

Age Takes Centre Stage

Festival Programme 2008

1st - 31st October



www.agetakescentrestage.org.uk



The Age Takes Centre Stage Planning Group is proud to present the thirteenth festival for people over 50 in North Tyneside. A wide range of organizations help us to put on a whole month of special events, celebrations and opportunities to try new activities and we hope you will enjoy this year's programme.

If you can remember the 1960s this festival is for you! Look out for some great music, memories, fashions and fun at the Festival Launch at the Shiremoor Centre. Everyone over 50 is invited to celebrate UK Older People's Day with us at this free event.

Later in the month you can enjoy the Songs and Stories from the Sixties or have another go at some Sixties games. Meanwhile we take a trip back to the 1860s with a Victorian Day Out at Stephenson Museum during Half Term (when you can bring grandchildren along too). And in between you can try archery, salsa, or croquet, tour the River Tyne by ferry, see North Tyneside's landmarks on a coach tour, or go further afield with six Heyday outings and the DFDS mini-cruise to the beautiful town of Delft.

We look forward to seeing you.

The Age Takes Centre Stage Planning Group - local older people's organizations working in partnership with North Tyneside Council.



Due to popular demand there are SIX special **coach outings** this October, organized by Heyday with Chris Cooper Travel as part of Age Takes Centre Stage 2008.

- Thursday October 2nd Scarborough via Guisborough
- Thursday October 9th Keswick via Rheged
- Tuesday October 14th Carlisle via Houghton Hall
- Thursday October 16th Richmond and Hawes
- Thursday October 23rd Ripon and Skipton
- Thursday October 30th Leeds Market

The cost is £11.50 per person for each outing.

The coaches pick up at Killingworth, West Allotment, Shiremoor, Whitley Bay, Cullercoats, North Shields, Wallsend and Central Station. Please telephone Chris Cooper Travel for availability: Telephone (0191) 421 1894. Once booked, cheques can be sent to Chris Cooper Travel, 8 Spoor Street, Dunston, Tyne & Wear. NE11 9BD

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

- a £100 holiday voucher for a 2008 holiday with Chris Cooper Travel
- an Age Takes Centre Stage hamper
- Two free Heyday annual memberships



Age Takes Centre Stage Awards

During October the **Age Takes Centre Stage Awards** are presented on board the DFDS Seaways Ship MS KING OF SCANDINAVIA at Royal Quays. These celebrate the achievements of individuals and groups aged over 50, and their contribution to the community in North Tyneside

Age Takes to the Sea 2008

– *the Delft Experience - from only £80 per person*

As well as hosting the Awards Ceremony, DFDS Seaways are offering a special two-night cruise break. Sailing from North Shields at 5.30pm on Wednesday 15th October, the visit includes an excursion to Madurodam - a wonderful model of Holland in miniature - then on to the pretty town of Delft and a visit to the famous Delft Blue Pottery Factory before heading off to catch the return sailing - arriving back in North Shields at 9am on Friday 17th October.

To book visit www.dfds.co.uk/age or call DFDS Seaways on 0871 882 0887 and Quote: X0125. Must be booked by 30th September 2008. (A £10 telephone booking charge



applies – there is no charge for booking online). DFDS Seaways full terms and conditions apply as printed in the 2008 DFDS Seaways Short Break Brochure. The offer is subject to availability and minimum numbers. Credit card charge applies.

Events to enjoy all month

Visit Segedunum Roman Fort, Baths and Museum - and enjoy your local history for £1 with a copy of this programme. Tel 236 9347.

Take the **ultimate undersea safari** at Blue Reef Aquarium, Tynemouth. Enjoy close encounters with our new seal cove, tropical sharks, giant octopus, seahorses and otters! A knowledgeable Aquarist will take you on a guided tour which will include a rockpool encounter - where you can meet a few of our creatures! We will end the tour with Tea/coffee in the Café. 2pm every Thursday in October. £3.50 with copy of Festival Programme. Please book. Tel 2581031

Compost Awareness Special Offer recycle your waste and improve the

garden too - residents over 50 can apply for a free Home Composter delivered to your door. Send your details and a photocopy of documentary proof of age, e.g. birth certificate, over 60 bus pass or passport to: Cleaner Neighbourhoods Home Composter Offer, North Tyneside Council, Harvey Combe, Killingworth, Newcastle Upon Tyne NE12 6WH (or

take to your nearest Customer Service Centre). For more information call 219 2086 or 219 2493. Get help and advice to get going at sessions during the festival:

IT at the Oxford Centre – check out a range of short IT sessions to improve your skills, including using emails & attachments, buying and selling on eBay. Free. For more details and to book a place call 200 7540.

