



Cultural activities for older people in NewcastleGateshead and Tyneside

Celebrating Older People's Day and beyond

NewcastleGateshead and Tyneside are fortunate in having an incredible array of world class cultural venues offering a wide range of activities and events, ranging from visual arts, theatre, music, dance, film, writing and literature, to heritage, archives and museums and science communication.

[NewcastleGateshead Cultural Venues](#) are 10 cultural organisations running 20 venues in Tyneside. We offer cultural experiences for people of all ages, all year round. Our venues are welcoming and accessible places and we have all achieved the Equality Standard Gold Award, recognising excellence in promoting equality, diversity, access and inclusivity.

Our main cultural programmes are, of course, accessible to people of any age and we encourage people to find out more about our venues and what you can get involved with as a participant or audience member. There are summaries for each organisation, contacts and weblinks provided on pages 2-4 of this document with information about what's on, visit information and opening times. For the main programmes, some venues sell tickets or have entry fees and others have free entry, but most have a mix of free as well as ticketed activities. Activities that are ticketed usually offer age and disability related concessions and all venues offer free entry for a carer/companion if the person attending requires support. Please check websites or with the venues directly for details, which will also have access information for those requiring additional support.

In addition, as 1st October is Older People's Day, we have worked with the Quality of Life Partnership and Elders Council to highlight some of the activities and events which are specifically tailored to or would be of interest to people who are over 50 or over 55, including some regular activities, some special events and offers for October and some events which are for people with additional needs, such as dementia friendly activities.

There is a brief summary on pages 2-4 of recommendations from our venues about regular and one off activities and special offers for older people. This is included in the information about each of our venues and further details are provided in the appendix about the activities, what is involved, where they are and how to get involved or book places (pages 5-13).

There should be something for everyone, as the recommendations include theatre groups, workshops and script reading, a dance taster day and dance classes for the over 55s, an over 60s cinema club, tours and talks around exhibitions of contemporary art and museum collections, artist talks and even Halloween make up sessions. For music lovers, there is a huge programme of music making and learning activities for the over 60s and for the scientifically minded, science workshops and an exploration of DNA, as well as a wide range of activities and experiments in the science centre. There are also dementia friendly activities including cinema screenings and creative art workshops.

Most of the venues also have cafes and places to socialise and we encourage people to enjoy the full range of facilities and activities on offer.

SUMMARY AND LINKS: CULTURAL VENUES, THEIR MAIN PROGRAMMES AND RECOMMENDED ACTIVITIES FOR OLDER PEOPLE

Note: Further details of the recommended activities for older people are in the appendix.

[BALTIC Centre for Contemporary Art](#) Gateshead Quays, South Shore Road, Gateshead and some activities in BALTIC 39 at High Bridge Street in Newcastle: Tel: 0191 478 1810

Housed in a landmark industrial building on the south bank of the River Tyne in Gateshead, BALTIC Centre for Contemporary Art is a major international centre for contemporary art. BALTIC has no permanent collection, providing instead an ever-changing calendar of exhibitions and events that give a unique and compelling insight into contemporary artistic practice. BALTIC's dynamic, diverse and international programme ranges from blockbuster exhibitions to innovative new work and projects created by artists working within the local community.

Membership costs £5 and members receive options for special events, offers and discounts.

- [Click here for details of the main programme of exhibitions and activities](#)
- [Click here for opening times and visit information](#)
- **Recommended activities for older people include:**
 - Regular guided tours of BALTIC's visiting exhibitions
 - A range of artists' talks and discussions (events in October at BALTIC and BALTIC 39 listed in the appendix)
 - Creative Age dementia friendly creative sessions
 - Hell Raising Halloween Make-up session in October
 - Practical artist workshops for community groups
 - See appendix for details – pages 5-6

[Centre for Life](#) Times Square, Newcastle Tel: 0191 243 8210

Based in the heart of Newcastle around 600 people from 35 countries work here: researchers, doctors and nurses work alongside people in the fields of education, public engagement and business. What unites everyone is a passion for science. At the heart of the science village is the Life Science Centre, which attracts around 250,000 visitors annually. Life's public engagement programme attracts a broad audience for exhibitions and special events, and the education team deliver the biggest schools' science workshop programme in any European museum or science centre. The main programme includes science related special exhibitions, planetarium, hands on exhibits, experiments and workshops.

- [Click here for details of the main programme of exhibitions and activities](#)
- [Click here for opening times and visit information](#)
- **Recommended activities for older people include:**
 - Life Science Centre activities – Game On exhibition, Planetarium, Creativity Zone, Experiment Zone
 - Workshops for older people (including DNA fingerprinting, how old is the universe and forensic DNA)
 - A special two for the price of one ticket offer for the over 65s on 1st October
 - See appendix for details – page 7

[Dance City](#) Temple Street, Newcastle Tel: 0191 265 0505

Dance City is a vibrant and friendly place where people come together to take part, enjoy, experience and talk about dance; where professional and aspiring dancers meet, learn and train; somewhere to watch world class dance performances and somewhere for all to come along and get involved in dance. People come to Dance City to socialise, learn new skills, keep fit and active, train professionally and find out more about dance. This all takes place under one roof, in our purpose-built dance-house, in the heart of Newcastle upon Tyne.

