

**PROGRAMME OF ACTIVITIES**

**2012**

**Come and join in one of our exciting ‘pay as you go’ classes**

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**For more information contact Age UK Newcastle on**

**0191 232 6488 or 0191 235 9914.**

**Do you have skills to offer as a tutor or would you like to see a new class that is not on offer here? Let us know!**

**Registered charity 1041000**



**Age UK Newcastle Activities held in the**

**Blackfriars Centre, New Bridge Street, NE1 2TQ**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Time** | **Tutor** | **Price £** |
| **Monday** |  | | |
| Tap | 09.45 – 10.15 | Beryl Wood | 2.00 |
|  |  |  |  |
| Line Dancing | 10.30 – 11.30 | Beryl Wood | 4.00 |
| Zumba | 11.45 – 12.45 | Louise Smith | 4.00 |
|  |  |  |  |
|  |  |  |  |
| Indoor Bowls | 16.00 - 18.30 | Mollie Hedley | 3.00 |
| **Tuesday** |  | | |
| Sequence Dancing | 12.30 – 14.30 | Eddie Miller | 3.00 |
| **Wednesday** |  | | |
| Line Dancing | 10.15 – 11.15 | Linden and Gordon Bruce | 4.00 |
| Line Dancing | 11.20 – 12.20 | Linden and Gordon Bruce | 4.00 |
| Music Appreciation | 13.00 – 15.00 | Thomas Tuff | 3.00 |
| **Thursday** |  | | |
|  |  |  |  |
|  |  |  |  |
| **Friday** |  |  |  |
|  |  |  |  |
| Zumba | 11.15 – 12.15 | Louise Smith | 4.00 |
|  |  |  |  |
|  |  |  |  |

**Limited tea and coffee service during core programme times.**



**Age UK Newcastle Activities**

**Northumbria Sports Central**

**Northumberland Road, Newcastle, NE1 8ST**

**2012**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Time** | **Tutor** | **Price £** |
| **Monday** |  | | |
| Yoga | 14.30 – 15.45 | Alex Bramwell | 4.00 |
| **Tuesday** |  |  |  |
| Keep Fit | 10.30 – 11.30 | Margaret Thompson | 4.00 |
| **Thursday** |  |  |  |
| Even Fitter | 10.30 – 11.30 | Joan Holmes | 4.00 |
|  |  |  |  |
|  |  |  |  |
| ²Exercise for Men | 14.45 – 15.45 | Ann Smylie | 4.00 |

**For all enquiries contact: Age UK Newcastle, Hadrian House, Newcastle, NE1 8FA. Tel: 0191 232 6488/ 0191 235 9914**

**Email:ageuknewcastle.org.uk**

**² Jesmond Pool**