Borrow a book from Killingworth library on Mondays in October and get a voucher for a FREE drink in the Cygnet Café at White Swan Centre, Killingworth. Tel 643 2040.



Cygnet Café special – come and try the special-priced two course lunch 12 noon – 2pm every Wednesday at White Swan Centre, Killingworth. Tel 200 8328.

Afternoon Offer at Jarrett's Coffee Shop Bring a friend for free with 2 for 1 on coffees & teas on Tuesday and Thursday afternoons (1.30-2.30pm) or drop in for a cuppa & scone/teacake for £1.50 at the same times. Bradbury Centre, 13 Saville Street West, North Shields. Tel 280 8484.

Swimming for £1 All holders of EASE cards can swim for £1 at Tynemouth Pool and The Lakeside Centre in Killingworth throughout off-peak times (9am-12, 1-4pm weekdays) all October. Tel 643 7447.

Miles for Medals Swimming Challenge – take part in a month long challenge to swim 18 miles throughout the month of October. (a mile for each of the swimming medals won at the 1964 Olympics in Japan). Pick up your reward card from the reception of either Tynemouth Pool or The Lakeside Centre in Killingworth. Tel 643 7447.

Make a splash with **Low impact Aquafit** from 12.15-1pm every Thursday in October at Tynemouth Pool. £4.30 (or £3.20 with an EASE card) Please book. Tel 200 6192.

Badminton for £1 – all holders of EASE cards can play badminton for £1 throughout off-peak times (9am-12, 1-4pm weekdays) all October at the Lakeside Centre, Southgate, Killingworth. Tel 223 4177.

Skipping Sixties Go back to the school yard and take part in a skipping session for all abilities, with a skipping coach on hand. Come along for a social and fun activity from 7 – 8pm every Monday in October at Marden Bridge Sports Centre, Hillheads Road, Whitley Bay. Free. Tel 643 7447.

Health Walk or Carpet Bowls – Set off from the Oxford Centre, West Farm Ave, Longbenton to walk to places of local interest at 1pm every Wednesday in October (except 1st). Please wear suitable footwear. If it is raining we will play carpet bowls in the Centre. Both activities finish with refreshments by 3pm. Free. Tel 200 7540.

Carpet Bowls on Fridays – learn and play a friendly game from 1.30 - 3.30pm at Howdon Community Centre, Denbigh Ave. Free. Tel 200 7344.

Salsa-cise Try a relaxed and social introduction to salsa from 7-8pm on Wednesdays in October at Marden Bridge Sports Centre, Hillheads Road, Whitley Bay. £4 or £2.30 with an EASE card – please book. Tel 643 7447.

Older People's Exercise Class - Gentle exercise to music with Joan Holmes from 10.30 – 11.30am Fridays in October at Howdon Community Centre, Denbigh Ave. Free. Tel 200 7344.

Free Gym at the Newcastle Fitness Room at Howdon Community Centre, Denbigh Ave, from 9am- 6.30pm every Thursday in October. Please contact reception to book an induction in advance as part of your first visit. Tel 200 7344.

Bums, Legs and Tums Exercise Class from 6-7pm on Thursdays in October at Marden Bridge Sports Centre, Hillheads Road, Whitley Bay. £4, or £2.30 with an EASE card – please book. Tel 643 7447.

Tennis taster sessions – learn or improve with helpful coaching from 8-9pm every Wednesday in October at John Spence Community High School, Preston North Road, North Shields. Free. Tel 643 7447.

