



New Year, New You!

Winter Warmers & Workouts

Our virtual, six week Winter Warmers & Workouts Programme is running from Monday 18th January 2021 to Friday 26th February 2021.

Our sessions are all held remotely, meaning you can join in from the comfort of your home. If you need any assistance getting online, get in touch with our Community Development team using the contact details below.

To sign up for our Social Activities  call 0191 287 7012. To sign up for our Physical Activities  call 0191 287 7027. Alternatively, to sign up for any of our activities email Community.Development@ageuknorthtyneside.org.uk

Mobilise and Move Well

Mondays, 10:00 - 11:00

A workout to help you to mobilise your joints, practice key movements to promote independence and stretch your muscles so that you can move well throughout the day. Learn how to gently mobilise stiff joints when you first get out of bed or if you have been sitting for a long time.

Friendly Faces

Mondays, 11:00 - 12:00

Friendly Faces in Local Places - it's time for your elevenses so why not have them with us and join our group of friendly faces from across North Tyneside for a cuppa and a chat. There may be some familiar faces you know or perhaps you'll meet some new. A group for those who like a natter.

Tai Chi

Mondays, 13:00 - 14:00

Fridays, 14:30 - 15:30

Relaxes mind and body, helping to combat the stresses and strains of modern society. Gently tones and strengthens muscles. Improves balance, posture and helps prevent falls. Can help older people with disabling health conditions. The class involves slow, relaxed, flowing, mindful movements, which makes it adaptable to many levels of health and fitness.

Nature To You

Tuesdays, 13:00

Learn and explore our local wildlife and history with talks from the National Trust and Washington Wetlands Centre. Or you can get creative with our garden crafts sessions.

Men's Group (Members Only)

Tuesdays, 10:00 - 11:00

Fridays, 10:00 - 11:00

A relaxed and friendly social group for men aged 50+, with local guest speakers, quizzes and activities. Currently for members only.



Cuppa with a Copper

Tuesday, 26th January

Do you have questions and want to hear the answers from your local Police Force? Do you want to know what's going on in your community? Then come along to the Cuppa with a Copper event to hear what your local policeman Karlos has to say and listen to your concerns?

Keep Fit - Exercise Plus

Wednesdays, 14:00 - 15:00

Keep Fit Exercise Plus class is a low to moderate intensity class suitable for those people who want to get active and improve the quality of their life. The class will use a range of cardiovascular, strength and balance exercise aimed to improve your muscular strength, coordination, balance, flexibility and stamina in order to allow you to lead an active, healthy and happy life. During the class, we will use a range of seated and standing exercises using your own body weight, Thera band and a set of weights (dumbbells, tins of beans, bottles of water). You will also need a sturdy chair, comfortable clothes and supportive footwear. Depending on your fitness level, exercises can be tailored to be more gentle or more strenuous.

Healthy Habits

Thursday, 15:15 - 16:15

Kick 2021 off the right way! Tom and Rachel are here to help you build healthy habits. From healthy eating to cooking with demos and some advice & guidance on healthy snacks. This programme is perfect for anyone looking to improve their wellbeing and learn some new skills.

Quizzes

Fridays, 11:30 - 13:30

Films, TV, Local History, Books and Literature, Food and Drink, BrainTeasers - mystery rounds to test your little grey cells.

Fit as a Fiddle

Wednesdays, 10:00 - 11:00

Wednesdays, 11:30 - 12:30

Wednesdays, 13:30 - 14:30

Thursdays, 10:00 - 11:00

Thursdays, 11:30 - 12:30

Thursdays, 14:00 - 15:00

Fit as a Fiddle is an exercise programme designed to improve fitness and promote independence by using functional exercises to improve your strength, balance, stamina and flexibility. The Fit as a Fiddle programme has 2 levels of activity class sessions based on the HowFit booklet and the HowFit exercise programme. So before you join we will arrange a short chat with one of our Instructors. The conversation will ensure you are both informed about the Zoom classes and start at the level that is right for you.

Walking Bingo

Monday, 18th January to

Sunday, 28th February

Time to get your walking boots on! We have teamed up with North Tyneside Council to bring you Walking Bingo! It is very easy to get involved and can be enjoyed with the family or even as a peaceful walk alone. We have selected 4 walking routes provided by North Tyneside Council from across the 4 localities in the borough, which can be downloaded here. Why not give them all a try?