



Age Takes Centre Stage

Festival Programme 2006

1st – 31st October

www.agetakescentrestage.org.uk

Age Takes Centre Stage is the festival for everyone over 50 in North Tyneside.

It is a joint effort by local older people's groups in partnership with North Tyneside Council and supported by many local organisations who want to get involved in celebrating older age and providing opportunities for people over 50 to try new activities.

International Older People's Day is Sunday 1st October this year and we warmly invite you to join us for the festival launch and church service to get the month of events and activities underway. Then take up some of the month-long offers shown on this page or come along to some of the events on the calendar, and don't forget to enter our prize draw by filling in a feedback card at any of the events.

We look forward to seeing you soon.
The Age Takes Centre Stage Planning Group

All through October...

Free Access to the Contours Gym

at the White Swan Centre, Killingworth, for anyone over 50 on Mondays 11am – 1pm, Tuesdays-Fridays 1-4pm, Saturdays and Sundays 10am – 2pm. Book a free induction before using the gym by calling 200 8218.

Dudley Healthy Living Centre Gym

is free to over 50s 1-4pm Mondays, Wednesdays, Fridays. Arrange your free induction by calling 200 8015.

Battle Hill Healthy Living Centre Gym

is free to over 50s 1-4pm Mondays, 10am-noon Wednesdays. Arrange your free induction by calling 200 1317.

Ten Pin Bowling Special

at XS SuperBowl, Whitley Road, Benton – only £2 per game before 6pm. Tel 215 0901.

Enjoy an evening swim from 8-9pm every Monday at Whitley Bay Leisure Pool. Free. Tel 200 8540.

Thinking for Changel See the Lifelink exhibition of their mixed age discussions upstairs at Central Library North Shields 2nd-14th, at Wallsend Library 16th – 31st October. Tel 287 7023.

Snap Happy! Age Concern North Tyneside's IT for All project is challenging keen digital photographers to capture positive images of active over 50s in North Tyneside during October. Entries from beginners are welcome. The closing date is 31st October 2006. Call in at the Bradbury Centre, 13 Saville Street West, North Shields, and collect an information sheet, or ring 280 8498.

Cycling Opportunities for All

– have fun with adapted cycles suitable for all abilities. 2-3pm every Wednesday and Friday at The Parks Sports & Leisure Centre, North Shields. £2. Tel 0797 4720002

Get back in the swim at Wideopen Pool

(at Greenfield Primary School, Wideopen). A great opportunity to improve your swimming confidence with guidance from a qualified instructor. Just come along between 10am -12 noon every Thursday. Free. Tel 200 1045.

Undersea Safari Tynemouth's Blue Reef Aquarium provides a spectacular introduction to the wonders of the world beneath the waves. We will take you on a tour including over 30 living displays and an entertaining talk where you can meet a few of the creatures up close. 2pm every Thursday. £2.95 including tour, talk and refreshments on production of this programme. Please book. Tel 258 1031.

Introducing Computers – Learn about computers from 9.30 - 11.30am every Friday at Dudley Peoples Centre. Free but please book. Tel 200 8000.

Pick up an entry card at any festival event to enter our Prize Draw. You could win:

- A first class return train ticket to London (donated by GNER)
- A Turkey and Tinsel weekend break for two November 17th to 20th at the Charnwood Hotel, Skegness. Including dinner, bed and breakfast as well as the return transport and two excursions to Lincoln and Bay Tree. (donated by Chris Cooper Travel)

Sunday 1st International Day of Older People

Festival Launch and Church Service

at 2.30pm at St Bernadette's Church, Station Road, Wallsend. A wonderful celebration with the Salvation Army Band and friends. Stay for refreshments after the service. Tel 289 1184.

Monday 2nd

Short Health Walk – stretch your legs with a 40 minute walk starting from The Parks Sports and Leisure Centre, North Shields at 10.30am. Led by the Parks Walking Group. Free. To book contact the Physical Activity Co-ordinators - Tel 200 5158.

Around Britain - Whitley Bay Photographic Society present a show of digitally produced audio-visual sequences with music, on a variety of landscapes around the country. 3 – 4 pm at the Club Room, 3 Waverley Avenue, Monkseaton (behind Monkseaton Metro Station). Free, but booking essential. Tel 252 4911.

Try a talking book today - North Tyneside Libraries has a wide range of books on tape which are free to borrow. Come along to the Central Library, North Shields for a cup of tea or coffee and find out what they could offer you. 2 – 3.30pm. Free. Tel 200 5424.