66 World Cup Challenge Get more active and improve your football skills by taking part in weekly challenges to gain points. Will you get enough points to lift the World Cup? Teams and individuals welcome from 6-7pm every Monday in October at Marden Bridge Sports Centre, Hillheads Road, Whitley Bay. Free but please book. Tel 643 7447.

The North Tyneside Healthy Communities Collaborative cancer symptoms awareness project, as part of the North Tyneside Strategic Partnership, is pleased to support the Festival and at the same time promote an important health message.

Look out for the Cancer Symptoms Awareness NHS information stand at Festival events. This Healthy Communities project aims to help local people become aware of the symptoms of breast, lung and bowel cancer, seek early help from their GP and enjoy a longer life.

Did you know that life expectancy in North Tyneside is lower than the national average and cancer is a major cause of this difference? Over a third of local people who are diagnosed with cancer, are likely to get lung, breast or bowel cancer and most will be in the 50+ age group.

Early diagnosis will ultimately help reduce the number of deaths from these three common cancers which can all be successfully treated provided they are diagnosed in the early stage.

What is EASE card?

The EASE card entitles you to discounts on North Tyneside Council's sport and leisure activities within North Tyneside. Simply go along to any North Tyneside Council leisure centre to get yours.



Meet our Primary Care Trust staff and local volunteers and pick up information leaflets, try our quiz, or ask for advice at the display during Festival events. For more details call Lesley Davie on 0191 643 2890.



Wednesday 1st October
Celebrate UK Older People's Day **With a Little Help from Your Friends** at the Festival Launch – this year with a 1960s theme! There'll be music, dancing, displays and lots of activities from 10.30am – 3pm at the Shiremoor Centre, Earsdon Road, with the official launch at 11am. You can enjoy the Sage Silver Samba Band, classic cars, vintage bicycles and fire engine, a 1960s memory room, as well as adding your memories to the timeline and trying the quiz. Questions welcome Free. Tel 280 8498.

Thursday 2nd
Heyday Outing to Scarborough via Guisborough - see page 3

Explore your Family History – an introduction by Mildred & Mike Robson to sources of information

and how to get started on researching your family. From 1-3pm at Age Concern North Tyneside, 13 Saville Street West, North Shields. With follow up session 10am – 12 noon on 28th October. Free but please book. Tel 280 8484.

This year's Festival Free Film is **Grow Your Own**, the 2007 comedy/drama about life on allotments, showing at 1pm and 3.30pm Thursday 2nd October at the Saville Exchange, North Shields. These showings have been supported by North Tyneside Council Allotments. You can book four FREE tickets per person (aged over 50 and living in North Tyneside) and ten tickets for a group at The Buddle, Station Road, Wallsend. Tel 200 7132 (once booked, tickets can also be collected from the Bradbury Centre, North Shields).

One-to-one computer introductions at Central Library, North Shields – one and a half hour's help to use the internet and set up an email account on the People's Network. From 1.30pm. Free but please book. Tel 200 5424.

Friday 3rd
Drawing for beginners – have a go with help from tutor Joan Dunn from 10am - 12 noon at Woodlea Tenants Centre, Woodlea Court, North Shields. Free. Tel 287 7021.

Saturday 4th
Coffee Morning at Tynemouth Library, Front Street. Call in from 10am - 12 noon and enjoy the Hobbies Display. Free. Tel 200 5856.

Come Dancing – Ballroom demonstration by Malcolm McBean & Debbie Allison and then take the floor and join in. Starts at 3pm at Wallsend Masonic Hall, Station Road. Organised by Churches Working Together. Tickets £2 (including refreshments) from Bradbury Centre, 13 Saville Street West, North Shields. Bar open. Tel 257 6127.

Monday 6th – Friday 10th
Restaurant Special at the Rising Sun Countryside Centre – enjoy tea or coffee and a scone or cake for £2.20 with a copy of this programme. From 10am – 3.30pm at the Rising Sun Countryside Centre, off Whitley Road, Benton. Tel 200 7842.

Monday 6th
Home Composter Starter Session - help and advice about getting going with your new home composter (see p 5) 10am-12 noon at White Swan Centre, Killingworth. Free. Tel 219 2086 or 219 2493.