- [Click here for details of the main programme of performances, classes and other activities](#)
- [Click here for opening times and visit information](#)
- **Recommended activities for older people include:**
 - Dance classes for the over 55s, including beginners salsa, beginners and intermediate tap, beginners and improvers ballet and pilates.
 - A special taster day is offered for the Over 55s on 10th October.
 - See appendix for details – page 8

[Live Theatre](#) Broad Chare, Quayside, Newcastle Tel: 0191 232 1232

Live Theatre is recognised as one of the great new writing producing theatres on the international stage. It is deeply rooted in Newcastle/Gateshead where it is based. Live Theatre believes creativity and cultural engagement are central to the lives of individuals and that arts and culture should be recognised, supported and celebrated as significant contributors to the creative and economic wellbeing of our communities. Live Theatre produces work as varied and diverse as the audiences it engages with. As well as championing the art of writing for the stage by producing and presenting new plays, Live Theatre unlocks the potential of young people and finds and nurtures creative talent, there are comedy nights, music nights and courses around writing as well as an historic building tour.

- [Click here for details of the main programme of shows, events and activities](#)
- [Click here for visit information](#)

[Northern Stage](#) Barras Bridge, Newcastle Tel: 0191 230 5151

Northern Stage is an exciting, dynamic powerhouse of theatre and creativity in the heart of Newcastle. Bold and ambitious theatre, sunny family shows, a raft of participatory work and a cracking cafe bar - you'll find them all here.

- [Click here for details of the main programme of shows, events and activities](#)
- [Click here for opening times and visit information](#)
- **Recommended activities for older people include:** Script Reading for the over 60s on selected dates in the Autumn. See appendix for details – page11.

[Sage Gateshead](#), St Mary's Square, Gateshead Tel: 0191 443 4666

Sage Gateshead is an international home for music and musical discovery, bringing about a widespread and long-term enrichment of the musical life of the North East of England. Our inclusive approach enables all our performance, learning and participation programmes to be constantly inspired and supported by each other. As a home for musical discovery we offer performance and participation, including live music for all tastes: classical, contemporary, experimental, world, folk and jazz offered at different times of day and evening. We have an extensive Join In and Make Music Programme for people of all ages and abilities and we also host a range of festivals throughout the year:

- [Click here for details of the main programme of events and activities](#)
- [Click here for visit information](#)
- **Recommended activities for older people include:**
 - Silver programme, a day time programme of music making and learning opportunities for people over 50, including 60 regular weekly classes and one off activities from beginners to experienced players of instruments (including rock and pop, mixed instrument groups, steel pans, stringed instruments, percussion and wind instruments), singing (including rock and pop, gospel, show tunes, opera, madrigals, sacred, folk and jazz and mixed repertoire groups) and theory and tuition.
 - Special offer for 1st October, free Silver Singers taster session on 1st October.
 - See appendix for details – pages 9-11.

[Seven Stories](#) Lime Street, Ouseburn Valley, Newcastle Tel: 0845 271 0777

Seven Stories is the National Centre for Children's Books. We select original artwork and manuscripts - from first scribbles to finished books - to create our innovative exhibitions and popular events. Seven Stories celebrates children's books. How books are made, where they come from and how we can enjoy and share them. It's a great day out for the whole family. There are Annual passes and concessions are available.

- [Click here for the main programme of exhibitions](#) and [Click here for other events and activities](#)
- [Click here for opening times and visit information](#)
- **Recommended activities for older people:** Most of the activities are family oriented, so suitable for people of all ages to attend, or to attend with their family or friends

Theatre Royal – Grey Street, Newcastle Tel: 0844 811 2121

Welcome to the finest drama, the brightest West End musicals, the cream of the comedy circuit, award winning ballet and dance, family friendly shows, sensational opera – and (we think) the best Pantomime in the country! Welcome to one of the finest and most historic theatres in the UK, built in 1837 and, following a devastating fire, reconstructed in 1901, a Grade 1 listed landmark! Welcome to the warmest of welcomes – 405,000 people a year can't be wrong! Welcome to the Theatre Royal for inspiration and entertainment!

- [Click here for details of the main programme of shows and activities](#)
- [Click here for visit information](#)
- **Recommended activities for older people include:** Limelight a membership group for theatre lovers over 55, with a range of workshops and activities, talks with visiting companies, quizzes and performance opportunities. Special offer – there is a discount for new members joining up to 31st October. See appendix for details – page 11.

Tyne & Wear Archives & Museums (TWAM nine museums and galleries)

TWAM is a major regional museum, art gallery and archives service. We manage a collection of nine museums and galleries across Tyneside and the Archives for Tyne and Wear. We hold collections of international importance in archives, art, science and technology, archaeology, military and social history, fashion and natural sciences.

