

# AGE TAKES CENTRE STAGE 2018 FESTIVAL PROGRAMME

A month long festival showcasing events and activities for people aged 50+ in North Tyneside.

## Sugar Paste Workshop

**Wednesday 10<sup>th</sup> October,**  
**10am-12pm** The Bradbury Centre.  
Saville Street West, North Shields,  
NE29 6QP. £5- Booking essential –  
only 8 places, call 0191 2877012

## Cupcake Decorating Workshop

**Tuesday 23<sup>rd</sup> October, 10am-12pm**  
The Bradbury Centre. Saville Street  
West, North Shields, NE29 6QP  
£5 - Booking essential – only 8 places  
available, call 0191 2877012

## Scam and Crime Prevention

**Tuesday 23<sup>rd</sup> October 10:30am-3:30pm**  
The Oxford Centre, Longbenton  
Free - No booking required  
Come along and talk to the team, seek  
advice, helpful hints and tips and ask us  
any questions about keeping yourself  
and your property safe.

## Friendship Group

**Thursday 11<sup>th</sup> October at 11:30am**  
Wideopen Library, 101 Canterbury Way,  
Wideopen, NE13 6JJ  
Free - No booking required  
Any queries call 07974184813 (Kirsty)  
We meet fortnightly, enjoy each others  
company and have a natter, lunches out  
and visit places of interest.

**The following events will be held at  
The Linskill Centre, Linskill Terrace,  
North Shields, NE30 2AY**

For further information about any of  
these events please call 0191 2578000  
or email [charlotte@linskill.org](mailto:charlotte@linskill.org)

## The Scribblers

**Mondays 1, 8, 15, 22 and 29<sup>th</sup>  
October. 10.30am to 12 noon.**

£1.50 - No booking required  
A creative writing group who write  
together and share their stories.

## Tai Chi

**Fridays 5, 12, 19, 26<sup>th</sup> October, 10am  
to 11am**

£3 - Booking required

## Safety in the Home

**Tuesday 9<sup>th</sup> October, 1pm to 2pm**

Free - Booking essential  
Informative coffee morning with Tyne and  
Wear Fire Rescue.

## Film Club

**Wednesday 3<sup>rd</sup> October, 1pm prompt**  
Free - Booking essential  
Finding Your Feet starring Imelda  
Staunton and many well known British  
actors.

## The Woolies

**Wednesdays 3, 10, 17, 24, 31<sup>st</sup>  
October. 10am to 12 noon.**  
Free - Booking required  
Bring along your woollen projects for a  
knit and a knatter.

## National Poetry Day

**Thursday 4<sup>th</sup> October, 11am to 1pm.**  
£3 - Booking not necessary  
Visit the Linskill Centre and enter the  
poetry trail – Readings by local poet  
Harry Gallagher. Includes refreshments.

## Digital Champions

**Thursdays 4, 11, 18 and 25<sup>th</sup>  
October, 10am to 12 noon**  
Free - No booking necessary  
Volunteers help people to get online,  
use the internet, email and any number  
of computer queries.

## Christmas Sugar Craft

**Thursday 18<sup>th</sup> October, 1pm to 3pm**  
£3 - Booking not necessary.

## Page Turners

**Tuesday 30<sup>th</sup> October, 1pm to 2pm**  
Free - Booking essential  
For those who love to read and dissect  
the plot and characters!

**The following activities are all  
provided by North Tyneside Council.**

## Archery

**Every Thursday, 11:45am-12:45pm**  
at John Willie Sams Centre  
£3 - Booking is advisable, call 0191  
6437447

## Tennis

**Every Monday, 1pm** at Blue Flames  
Sporting Club, NE12 9SF. £3 - Booking  
is advisable, call 0191 6437447

## Sculpt and Tone

**Every Wednesday, 12pm** at Waves,  
The Links, NE261TQ, 0191 6432600.  
Free. A gentle exercise to give you an  
all over body workout.

## Walking Football

**Every Wednesday, 2:30pm – 3:30pm**  
at The Parks, North Shields.

## Every Thursday, 6:30pm – 8pm

**Thursday** at Hadrian Park Leisure  
Centre. Free - Booking is advisable, call  
0191 6437447.

## Health Walks

A wide programme of Healthy Walks is  
available. For dates, times and  
locations please contact Active North  
Tyneside on  
[active@northtyneside.gov.uk](mailto:active@northtyneside.gov.uk)

## Friday Adult Swimming Lesson

**Every Friday, 11.30am at Waves,**  
The Links, NE261TQ, 0191 6432600.  
Free - Drop in 30 minute swimming  
lesson (limited spaces and term time  
only)

## 'No Strings' Badminton Taster Session

**Every Wednesday in October, 6:30-  
8pm** at Hadrian Leisure centre, St  
Peters Road, Wallsend, NE28 7LQ  
Free - Booking required - call 0191 643  
2025 *Places first come first served.*

**Every Tuesday in October, 6:30pm-  
8pm** at The Lakeside Centre,  
Southgate, Killingworth, NE12 6SA,  
0191 6434177. Free - No booking  
necessary

**Wednesday 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup> only  
10.30am - 11.30am** at Howdon Road,  
North Shields, NE29 6TL, 0191 6432700  
Free - No booking necessary