Tuesday 3rd

Croquet for beginners – you can quickly learn to play with help from members of Tynemouth Golf Croquet Club. 10am -12 noon at Tynemouth Cricket Club, Preston Avenue, North Shields. Free but please book. Tel 252 2843.

Try a talking book today - North Tyneside Libraries has a wide range of books on tape which are free to borrow. Come along to the Central Library, North Shields for a cup of tea or coffee and find out what they could offer you. 10.30am – 12 noon. Free. Tel 200 5424.

Wednesday 4th

50+ and Fit as a LOP A morning of fun, with a line dance taster and health checks at the Oxford Centre, Longbenton. 10am – 1pm. Free. Tel 287 7021.

Thursday 5th

Read and Relax – If you enjoy reading books join the ActiveAge Reading Groups for a book exchange (bring one and take one), book quiz, Library Display and refreshments. Meet a visiting poet for National Poetry Day and exchange your own poems too if you like. 10am – noon at Age Concern North Tyneside's Whitley Bay Centre, Park Road. Free. Tel 280 8499.

Thursday 5th

Festival Free Film "Mrs Henderson Presents" (12A) Starring Judi Dench and Bob Hoskins, buying and keeping open the old Windmill theatre. 12.30pm at the Whitley Bay Playhouse. Up to four FREE tickets per person and ten tickets for a group can be booked in advance. Tel 252 3505.

Heyday Outing to Alnwick Castle & Garden

- Picking up at Killingworth, Shiremoor, Whitley Bay, North Shields, Wallsend and Newcastle. £10. Telephone Chris Cooper Travel 421 1894 for availability.

Age Takes to the Sea 2006

for a Taste of Holland from just £77.50 per person

DFDS Seaways are offering a special cruise break from 5.30pm Wednesday 4th – 9am Friday 6th October 2006. The price includes:

- Two nights on board ship, with inside en-suite cabin based on two sharing. Single cabins are available for £94.50pp
- One Buffet breakfast, plus Free £5 voucher to spend anywhere on board
- A TASTE OF HOLLAND excursion visiting an open air museum, a windmill, pancake house, walk along the canals and see clogs being made, visit a cheese farm plus a visit to Volendam and the former

island of Marken where you may spot people in traditional dress!

- An Age Takes Centre Stage reception 6.30pm on the first night with a FREE welcome drink!
- For more information call DFDS Seaways on 08708 488222 and quote "Age Takes Centre Stage" before 30th September 2006. DFDS Seaways full terms and conditions apply. Credit card charge is 1.75% per booking. £11 fuel supplement currently applies. As well as the Cruise, DFDS are also hosting the Age Takes Centre Stage Awards, which take place on board the Queen of Scandinavia during October.



Live at Home Variety Show

musical comedy with Colin Summers. 1.30 pm at North Shields Methodist Church Hall, Hawkey's Lane. Free. Refreshments 50p. Tel 272 8368.

Friday 6th

Steps exercise class – you can go at your own pace. 9.30-10.30am at the White Swan Centre, Killingworth. Wear loose clothing and soft soled shoes. Free. Tel 200 8218.

Monday 9th – Friday 13th

Enjoy a hot drink and scone or cake for £2 at the Rising Sun Countryside Centre, Whitley Road, Benton. Open 10am – 3pm. Tel 200 7841.

Monday 9th

Tyne Tunnels Tour – take a fascinating guided tour of the Pedestrian Tunnel (Grade 2 Listed) and go behind the scenes at the Tyne Tunnel Vehicle and Control Centre. 1pm. Free but please book. Tel 280 8484. Arranged jointly with the Older People's Festival in South Tyneside.

Tai Chi Tester Session, Advice and Health Checks with ActiveAge. 1.30pm at St John's Church Hall, Wideopen. Free. Tel 287 7021.

The Comedy of Errors –

Shakespeare's comic masterpiece of mistaken identity. Fast and furious fun with NTC Touring Theatre. 7.30pm at St John's Community Centre, Percy Main. £5. Tel 252 3505.

Bums and Turns Exercise

9.45-10.45am at the White Swan Centre, Killingworth. Wear loose clothing and soft soled shoes. Free. Tel 200 8218.

Tuesday 10th

Heyday Walk in Northumberland, a walk of 5-6 miles at Allen Banks. Leaving from Sainsbury's Car Park, Whitley Bay (car-share available) at 9.30am, bring lunch. Free but please phone for details. Tel 252 0549.

