December Activity Bulletin

Christams Orchestra Sunday 13th December, 1.30pm-3.30pm St James and St Basils Church, Fenham. £3

Zumba Gold Thursdays 2.15pm Far Community Centre, Acanthus Ave. NE4 9YD Last session 17th December, returns 7th January

Christmas Singing for you Brain Wednesday 16th December, 10.30am-12pm Search centre for active aging, Broadmead.

Knit and Natter Tyne Theatre Wednesday 9th December, 10.30am-12pm

Tai Chi Fenham Every Monday 11am-12pm, Far Community Centre, Acanthus Ave. NE4 9YD. Last session 7th December

Mens heritage and wellbeing group
Wednesday 2 December - Local Characters
Wednesday 23 December - Tyneside Christmas Traditions and Stories - mince pies and mulled tea
10.30am-12pm. Carnegie building, Atkinson Road.

Memory Tea Every Wednesday 10.30am-12pm, Robert Stewart memorial hall. Dementia friendly activities and advice.

Weekly Memory Tea Activities for people living with dementia/memory loss and family/friends. Thursdays, 1pm-2.30pm. Holy Nativity Church, Hillhead Parkway, Ne5 1dr. Call to book.

Yoga Fridays, 12pm-1pm. Westerhope Institute, NE5 1NE, £3

Christmas Evening Social Thursday 10th December, 6pm-9pm. Tyne Amateur Rowing Club, NE15 8NL. Booking and pre-payment ESSENTIAL. DO NOT turn up without booking and payment, there will be no place or food for you. £5 Hot food, music, raffle and bingo. Dietary issues MUST be made known at time of booking.

Knit and Natter Mondays 10am-12pm. Throckley Community Hall, NE15 9EL. Last one 14th December

Gentle Seated Exercise Mondays 11am-12pm. West Denton Church, NE5 1BN: £3. Last one 14th December.

Strictly Ballroom Mondays 1pm-2pm. Westerhope Institute, NE5 1NE. £3. Last one 14th December.

Tai Chi Wednesdays, 12.30pm-1.30pm. West Denton Community Centre, NE5 1DN. £3. Last one 16th December.

Walking Groups: Various Thursdays in different locations, 10.30am but please arrive at 10.20am. Please wear appropriate outdoor clothing and footwear and be confident in your fitness to complete up to 3 miles of walking. Thursday 10th December, Newburn Leisure centre.

Throckley lunch club (as part of the Throckley Health Hub): Thursdays, 12pm-1pm. Throckley Community Hall, NE15 9EL. Suggested donation £2. Last one 17th December.

Monthly Tea Dance 3rd Thursday of the month, 1pm-2.30pm. Throckley Community Hall, NE15 9EL. £3. Thursday 17th December.

If you have any questions or would like to book please contact Search on 0191 2737443

Tea and Tech Tuesdays 10am-12pm. Robert Stewart Memorial, Wingrove Rd Call to book a place and Thursdays 1.30pm-3.30pm, Denton Burn Library

Friendship Groups
Blakelaw Mondays 1:30pm-3pm, Leisure United Blakelaw, Cragston Avenue. NE5 3TS. No session on 28th December. Returns 4th January.
Kenton Tuesdays 12pm-1:30pm, Kenton Library, Hillside Avenue, NE3 3QJ. No session on 29th December. Returns on 5th January.
Benwell Wednesdays 10:30am-11:45am, Benwell Library, 6 Condercum Road
2nd December session midday - Christmas Meal at the Wheatsheaf in Woolsington, Callerton Lane, NE13 8DF.
No sessions on 23rd and 30th December.
Sessions recommence 6th January.
Benwell 'PIC' group Thursdays 1pm-4pm, Broadmead Community Church, 90 Broadmead Way, NE15 6TS. No sessions on 24th and 31st December. Returns on 7th January.

Mindfulness for Wellbeing Group
Every other Thursday from 10:30am-12pm at Newcastle City Library, 33 New Bridge Street West, NE1 8AX.
10th December Meet at Midday - Christmas Meal at the Three Bulls Heads, 57 Percy Street, NE1 7RN
No session on 24th December
Sessions recommence on 7th January.

***NEW; Bimble by the Bench:** very short walk to start your improved fitness and mobility journey, followed by a chat and drink at a café. The group is free, but you will need to buy your own drink. Friday 4th and 18th December 10.30-11.30am, meet opposite café at Newburn Riverside. NE15 8NR

Asian Ladies Group Every Tuesday, 12pm-3pm.
RSM church, Wingrove Road, NE4 9BU.
Gentle Exercise, Chai and Chat, £3.

Asian Men's Gup Shup Cha Chai Chai, 452 Westgate Road, NE4 9BJ
Mondays 11am – 1pm

Absolute Beginners Line Dancing Tuesdays, 11:45am – 12:45pm. Denton Burn Community Association NE5 2UQ, £3

Line Dancing Improvers
Tuesdays 10.30am-11.30am, Denton Burn community association. £3

Absolute Beginners Line Dancing Thursdays 6pm Denton Burn Community Association NE5 2UQ. £3

Gentle Exercise seated option available Wednesdays, 1pm – 2pm, Denton Burn Community Association NE5 2UQ, £3

Advice Drop-ins
MONDAY & Tuesday 10.00-12.30 SEARCH Broadmead Church, returns 4/1/27
MONDAY 10.00-12.30, Kenton Library, NE3 3QJ. Returns 4/1/27
TUESDAY 10.00-12.30, Grainger Market, Alley 3, Being Well Unit. Returns 5/1/27
THURSDAY 10.00-12.30, 10th December, Throckley Community Hall, NE15 9EL. Returns 7/1/27
THURSDAY 2-4PM, 3rd and 17th December, Fawdon Community Centre, NE3 2PL. Returns 14/1/27

Energy Advice - Please Contact Search on 0191 2737443