Walk to Play A walk through a historic section of North Tyneside starting at Tynemouth Priory and finishing at Tynemouth Toy Museum. After a short walk through Tynemouth participants can play or watch a swift round of mini adventure golf, then move onto the toy museum, which will be opened exclusively to participants of the walk. See a range of toys and memories from the 1960s, and more (open til 2pm). The route will feature landmarks and stories of North Tyneside Borough from the 1960s. Meet at 10.30am at Tynemouth Priory, Front Street. £1. Please book. Tel 643 7447.

One-to-one computer introductions at Central Library, North Shields – one and a half hour's help to use the internet and set up an email account on the People's Network. From 1.30pm. Free but please book. Tel 200 5424.

T-shirt design on computer. Bring in a photo to have text added, or design a personal logo. From 2-4pm at Age Concern North Tyneside, 13 Saville Street West, North Shields. Workshop is free, printing T-shirt is £8-12 (depending on style). Booking essential. Tel 280 8484.



Travel by camera by Whitley Bay Photographic Society A show of digitally produced audio-visual sequences with music, on a variety of landscapes far and wide. 3 – 4 pm (doors open at 2.30) at the Club Room, 3 Waverley Avenue, Monkseaton (behind Monkseaton Metro Station). Free, but booking essential as places are limited. (steps at this venue) Tel 252 4911.

Tuesday 7th

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 251 5283.

Café Re – enjoy refreshments, music, good company, conversation, music, video, humour and worship from 2-3.30pm at Oxford St Methodist Church, Whitley Bay. Free. Tel 253 1730.

Festival Tyne Tour – 3 ½ hour cruise with commentary on the Tyne Ferry – visiting the mouth of the Tyne then up to Newcastle, serenaded by the Sage Silver Samba band under the Millennium Bridge, and back. Meet at North Shields ferry landing for 11.35am departure. Arranged jointly with South Tyneside Older People's Festival. Café on board, or bring a picnic. Tickets £4 from Bradbury Centre, 13 Saville Street West, North Shields. Tel 280 8484.

Wed 8th

Badminton for all Join a friendly group of social players to have a go at badminton. Beginners and experienced players welcome, rackets, shuttles and help provided. Hosted by Badminton England and the Linskill Badminton Club 9.30-11.30am at The Parks Sports Centre, Howdon Rd, North Shields. Free. Tel 290 3358.

Learn to text Drop in between 10am – 1pm with your mobile phone and practice text messaging. Age Concern North Tyneside, 13 Saville Street West, North Shields. Free. Tel 280 8499.

High Tides with Ruth Henderson Come along and meet prize-winning local author Ruth Henderson and hear about her newly published debut novel. 2pm at the White Swan Centre, Killingworth. Free. Tel 643 2040.

6 for 60 An introduction to a range of six sports and activities from badminton to dance, and volleyball to table tennis. 11.45am – 2pm at The Parks Sports Centre, Howdon Road, North Shields. 60p. Tel 643 7447.

Walkabout in the Park Learn about the wildlife, the reclamation of the colliery and more on a two-hour guided walk around the Rising Sun Country Park. Meet 1.30pm at the Rising Sun Countryside Centre, off Whitley Road, Benton. Wear sturdy footwear and bring waterproofs. £1. Tel 200 7841.

Travels in Peru and Bolivia - a talk by Kathy & Harry Kilbert plus Cream Tea at the Heyday Whitley Bay Friendship Centre 2pm at Cullercoats Methodist Church, Broadway. £1. Tel 237 3796.

Salsa Taster Hosted by the Howdon Home League. 2.30pm at St Paul's Church, Willington Quay. Tickets £2 (including light refreshments) from the Bradbury Centre, 13 Saville Street West, North Shields. Tel 257 6127.

Archery Taster Session - a coached introduction to Archery for people over 50 of all abilities. From 7-9pm at the Sport&Leisure@Burnside, Burnside Business and Enterprise College, St Peters Road, Wallsend NE28 7LQ. Free. Tel 643 7447.