Walk with the Killingworth

Walkers – Meet at 10am at The White Swan Centre for up to a 2 hour ramble. To book call the Physical Activity Co-ordinators on tel 200 5158. Free.

Quiz Challenge – join in a variety of quiz challenges with members and friends from 10.30am – 2.30pm at Cedar Grove Day Centre, Wallsend. Free. Tel 263 0511.

The Comedy of Errors –

Shakespeare's comic masterpiece of mistaken identity. 7.30pm at Shiremoor Centre. £5. Tel 252 3505.

Wednesday 11th

"Ageism - scratching underneath the surface" - the Age Takes Centre Stage Conference this year is an event looking at the ways service providers discriminate indirectly against older people. 10am – 1pm at the Saville Exchange, North Shields. Jointly organised by the Older People's Forum and Age Concern North Tyneside. If you would like to attend please call Penny at the OPF on 280 8496.

Healthy Walk to Gosforth Park

- meet at 12:30pm at the Oxford Centre, Longbenton for a one hour walk. Wear comfortable shoes and waterproof clothing if it is wet. Free, with refreshments afterwards. Tel 200 7540

History Walk around the Rising Sun Country Park.

Meet at 1.30pm at the Rising Sun Countryside Centre, Whitley Road, Benton. £1. Please book – Tel 200 7841.

Dudley Tea Dance Sequence dancing from 1.30pm at Dudley People's Centre. £1.50. Tel 200 8000.

The Comedy of Errors – Fast and furious fun with NTC Touring Theatre. 2pm at the White Swan Centre, Killingworth. Adults £6.50 (North Tyneside residents 50+ can buy two tickets for £6.50). Tel 200 8218.

Delicious Desserts - a cookery demonstration with a raffle of the desserts at the end. The venue has a hearing loop and the talk will be subtitled live, so everyone can follow what is said. 2pm at the Cass Community Centre, Roxburgh Tce, Whitley Bay. Hosted by HoHo (The Hard of Hearing Organisation). £1 – please book in advance. Tel 252 3807.

Lost Houses of Newcastle and Northumberland. A talk and cream tea at the Heyday Whitley Bay open meeting. 2pm at Cullercoats Methodist Church Hall, The Broadway. £1. Tel 237 3796.

Rolling back the years. A musical journey from music hall to the 40s, 50s, 60s and 70s by way of Judy Garland, Frank Sinatra, Elvis Presley, Neil Diamond and many more! at Whitley Bay Playhouse 2.30pm and 7.30pm. £8.50. Tel 252 3505.

Thursday 12th

Heyday Outing to Penrith and Carlisle Picking up at Killingworth, Shiremoor, Whitley Bay, North Shields, Wallsend and Newcastle. £10. Telephone Chris Cooper Travel (0191) 421 1894 for availability.

The Da Vinci Code (12A) Film 12.30 and 7.30 at the Whitley Bay Playhouse. £3.70. Tel 252 3505.

Exercise your Word Power with online Scrabble. Learn how to play on the internet with IT for All. 1pm at Age Concern North Tyneside, 13 Saville Street West, North Shields. Free but please book. Tel 280 8484.

The Comedy of Errors – Shakespeare's comic masterpiece of mistaken identity. 7.30pm at the Saville Exchange, North Shields. £5. Tel 252 3505.

Friday 13th ActiveAge Cycle Ride – Meet at the Rising Sun Countryside Centre at 10.30am to enjoy an easy ride along safe routes. (Bikes and helmets can be provided for £2). Bring your own bike/helmet and event is free. Please book – Tel 287 7021.

Singing in the Pedestrian Tunnell - enjoy the acoustics of the Pedestrian Tunnel under the Tyne, with songs from the Little Acorns at 2pm at the North entrance on Hadrian Road, (behind the Tyne Tunnel) and at 2.30pm at the South entrance. No seating. Free. Tel 280 8498. Arranged jointly with the Older People's Festival in South Tyneside.

Age Takes Centre Stage Barn Dance with caller. Dance and laugh in good company. 7pm – Midnight at Wallsend Memorial Hall. Hosted by Churches Working

Together Wallsend. Bar. Tickets £3 - from the Bradbury Centre, 13 Saville St West, North Shields. Tel 280 8484.

