

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00-12:00 BSL Workshops Weekly (NGS*)</p> <p>14:10 – 15:40 Seated Exercise Weekly (NGS*)</p>	<p>10:30 – 12:30 Woman's Weekly Ladies Group Weekly, Bill Quay. (GH**) Closed Group.</p> <p>10:00-12:00 Digital Skills Weekly (NGS*)</p> <p>11:00-13:00 Social Group Fortnightly Felling Family Hub (GH**) </p> <p>13:00 – 15:00 MenShed Weekly Hebburn (ST***)</p>	<p>13:00-15:00 Ladies Group Weekly (NGS*)</p> <p>14:00-15:30 Social Group Fortnightly Fountain Court Bensham, (GH**) </p>	<p>10:00-12:00 Art & Crafts Fortnightly (NGS*)</p> <p>10:00-12:00 Reminiscence Group Fortnightly (NGS*)</p>	<p>10:30-12:00 AFNE Seated Exercise Weekly (NGS*)</p> <p>13:00-14:30 Men's Club Weekly (NGS*)</p> <p>12:00-14:00 B-Social Mixed Social Group Weekly (NGS*)</p> <p>13:00-14:30 Seated Exercise Weekly Salvation Army, (GH**) </p>

NGS*-New Green Street GH**-Gateshead ST*** South Tyneside

If you are interested in any of our groups, please contact **Doreen 07767 802 214** for South Tyneside or **Claire 07879 937 307** for South Tyneside and Gateshead.