Dancing	9.45-10.15	Blackfriars Hall, New Bridge Street	£1.50	Age UK Newcastle 232 6488
Art Club for over 55s	10.00-12.00	St Martin's Centre, Roman Way, Byker	£1	St Martin's Centre 276 4002
Line Dancing	10.30-11.30	Blackfriars Hall, New Bridge Street	£4	Age UK Newcastle 232 6488
Flower Arranging	10.30-12.30 (fortnightly)	Cornerstone, Benwell	£1	Search Project 273 7443
Beginners Tai Chi for over 50s	11.00-12.00	Broadacre House	£4.50	Age UK Newcastle 232 6488
Creative Writing	11.00-1.00	Venue in Newcastle	£3 to cover expenses	Mary or Ali on 286 7877 or 252 2971
Lunch Club	12.00-1.00	Byker Community Centre	£2	Byker Community Centre 265 5777
Community Lunch	12.30-3.00	St Martin's Centre, Roman Way, Byker	£3.50	St Martin's Centre 276 4002
West End Local History Programme	1.00-3.00 (monthly)	West End Library Condercum Road	Free	Search Project 273 7443

Carpet Bowls	1.30-3.30	Robert Stewart Memorial Church, Wingrove Road	Annual Fee £5 then £2/session (1 st session free)	Helen 273 3604
Yoga	2.10-3.20	Broadacre House Market Street East	£4.50	Age UK Newcastle 232 6488
Housebound Eucharist and afternoon tea	2.30 (2 nd Monday of each month)	Holy Cross Church 16 Whittington Grove Fenham	TBC	Sheila McVinnie 242 1395
Adult Art Class	6.30-8.30	Jesmond Community Library	TBC	Jesmond Library 281 2385
Tuesday:				
Event/Activity	Time	Venue	Cost	For further information
Current Affairs Discussion Group	10.00-12.00	Jesmond Library	£3	Tel. 0191 281 2385
Walking Football	10.30-11.30	Grainger Boys Club Scotswood Sports Centre	Free	Search Project 273 7443
Keep Fit	10.30-11.30	Broadacre House Market Street East	£4.50	Age UK Newcastle 232 6488
Unite Social Club	11.00-3.00	Tyneside Irish Club Gallowgate	Free	Bob Pinkerton 414 4537
Tai Chi	11.30-12.30	Fenham Association of Residents	£2.50	Search Project 273 7443
Senior Fitness Group	11.45-1.30	Jesmond Community Leisure	£4	Tel. 281 2482
Sporting Chance	12.00-2.00 (second and fourth)	Scotswood Sports Centre, Denton Road (opposite the Excelsior	£1 includes tea/coffee	Search 273 7443

	Tuesday of the month)	Academy)	and butty	
60+ Pilates Course	12.15-1.15	Jesmond Community Leisure	TBC	Tel. 281 2482
Tai Chi	1.00-2.00	Sure Start Children's Centre, Woodlands, Newton Place, High Heaton, NE7 7HD	Free	Tel. 278 1350
Coffee and Chat	1.00-3.00 (first Tuesday of the month)	Mrs T's Café, Blakelaw Community Centre, Binswood Avenue	TBC	Search Project 273 7443
Social Lunches	1.00-3.00	Harissa 31-35 Starbeck Ave Sandyford	TBC	0191 276 0595
Arts and Crafts	1.00-3.00	Sure Start Children's Centre, Woodlands, Newton Place, High Heaton, NE7 7HD	Free	Tel. 278 1350
Music Appreciation Group	1.30 (every 2nd and 4th Tuesday of the month)	Fawdon Community Centre	Donation	Fawdon Community Centre 285 2724
Church Tea Club	1.30-3.00	St Martin's Centre, Roman Way, Byker	TBC	St Martin's Centre 276 4002
Knit and Natter	1.30-3.30	Cornerstone, Armstrong Road	Free	Search Project 273 7443
Tea Dance	1.30-3.30 (last Tuesday of the month)	Robert Stewart Memorial Church, Wingrove Road	£1	Search Project 273 7443
Active Football for Men	2.00-3.00	Walker Activity Dome	TBC	Matty or Noel

				278 3129
Alzheimer's Society Dementia Café	2.00-4.00 2 nd Tuesday of month	Tesco Kingston Park Community Rooms, 1 st Floor, NE3 2FP	Free	Alzheimer's Society 274 2727
Afternoon Tea Club – Dementia Friendly Group	3.00-4.30	All Saints' Church Hall West Avenue, Gosforth	£1.50	TBC
Golf Group for Men	5.30-7.00pm	Parklands Golf Course High Gosforth Park	£5	Matty or Noel 278 3129
Camera Club	6.00-8.00	Jesmond Community Library	£3	Jesmond Library 281 2385
Play Reading Group	7.00-9.00	Jesmond Community Library	£2	Jesmond Library 281 2385
Wednesday:				
Event/Activity	Time	Venue	Cost	For further information
Elderberries – nature activities	9.30-2.30	Scotswood Natural Community Garden	Free	Leanne 0191 200 4706
Art Class (enrolment each term)	10.00-12.00	West End Library, Condercum Road	TBC	Workers Educational Association 212 6100
Mile Castle Drop-in Session	10.30-12.30 (3 rd Wed of month)	Mile Castle Public House corner of Grainger Street/ Westgate Road	Free	Elders Council 0191 208 2701
Singing for your brain	10.30-12.30 (fortnightly)	Riverview Lodge, Armstrong Road	TBC	Search Project 273 7443
Line Dancing	10.15-11.15 & 11.20-12.20	Blackfriars Hall, New Bridge Street	£4	Age UK Newcastle 232 6488
Wednesday Walks	Meet 10.15 (monthly)	From various points lasting 2-3 hours	Free	Search Project 273 7443
Grainger Writers	10.30	Upstairs in Old George Public House, Bigg Market	TBC	Ciss Robinson 0191 597 4956
Tai Chi	10.30-11.30	Broadacre House Market Street East	£4.50	Age UK Newcastle 232 6488