Thursday 9th

Coffee Morning at Wallsend Library, Ferndale Avenue. Call in from 10am - 12 noon and enjoy the photographic display. Free. Tel 200 6968.

Coffee Morning at Whitley Bay Library, Park Road. Call in from 10.30am - 12 noon. Free. Tel 200 8500

Camcorder Editing Day with the Coast Video Club – drop in between 10am – 3pm at the Thomson Hall, Wallington Ave, Marden Estate to see winning examples of club members' videos, and see how they edit camcorder footage, add effects and music. Free. Tel 257 6818.

Heyday Outing to the Lake District - Keswick via Rheged - see page 3

Making Changes – what would you like to do next? Review your work and learning choices, look at new directions and how to get there at this informal Back on Board workshop. 10am – 3pm at Age Concern North Tyneside, 13 Saville Street West, North Shields. Free, lunch included. Booking essential, Tel 280 8497.





Coffee Morning at Battle Hill Library, Berwick Drive. Call in from 10.30am - 12 noon. Free. Tel 200 6976.

Cycling Opportunities for All – enjoy an afternoon on adapted cycles suitable for all abilities. Suitable for beginners and experienced riders. 2pm at The Parks Sports & Leisure Centre, Howdon Road, North Shields. £2. Tel 0797 4720002.

Little Acorns Sing at an afternoon of entertainment at the Oxford Centre, West Farm Ave, Longbenton, come along from 1pm – 2.30pm. Free. Café open. Tel 200 7540.

Sunday 12th Guided Local History Trail of Wallsend. Discover hidden features and local tales. Meet 1pm by Wallsend Forum (outside Ansom Pub) for 1 ½ hour short walk with members of Wallsend Local History Society. Free. Tel 252 8545.

Mon 13th Coffee Morning at Coast Road Library, North Shields. Call in from 10.30am - 12 noon. Free. Tel 200 5857.

Coffee Morning at Forest Hall Library, Whitfield Rd. Call in from 10am - 12 noon and enjoy the photographic display. Free. Tel 200 7839.

Ten Pin Bowling Challenge hosted by Heyday Friendship Centres. 11am at XS Superbowl, Whitley Road, Benton. Join in as an individual or bring a team of four along. £3.50 for two games and tea/coffee. Tel 252 4967.

Holly Wood comes to North Shields for the Live at Home Concert 1.30 pm at North Shields Methodist Church Hall, Hawkey's Lane. Free. Refreshments 50p. Tel 272 8368.

Friday 10th Intergenerational Resource Centre Open Day. See examples of projects between younger and older people and find out about intergenerational volunteering - Call in between 10am to 3pm at Wallsend Town Hall, High Street East. Free. Tel 07974 074 344.

Coffee Morning at Shiremoor Library, Earsdon Rd. Call in from 10.30am - 12 noon and enjoy the hobbies display. Free. Tel 200 7839.

Reminisce over coffee with Life Choices, share some memories and make new friends at Chapelville, Chapel Place, Seaton Burn (behind Seaton Burn Club) 10.30am – 12.30pm. Free. Transport available. Tel 270 9801.

The Best of the Borough Tour Join a guided coach tour of the landmarks of North Tyneside and see the regeneration taking place - with commentary by Jonathan Barrand, North Tyneside Council Tourism Development Officer, and refreshment stop at the new Council Centre at Quadrant. Fully accessible coach including space for 4 wheelchairs. Leaves 2pm from Wallsend Bus Station, returns 4.30pm. Tickets £2 – please book from Wallsend Town Hall by 6th October. Tel 200 6565.

Warm up for Winter – a warm welcome and lots of ideas for keeping warm, well and saving money over the coming months. From 3.30 – 6.00pm at Jarrett's Coffee Shop, Age Concern North Tyneside, 13 Saville Street West, North Shields. Free. (Soup & tea/coffee £1.95). Tel 280 8484.