Saturday 14th The Comedy of Errors – Fast and furious fun with NTC Touring Theatre. 7.30pm at The Buddle, Wallsend. £5. Tel 252 3505.

Mon 16 - Sat 21 Oct, Whitley Bay Operatic Society presents **Seven Brides for Seven Brothers**. A rip-roaring, energetic production full of wonderful songs and spectacular dance routines. 7.15pm, with Sat matinee at 2.30pm at Whitley Bay Playhouse. £8. Tel 252 3505.

Monday 16th A Prince of Benefaction – discover the achievements of James Hall of Tynemouth, including seamen's pensions, the Master Mariner's Homes and the life-saving invention of the Plimsoll Line! A talk by Eric Hollerton, Local Studies Librarian, at 11am at the Fishermen's Mission on Union Quay, North Shields. Donations. Tel 257 1316.

Knit Together Bring your own knitting or join in our knitting for good causes from 1-3pm at Age Concern North Tyneside, 13 Saville Street West, North Shields. Free. Tel 287 7027.

Ten Pin Bowling Challenge hosted by Heyday at 6.30pm at XS Superbowl, Whitley Road, Longbenton. Join in as an individual or bring a team of four along. £8.50 including two games and a basket meal. Tel 252 4967

Tuesday 17th Craft Club Open Day. – watch demonstrations of the craft activities the members enjoy and have a go yourself. 1- 3pm at the Oxford Centre, Longbenton. Free. Tel 200 7540

5-0 Club for fitness – you can go at your own pace 1.30-2.30pm at the White Swan Centre, Killingworth. Wear loose clothing and soft soled shoes. Free. Tel 200 8218.

Wednesday 18th Walk around Craster with ActiveAge – take a choice of shorter or longer walks. Bus leaves from North Shields at 9.30am. £10. Please book. Tel 280 8484.

A Gospel Cabaret Lunch – hosted by the Salvation Army. 12 noon at St Paul's Church, Willington Quay. Tickets £2.50, from the Bradbury Centre, North Shields or tel 289 1184.

Healthy Walk to Jesmond Dene. - meet at 12:30pm at the Oxford Centre, Longbenton for a two hour walk. Wear comfortable

shoes and waterproof clothing if it is wet. Free, with refreshments afterwards. Tel 200 7540

Experiences of 'House-sitting' a talk by Mrs Blythe at the Tynemouth & North Shields Heyday Friendship Centre open meeting at Tynemouth Social Club, Front Street at 1.30pm. Free. Tel 259 2774

The Philosophical Conqueror of All Nationals – find out about the life and ideas of William Martin of Howdon in a talk by Eric Hollerton, Local Studies Librarian, at 2pm at Wallsend Library. Free. Tel 200 6968

Music Quiz and Afternoon Tea at 2pm at the White Swan Centre, Killingworth. Free but please book – Tel 200 8328.

Scottish Country Dancing Taster Session – if you like barn dancing come and learn some more country dances with this informal group at 8pm at St Andrew's URC Hall, Eastfield Ave, Monkseaton. £1. Tel 252 2345.

Thursday 19th Heyday Outing to Richmond, Hawes and Barnard Castle Picking up at Killingworth, Shiremoor, Whitley Bay, North Shields, Wallsend and Newcastle. £10. Telephone Chris Cooper Travel on 421 1894 for availability.

Pirates of the Caribbean 2 (PG 13)

Film at Whitley Bay Playhouse
12.30pm. £3.70. Tel 252 3505.

Friday 20th

Take a Roman Roam Enjoy a new four mile walk, setting off at 10.30am from Segedunum. Bring a picnic if fine. Led by the Physical Activity Team. Free. To book call tel 200 5158.

Text Training - understand, send and receive text messages – bring your mobile phone along to Age Concern North Tyneside, 13 Saville Street West, North Shields. 1.30 – 2.30pm. Free but please book – tel 280 8484.

Saturday 21st

Festival Tea Dance – a lovely afternoon of sequence dancing hosted by the Active Age Tea Dancers. 1.30-4pm at the Linskill Centre, North Shields. £2.50 including afternoon tea. Tickets available from Age Concern North Tyneside, 13 Saville Street West, North Shields. Tel 280 8484.

Sunday 22nd

Steam Special at the Stephenson Museum, Middle Engine Lane. Museum and café open 11am-4pm – ride the steam trains from 12.30 – 3pm. Trains and museum wheelchair friendly. Grandchildren welcome. Free. Tel 200 7146.