Wellbeing for Life	10.3-12.00 (1 st Wed of month)	Jesmond Library	Free	Elders Council 0191 208 2701
Singing for your Brain	10.30-12.30 (fortnightly)	River View Lodge	Free	Search Project 273 7443
Silverline Memories Day Club for people living with dementia and their carers	11.30-3.00	Great Park Community Centre Roseden Way	£10 includes refreshments	0191 603 0095
Art in the Afternoon	1.00-3.00	Parish Hall, Holy Cross Church, Whittington Grove	Towards cost of hall	Barbara Bailes 274 8898
Tai Chi	1.20-2.20	Gosforth Garden Village Association, Rosewood Ave, Gosforth	£4	Age UK Newcastle 232 6488
Tai Chi	2.00-3.00	Denton Burn Community Association	£4	Age UK Newcastle 232 6488
Board Games Club	2.00-4.00 (2 nd and 4 th Wed of month)	Jesmond Library	£2 includes refreshments	0191 278 4215
Carpet Bowls	7.00-9.00	Robert Stewart Memorial Church, Wingrove Road	Annual Fee £5 then £2/session (1 st session free)	Helen 273 3604

Thursday:

Event/Activity	Time	Venue	Cost	For further information
Fancy painting for fun on Thursdays?	10.00-12.00	Balliol Youth and Community Centre, Chesters Avenue, Longbenton	Free	Kim on 0781 216 0984
Coffee Morning	10.30-12.00	St. James Church, Benwell Lane	TBC	Search Project 273 7443

'Even Fitter'	10.30-11.30	Broadacre House Market Street East	£4.50	Age UK Newcastle 232 6488
Tyneside Retired Members Group	10.30 (last Thursday of month)	Brunswick Methodist Church	TBC	David Musgrave 0798 650 3903
Open Air Yoga with ParkLives	11-12 noon	Gosforth Central Park	Free	TBC
Arts and Crafts	11.30-1.00	St Martin's Centre, Roman Way, Byker	£1	St Martin's Centre 276 4002
Chair-based exercise	12.30-3.00	St Martin's Centre, Roman Way, Byker	£3.50	St Martin's Centre 276 4002
The one 'O' Clock Club	1.00-3.00	St Martin's Centre, Roman Way, Byker	£1	St Martin's Centre 276 4002
Art Club	1.00-4.00	Byker Community Centre	£5	Jan or Aly 265 5777
Mature Movers 50+	1.30-2.30	St John's Church, Ferguson Lane	£1.50	Search Project 273 7443
Crafts	1.30-3.30	Cornerstone, Armstrong Road	TBC	Search Project 273 7443
Mens over 50s circuits	2.00-2.45	Jesmond Pool	£4.50	Age UK Newcastle 232 6488
Active Football for Men	2.00-3.00	Soccerworld (adjacent to Westgate College Campus)	TBC	Matty or Noel 278 3129
Tea Club	2.00-4.00	Holy Name Parish Centre, off Towers Avenue	£2	Tel. 281 0940
Friday:				
Event/Activity	Time	Venue	Cost	For further information
Yoga for over 50s	10.00-11.00	Heaton Acupuncture	£6 or £5 for	Vicky

		Clinic, 182 Portland Road	state pensioners)	0796 355 1005
Tai Chi with ParkLives	10.30-11.30 noon	Jesmond Dene Park	Free	TBC
Nifty over 50	11.30-12.15	Jesmond Pool	TBC	Jesmond Pool 0191 281 2482
Tai Chi (over 55s)	1.00-2.00	St. Martin's Centre, Roman Way, Byker	£1	St. Martin's Centre 276 4002
Carer Support Group	1.00-3.00	St. John the Evangelist, Kingston Park	Free	Silverline Memories 603 0095 (Mon-Thurs 8.30am-2.30pm)
Super Seniors: Seated Gentle Exercise Class	1.15-2.00	St. George's Reformed Church, Newton Road, High Heaton	£3	Ann 0797 9451 798
Film Club	Monthly (contact organiser for date and time)	West End Library, Condercum Road	Free	Search Project 273 7443

Saturday:

Event/Activity	Time	Venue	Cost	For further information
Art and Crafts Market	10.00-3.30 2nd Saturday of the month	Jesmond Dene Visitors Centre (next to Pets Corner)	Free	Visitor Centre 281 2082

Sunday:

Event/Activity	Time	Venue	Cost	For further information
Sunday Social	2.30pm	Laing Art Gallery	Free	Jude 0300 300 7070
Mindfulness	4.30-5.30	Jesmond Community Library	£2	Jesmond Library 281 2385

Other Events:

3 OCTOBER: DROP-IN EVENT FOR THOSE CONCERNED WITH THEIR MOBILITY OR BALANCE

Meet members of the Community Physiotherapy and Staying Steady Falls Teams to get advice on how to prevent falls, stay active and also how to access physiotherapy services

When: 10.00am-1.30pm. Beacon Centre, Westgate Road Centre, 135-139 Shields Road, Byker

Cost: Free

4 OCTOBER TO 8 NOVEMBER: FREE INFORMATION AND ADVICE SESSIONS FOR CARERS

For carers who are looking after someone with forms of dementia.

When: Wednesdays, 11.30am-1.00pm.

Where: Carers Centre, 135-139 Shields Road, Byker

Cost: Free

For further information: Telephone 0191 275 5060

4 OCTOBER: IT CLASSES PROJECT

Run by Northumbria Students Union in partnership with the Elders Council of Newcastle. Participants are given one-to-one support from friendly student volunteers to help with topics they might be interested in learning about e.g. setting up email; learning to use an iPad; learning how to use your mobile phone, etc.

When: 2.00-4.00pm

Where: Squires Building, Northumbria University

Cost: Free

For further information or to book a place: Telephone Anne on 0191 208 2701

5 OCTOBER: INFORMATION AND ADVICE DAY FOR OLDER PEOPLE

This event is organised by Chain Reaction and there will be a great range of stalls including: Carers Centre Newcastle, Alzheimer's Society, Nexus, Community Physiotherapy, Rookie Sports and the East Neighbourhood Police Team. You can also participate in taster sessions including: Tai Chi 10.30 – 11.30; Dementia Friends 11.30 – 1pm; Chair based exercise 1pm – 2pm.

Where: St. Martins Centre, Roman Ave, Newcastle upon Tyne, NE6 2RJ

Cost: Free

For further information: Telephone 0300 300 7070

6 OCTOBER: ELDERBERRIES AT SCOTSWOOD GARDEN

A free workshop - Making preserves. Free jar of jam to take home!

When: 10.00am-12.30pm

Where: In the grounds of the John Marley Centre, Wickham View

Cost: Free

For further information and to RSVP: Telephone 0191 200 4706

13 OCTOBER: ELDERBERRIES AT SCOTSWOOD GARDEN

A free workshop – Autumn Photography

When: 10.00am-12.30pm

Where: In the grounds of the John Marley Centre, Wickham View

Cost: Free

For further information and to RSVP: Telephone 0191 200 4706

11 NOVEMBER: DEMENTIA CONFERENCE

Where: St. Hilda's Church, Jesmond

For further information: Telephone 0191 281 1659.

14 AND 25 NOVEMBER: SATURDAY CLASSIC SERIES

The church has several musical activities including their Saturday Classic Series.

Where: St. James and St. Basil's Church, Fenham

Cost: There is an admission fee.

For further information: Telephone 0191 257 7401

18 OCTOBER: IT CLASSES PROJECT

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When: 2.00-4.00pm

Where: Squires Building, Northumbria University

Cost: Free

For further information or to book a place: Telephone Anne on 0191 208 2701

1 NOVEMBER: IT CLASSES PROJECT

Run by Northumbria Students Union in partnership with the Elders Council of Newcastle. Participants are given one-to-one support from friendly student volunteers to help with topics they might be interested in learning about e.g. setting up email; learning to use an iPad; learning how to use your mobile phone, etc.

When: 2.00-4.00pm

Where: Squires Building, Northumbria University

Cost: Free

For further information or to book a place: Telephone Anne on 0191 208 2701

8 NOVEMBER: IT CLASSES PROJECT

Run by Northumbria Students Union in partnership with the Elders Council of Newcastle. Participants are given one-to-one support from friendly student volunteers to help with topics they might be interested in learning about e.g. setting up email; learning to use an iPad; learning how to use your mobile phone, etc.

When: 2.00-4.00pm

Where: Squires Building, Northumbria University

Cost: Free

For further information or to book a place: Telephone Anne on 0191 208 2701

15 NOVEMBER: IT CLASSES PROJECT

Run by Northumbria Students Union in partnership with the Elders Council of Newcastle. Participants are given one-to-one support from friendly student volunteers to help with topics they might be interested in learning about e.g. setting up email; learning to use an iPad; learning how to use your mobile phone, etc.

When: 2.00-4.00pm

Where: Squires Building, Northumbria University

Cost: Free

For further information or to book a place: Telephone Anne on 0191 208 2701

29 NOVEMBER: IT CLASSES PROJECT

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When: 2.00-4.00pm

Where: Squires Building, Northumbria University

Cost: Free

For further information or to book a place: Telephone Anne on 0191 208 2701