Tuesday 14th Coffee Morning at Wideopen Library, Canterbury Way. Call in from 10.30am - 12 noon, see the Age Concern Craft Group's papercrafts and embroidery, find out about a new Reading Group you could join and discover what else is going on locally. Free. Tel 200 7900

Heyday Outing to Carlisle via Houghton Hall - see page 3

Walk Northumberland – enjoy a six mile walk to Shaftoe Crags with the Heyday Whitley Bay Friendship Centre. Leaving from Whitley Bay Sainsbury's Car Park at 9.30am. Car share available. Free. Tel 252 0549.



Intergenerational Conference on Climate Change. A day for young and older people to explore and discuss this environmental challenge. 9.30am - 2.30pm at the Langdale Centre, Howdon. Free. Booking essential. Tel 07974 074 344

Women's Badminton join a friendly social group of players from 8-10pm at John Spence Community High School Sports Hall, Preston Road, North Shields. Hosted by North Tyneside Women & Girls Badminton Club. Rackets and shuttles provided. Free for new players. Tel 290 3358.

Games of the 60s Remember when you could play out from dawn till dusk? Ever wished you could try it all again? Now you can. The Sports Development Team is providing two hours of games and activities from the 60s including skipping, hula-hoops, hopscotch and even conkers! Come along from 6.30-8.30pm and listen to some 60s music and relive your youth. Sport&Leisure@Burnside, Burnside Business and Enterprise College, St Peter's Rd, Wallsend. Free. Tel 643 7447.

Wednesday 15th
Papercrafts Easy ways to make beautiful cards and gifts from 10am - 12 noon at Woodlea Tenants Centre, Woodlea Court, North Shields. Free. Tel 287 7021.

Shipwrecks around Whitley Bay
Illustrated talk by Morag Horseman at Tynemouth & North Shields Heyday Friendship Group. 1.30pm at Tynemouth Social Club, Front Street. Steps at this venue. Free. Tel 259 2774.

Healthy Eating Cookery Demonstration Marjorie Goodchild shows how to make sweet and savoury dishes which are both healthy and delicious (and raffled during tea/coffee). 2pm at Holy Saviour's Church Hall, Manor Road, Tynemouth (with Hearing Loop and live subtitles). Hosted by HoHo(Hard of Hearing Organisation). Tickets £1. Please book. Tel 252 3807.

Wed 15th – Fri 17th
DFDS Mini Cruise to Amsterdam for the Delft Experience see p 4.

Thursday 16th
Heyday Outing to Richmond & Hawes - see page 3.

Coffee Morning at Monkseaton Library, Woodleigh Rd. Call in from 10.30am - 12 noon. Free. Tel 200 8538.

Wii Games in Whitley Bay - try tennis, golf, ten-pin bowling or baseball on the Nintendo Wii from 10am - 12 noon at Age Concern North Tyneside's Whitley Bay Centre, Park Rd. Free. Tel 280 8499.



Coffee Afternoon at Dudley Library, John Willie Sams Centre. Call in from 1-3pm and enjoy the 'Keep young & beautiful' display. Free. Tel 643 4345.

Pie & Pea Lunch followed by bingo Come along for a sociable lunch from 12.30-2.30pm at Howdon Community Centre, Denbigh Avenue. 50p but please book. Tel 200 7344.

One-to-one computer introductions at Central Library, North Shields - one and a half hour's help to use the internet and set up an email account on the People's Network. From 1.30pm. Free but please book. Tel 200 5424.

Holly Wood comes to Killingworth - an afternoon of popular songs, entertainment and refreshments at the White Swan Centre with Killingworth Community Consortium. 2pm. Tickets 50p please book by calling 200 8328.



Friday 17th
Coffee Morning at Cullercoats Library, St George's Rd. Call in from 10am - 12 noon and enjoy the Hobbies Display. Free. Tel 200 8537.

Try Ten pin bowling on Nintendo Wii from 1.30-4.30pm at Age Concern North Tyneside, 13 Saville Street West, North Shields. Free but please book. Tel 280 8499.

Home Composter Starter Session - help and advice about getting going with your new home composter (see p 5) 2-4pm at Shiremoor Centre, Earsdon Road. Free. Tel 219 2086 or 219 2493

Men's Night Out for Good Health. Enjoy a buffet, quiz, try Wii bowling or golf, health checks and easy ways to better health (but no nagging!) from 6-9pm at the New Tunnel Club, Chatton Street, East Howdon. (Ladies - bring a 50+ man to the health night and enjoy a buffet & pamper session in the Lounge). Organised by Age Concern North Tyneside. Free but please book. Tel 287 7021.