Monday 23rd & Tuesday 24th

United 93 (15) film at Whitley Bay Playhouse 12.30 and 7.30. £3.70. Tel 252 3505.

Wednesday 25th

Stroll with ActiveAge – meet at Hadrian Road Metro and walk the waggonways to the Rising Sun Country Park. 10.15am. Free. Tel 280 8484.

Tai Chi Taster with ActiveAge. 10.30am at Christ Church Parish Centre, North Shields. Free. Tel 280 8499.

Dudley Mineral Line Meander – join Heyday for a sociable short walk, meet at Dudley Peoples Centre for coffee at 11am. Free. Tel 259 2774

Pink Party for Breast Cancer Awareness. Games and entertainment in the pink, plus health checks and refreshments. Hosted by the Salvation Army Ladies Fellowship. 1.30pm at St Paul's Church, Willington Quay. £1. Tel 289 1184.

Thursday 26th

Heyday Outing to Leeds £10. Picking up at Killingworth, Shiremoor, Whitley Bay, North Shields, Wallsend and Newcastle. Telephone Chris Cooper Travel for availability on 421 1894.

The Silent Movie Show - two classic silent films of the 1920s

accompanied by James Harpham on piano. 2.30 and 7.30 at the Saville Exchange. £5. Tel 252 3505.

Salsacise – exercise with salsa, no partner needed. 8.15-9.15pm at the White Swan Centre, Killingworth. Wear loose clothing and soft soled shoes. Free. Tel 200 8218.

Old Whitley Bay and Monkseaton in a slide show by Eric Hollerton, Local Studies Librarian. 2pm at the Age Concern Centre (opposite Whitley Bay Library). Hosted by the Our Lives Reminiscence Group. £1 including refreshments. Tel 280 8484.

Friday 27th

Wallsend Pensioners' Social with dancing, refreshments, quiz and prizes 1-4pm at Wallsend Memorial Hall, Frank Street. Tickets £2 from Wallsend Peoples Centre or the Bradbury Centre, North Shields or tel 263 5570.

Enjoy the choral delights of the Little Acoms Singing Group at 2pm at the Oxford Centre, West Farm Ave, Longbenton. Drop in at the Café and you can take up a free health check at the same time. Free. Tel 200 7540.

Saturday 28th

Older People's Health Information Day - a wide range of displays, demonstrations and health checks

from 10am – 1pm at North Shields Methodist Church, Hawkey's Lane. Organised by North Shields Live at Home Scheme. Free. Refreshments available. Tel 272 8368

Big Dog Walk – an inter-generational walk with dogs from the Benton Dog & Cat Shelter – or bring your own dog to join them. Organised by VODA Volunteer Centre. Meet at 11am outside the Shelter, Benton North Farm, Benton Lane. Refreshments provided, ends 2pm. Free. Tel 200 8567.

Monday 30th

Bums and Turns Exercise – go at your own pace 9.45-10.45am at the White Swan Centre, Killingworth. Wear loose clothing and soft soled shoes. Free. Tel 200 8218.

Tuesday 31st

Ten Pin Bowling Challenge hosted by Heyday at 11am at XS Superbowl, Whitley Road, Longbenton. Join in as an individual or bring a team of four along. £4 for two games and tea/coffee. Tel 252 4967

5-0 Club for fitness, with free health checks. Go at your own pace 1.30-2.30pm at the White Swan Centre, Killingworth. Wear loose clothing and soft soled shoes. Free. Tel 200 8218.

Age Takes Centre Stage is North Tyneside's annual festival for people aged over 50. For more information, including photos from previous years, visit our web site www.agetakescentrestage.org.uk. Ideas and offers for the 2007 festival are warmly invited. For more details call 280 8498 or email info@agetakescentrestage.org.uk

It is a joint project involving local organisations promoting older people's issues, in partnership with North Tyneside Council. For more information about any of the organisations please call:

- Age Concern North Tyneside Tel 280 8484
- Churches Working Together Wallsend Tel 289 1184
- Churches Working Together North Shields Tel 257 6127
- Heyday (local groups) Tel 252 4967
- North Tyneside Council Tel 200 7539
- North Tyneside Primary Care Trust Tel 291 9292
- Older People's Forum Tel 280 8496
- Whitley Bay Islamic Cultural Centre Tel 251 2525
- Whitley Bay Playhouse Tel 252 3505

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For a large print programme please call
(0191) 280 8498