## Climbing Wall Taster Session

**Saturday 13<sup>th</sup> and 20<sup>th</sup> October, 1pm-  
2pm.** Hadrian Leisure centre, St  
Peters Road, Wallsend, NE28 7LQ.  
Free - Booking required, call 0191 643  
2025. *Places given on first come first  
served basis.*

## Swimming Lesson Taster Session

**Tuesday's 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> October  
11.30 - 12pm.** Hadrian Leisure centre,  
St Peters Road, Wallsend, NE28 7LQ  
Free - Booking required, call 0191  
6432025. *Places given on first come  
first served basis.*

### Whitley Bay Mini Golf and Footgolf - Buy One Get One Free!

**Every Saturday and Sunday in October.** Whitley Bay Mini Golf and Footgolf, The Links, Whitley Bay NE26 1TQ. Charges vary depending on activity - No booking required. Reference Age Takes centre Stage when booking.

### Swim and Spa

**Every Tuesday and Thursday, 9:30am -2:00pm** at Tynemouth Pool, 0191 6432900

**Every Wednesday** at Waves, The Links, Whitley Bay, NE26 1TQ, 01916432600. Free.

Use of swimming pool and spa including Jacuzzi, steam room, sauna, salt room, hot beds and foot baths (venue dependent)

**The following events are provide by individual providers.**

### Open Floor Session

**Friday 12th October, 3pm - 4:30pm** Jarretts Coffee Shop, Bradbury Centre, Saville Street West, North Shields. Free - no booking required. Come along as an audience member and/or sign up on the day to read out your work in front of a friendly crowd. Poems, stories and comedy routines lasting three to five minutes welcomed.

### Jo Jingles Intergenerational Session

**Monday 8 October, 1.30pm - 2.30pm** at Crossgates, Hadrian Park £3 - Booking essential – 07503919452 or email [lindsayjojingles@yahoo.co.uk](mailto:lindsayjojingles@yahoo.co.uk) Music and movement session for babies and preschool children. Followed by refreshments and chat/mingle.

### KalmaBaby

**Tuesday 2nd October, 9:45 - 10:30am.** Rowan Croft Wellbeing Centre, Killingworth, NE12 6HT £4 - booking required - 07710970589 or [www.kalmababy.co.uk/northtyneside](http://www.kalmababy.co.uk/northtyneside) Baby/toddler yoga class to music bringing the young and elderly together Light refreshments and a chance to socialise, play and chat.

**The North Tyneside Writers' Saturday 20<sup>th</sup> October 10am to midday.** North Tyneside Customer First Centre, Northumberland Place, North Shields NE30 1QU. 07798 645 459 or email [theenextpage@outlook.com](mailto:theenextpage@outlook.com) Free - No booking required. Open to writers of all ages and abilities. Guest speaker Rod Glenn will talk about his career as writer, actor an publisher.

**Getting you Online to access Offline Community Activities Every Tuesday from 12.00pm until 7.30 pm** at 198-200 Park View, Whitley Bay, NE27 3PQ, 0191 4661667, Free - No booking required. Increase your awareness and confidence of using internet-based, socially essential services to find out what's on near you.

**Cream Tea and Memories Wednesday 17<sup>th</sup> October at 2:30pm** at Cedarwood Trust, Avon Avenue, Meadow Well, North Shields. NE29 7QT. Free - Booking required - call 0191 2590245

**60's Sing Along Wednesday 17<sup>th</sup> October, 1:30pm-2:30pm.** St Pauls Centre, George Street, Willington Quay, NE28 6SL, 0191 2802594. £1 - No booking required.

**Fisherman's Mission Ladies Luncheon Club Tuesday 2<sup>nd</sup> October 2018 , please arrive at 12.45 for 1.00pm start** Low Lights Heritage Centre, Fish Quay, North Shields. Fish and Chip Lunch with guest speaker from The Co-op Estate Planning - 'Tax care and Toy Boys'

**Walking Sports Every Friday throughout October 2pm - 3pm,** The Parks North Shields. Any queries call 0191 2877027 Free - no booking required. A fun range of gentle sports to play within a group. A great way to exercise and meet new people!

**Eco Friendly Comfy Cuppa Club Friday 5<sup>th</sup> October 1pm to 3pm,** North Shields Customer First Centre, Northumberland Place, North Shields, NE30 1QU. Free - No booking required Come along and find out how you can help save our marine life from plastic pollution.

North Tyneside  
ageUK

## The Great Tyneside Bake Off

**Tuesday 30<sup>th</sup> October, 2pm-4pm**

The Bradbury Centre, Saville Street West, North Shields


**Unusual Flavour Savoury Showstopper Traybake**

£3 per baking entry (no booking required)

For more information call 0191 2877012 or visit [www.ageuk.org.uk/northtyneside/](http://www.ageuk.org.uk/northtyneside/)



#seniorselfie





**TURN ON THE FILTERS  
GET THE GRANDKIDS  
INVOLVED  
AND START SNAPPING!**

A project for all the family

Age UK North Tyneside would love to see your selfies with those who have a special meaning to you!

Submit your #seniorselfie to:  
[volunteer@ageuknorthtyneside.org.uk](mailto:volunteer@ageuknorthtyneside.org.uk)

 Age UK North Tyneside





For more information about any of the events listed please use the contact details provided for each event.

We hope you enjoy this year's Age Takes Centre Stage programme of events and activities presented by Age UK North Tyneside.