Monday 20th
Songs & Stories from the Sixties with Tom and Marge entertaining from 1.30 at Balliol Centre, Chesters Avenue, Longbenton. With Young at Heart. Hearing Loop. Free. Tel 280 8498.

Online shopping.

Find out about buying food and goods online—securely – and how to sign up to shopping websites. From 2-4pm at Age Concern North Tyneside, 13 Saville Street West, North Shields. Free but please book. Tel 280 8484.

Tuesday 21st

The Best of the Borough Tour Join a guided coach tour of the landmarks of North Tyneside and see the regeneration taking place - with commentary by Jonathan Barrand, North Tyneside Council Tourism Development Officer, and refreshment stop at the new Council Centre at Quadrant. Leaves 10am from Four Lane Ends Interchange, returns 12.30. Tickets £2 – please book from Wallsend Town Hall by 14th October. Tel 200 6565.

Café Re – enjoy refreshments, music, good company, conversation, music, video, humour and worship from 2-3.30pm at Oxford St Methodist Church, Whitley Bay. Free. Tel 253 1730.

Christmas Papercrafts – make festive cards & gifts from 2-4pm at Age Concern North Tyneside, 13 Saville Street West, North Shields. £2 – please book. Tel 280 8484.

Give us a Kiss – see this short comic gem by Cecil Taylor about a couple

who can only talk to each other through their pet budgie! A Bruvvers Theatre Production at the White Swan Centre, Killingworth at 2pm. Tickets £5 (North Tyneside residents 50+ get two tickets for the price of one). Tel 643 2040.

Recreational Badminton Play at your own pace, or take advantage of North Tyneside Council's Sports Development coaching to learn or improve your play. 6.30-8.30pm at Sport and Leisure@Burnside, Burnside Business and Enterprise College, St Peter's Rd, Wallsend. Free but please book. Tel 643 7447.

Wednesday 22nd

Recreational Badminton Play at your own pace, or take advantage of North Tyneside Council's Sports Development coaching to learn or improve your play. 12 noon -2pm at The Parks Sports Centre, Howdon Road, North Shields. Free. Tel 643 7447.

Festival Songs of Praise with Churches Working Together. Join in with some well loved hymns and stay for refreshments. 2pm at St Paul's Church, Willington Quay. Tel 257 6127.

Ten Pin Bowling Challenge hosted by Heyday Friendship Centres. 6.30pm at XS Superbowl, Whitley Road, Benton. Join in as an

individual or bring a team of four along. £8.50 for two games and a basket meal. Tel 252 4967.

Thursday 23rd

'fit as a fiddle' Volunteer Open Day

Find out how the fit as a fiddle project can help you to encourage others to choose healthy eating and activities. 10am -2pm at Age Concern North Tyneside's Whitley Bay Centre, Park Rd. Free but please book. Tel 280 8499.

Camcorder Editing Day with the Coast Video Club – drop in between 10am – 3pm at the Bradbury Centre, 13 Saville Street West, North Shields to see winning examples of club members videos, and see how they edit camcorder footage, add effects and music. Free. Tel 257 6818.

Heyday Outing to Ripon & Skipton

- see page 3

Songs & Stories from the Sixties

with Tom and Marge entertaining from 1.30 at Trinity Church Hall, Station Road, Wallsend with Hand in Hand. Free. Tel 280 8498.

Behind the Scenes at Central Library

North Shields – find out what goes on out of sight with this guided tour from 2pm. Free but booking essential – book at Central Library reception or tel 200 5424.

Friday 24th

Silver Surfers Come and try surfing with expert instructors. All equipment provided, just bring your swimwear and a towel. 10am – 12 noon on the Long Sands, Tynemouth. £10 – please book by calling Rubber Soul on 257 5032.



Coffee Morning at Shiremoor Library, Earsdon Rd. Call in from 10.30am - 12 noon and enjoy the keep young and beautiful display. Free. Tel 200 7839.

Games of the 60s Remember when you could play out from dawn till dusk? Ever wished you could try it all again? Now you can. The Sports Development Team is providing two hours of games and activities from the 60s including skipping, hula-hoops, hopscotch and even conkers! Come along from 12 noon – 2pm to The Parks Sports Centre, Howdon Road, North Shields and listen to some 60s music and relive your youth. Free. Tel 643 7447.

Behind the Scenes at Central Library, North Shields – find out what goes on out of sight with this guided tour from 2pm. Free but booking essential – book at Central Library reception or tel 200 5424.

Saturday 25th
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.

Monday 27th
Knit Together Bring your own knitting or join in our knitting for

good causes at a sociable morning from 10am- 12noon at Age Concern North Tyneside, 13 Saville Street West, North Shields. Beginners and advanced knitters welcome. Free. Tel 287 7027.

Calendar Making with a computer. Bring in digital photos or use copyright-free images from the internet to make your own 2009 calendar. From 2-4pm at Age Concern North Tyneside, 13 Saville Street West, North Shields. Free but please book. Tel 280 8484.

ActiveAge Salsa-cise Join in to learn these Latin dance steps without needing a partner. 2pm at The Meadows, Waterville Road, Meadow Well. Free. Tel 280 8484.

Evening Eaters Individuals or small groups are invited to come for a sociable meal out (the first of many). Organised by Age Concern North Tyneside. Meeting at 5.30pm at Pane e Vino, 185 Whitley Road, Whitley Bay. Cost depends on meal ordered. Please book by 13th October by calling 280 8484.

Tuesday 28th
A Victorian Day Out at Stephenson Museum, Middle Engine Lane. Take a trip back to the 1860s with local news, crafts, memorabilia and costumes, board the Mobile Library, and be serenaded by the Willington

Songsters. Open 11am – 4pm with steam train rides from 12.20pm – 3pm. Bring your grandchildren to join in Family Learning Partnership activities. Costumes welcome. Free. Tel 200 7146.

Wallsend Pensioners' Social Afternoon – Join in for tea dancing, bingo and refreshments 1-4pm at Wallsend Memorial Hall, Frank Street. Tickets £2.50 tel 262 8761.

Wednesday 29th
An I-Spy Stroll at Royal Quays. Meet at The Parks Leisure Centre, North Shields at 10.15am, for a walk with a twist! Answer the quiz on this ActiveAge guided stroll of the Royal Quays area and you could win a prize. Free. Tel 280 8484.

Songs & Stories from the Sixties with Tom and Marge entertaining from 1.30 at St John's Community Centre, Percy Main. Free. Tel 280 8498.

Country & Western Afternoon - music and fun with the Howdon Home League. Fancy Dress optional – with a prize for the best. 1.30pm at St Paul's Church, Willington Quay. Tickets £2 (including light refreshments) from the Bradbury Centre, 13 Saville Street West, North Shields. Tel 257 6127.

Thursday 30th
Heyday Outing to Leeds Market - see page 3.

Tai chi for Arthritis – Try this ancient form of gentle exercise. It can be done seated or standing, appropriate for all abilities including arthritis, beginners welcome 11am – 12 noon at Woodlea Tenants Centre, Woodlea Court, North Shields. Free. Tel 287 7021.

Older People's Stakeholder Event - see press for more details nearer the date.

Behind the Scenes at Central Library, North Shields – find out what goes on out of sight with this guided tour from 2pm. Free but booking essential – book at Central Library reception or tel 200 5424.

Friday 31st
Halloween Tea Dance Join in the fun of a Halloween Sequence Dance, costumes welcome. From 1.30-4pm at the Linskill Centre, Linskill Terrace, North Shields. Tickets £2.50 (include afternoon tea) from Age Concern North Tyneside, 13 Saville Street West, North Shields. Tel 280 8484.



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 2009 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 & North Shields
Tel 257 6127
- Heyday Friendship Centres
Tel 252 4967
- North Tyneside Council Tel 200 7539
- Older People's Forum Tel 280 8496

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