- [Click here for an overview of TWAM and links to all the sites, galleries and museums](#)
- Visit the individual websites for details of their main programme of exhibitions and activities as well as for opening times and visit information:
 - [Arbeia Roman Fort and Museum](#) Baring Street, South Shields Tel: (0191) 277 1410
 - [Discovery Museum](#) Blandford Square, Newcastle Tel: (0191) 232 6789
 - [Great North Museum: Hancock](#) Barras Bridge, Newcastle Tel: (0191) 208 6765
 - [Hatton Gallery](#) Kings Road, Newcastle University Tel: (0191) 208 6059
 - [Laing Art Gallery](#) New Bridge Street, Newcastle Tel: (0191) 232 7734
 - [Segedunum Roman Fort and Museum](#), Wallsend, Newcastle Tel: (0191) 278 4217
 - [Shiplay Art Gallery](#) Prince Consort Road, Gateshead Tel: (0191) 477 1495
 - [South Shields Museum and Art Gallery](#) Ocean Road, South Shields Tel: (0191) 211 5599
 - [Stephenson Railway Museum](#) Middle Engine Lane, North Shields Tel: (0191) 200 7146
 - [Tyne & Wear Archives](#) (at Discovery Museum), Blandford Square, Newcastle Tel: (0191) 277 2248
- **Recommended activities for older people include:**
 - Free entry to Segedunum Roman Fort and Museum for over 55s on 4th Oct; 11am free tour and talk
 - Platinum Programme – a series of inspiring and fun activities and experiences for the over 55s held in a range of the museums and sites on Wednesdays at 2.30pm at Discovery Museum and Hatton Gallery in Newcastle and at Shiplay Art Gallery in Gateshead – see appendix for dates and details
 - As part of South Tyneside Older People's Festival - South Shields Museum and Art Gallery Seaside Shields exhibition and talk on 5th and 7th October, Great North Museum Hancock Day Trip on 2nd October, Discovery Museum day trip 9th October.
 - See appendix for details – page 13.

Tyneside Cinema Pilgrim Street, Newcastle Tel: 0845 217 9909

Originally a newsreel cinema opened in 1937, this fully refurbished heritage building hosts a range of auditoria and shows everything from independent and world cinema, to new releases, Hollywood blockbusters and classic films. Live events featuring the finest theatre opera and ballet from around the world are screened via satellite and there is an Arts programme including special events and exhibitions. We also host a range of clubs for people who love books, knitting, languages and a range of accessible screenings for families with children with disabilities, as well as running quizzes and special events in the bar cafe on Pilgrim Street.

- [Click here for details of the main programme of films, events and activities](#)
- [Click here for opening times](#) and [click here for visit information](#)
- **Recommended activities for older people include:**
 - Silver Screen daytime film club for the over 60s, showing new releases. Free membership and members get reduced tickets and discounts in the coffee rooms on screening days
 - Dementia Friendly Cinema for people with dementia and their families up to 3rd December, reduced price tickets and a carer/companion goes free.
 - See appendix for details – page 12.

APPENDIX: ADDITIONAL RECOMMENDATIONS FROM VENUES FOR ACTIVITIES FOR OLDER PEOPLE

[BALTIC Centre for Contemporary Art](#) (Check location of activities – either BALTIC in Gateshead or BALTIC 39 Newcastle)

What's on offer	What's it all about	Dates, times and booking information
Exhibition Spotlight Tours	These bitesize, introductory tours are suitable for everyone and help bring BALTIC's exhibitions to life.	Daily at 11.30, 13.30 & 15.30 (lasts 20 minutes)/ FREE Location: BALTIC, Gateshead Ask at the Information Desk for further information on where to meet, or listen out for the announcements.
Creative Age Artists run friendly, creative and inclusive sessions for older adults exploring contemporary art in a dementia- friendly environment.	Inspired by our current exhibitions, these sessions use a variety of materials and explore creativity using the imagination model. The Imagination Model focuses on giving people the opportunity to explore their creativity instead of relying on memory-based activities.	Mondays 10.30-12.30 Free of charge Location: BALTIC, Gateshead Booking essential: Contact Douglas at Equal Arts information@equalarts.org.uk 0191 477 5775
Practical Artist Workshops for Community Groups Practical art workshops delivered by one of BALTIC's experienced artist facilitators develop your artistic inspiration, understanding, practical skills and techniques.	Artist Studio Sessions give you the opportunity to work closely with a practicing artist and engage with the exhibitions through practical creative exploration. Our artist team use the exhibitions as a focus, leave it to BALTIC to create a bespoke session from your ideas and desired outcomes.	Everyday depending on availability of space £100 half day £200 full day +VAT Groups of 16 people or under welcome Location: Artist Studio Sessions can take place at BALTIC or in your own venue and include all materials. To book a session, arrange a visit or chat about an opportunity, please contact our Community Programmer, Sarah Bradbury on 0191 440 4919 or sarahbradbury@balticmill.com
BALTIC 39 Common Room is an opportunity for bi-monthly meetings of artists and arts professionals to have peer led conversations about arts practice, to share practical advice and talk through common questions. October: Developing and Writing a Proposal with Judith King co- Director of Arts & Heritage. Judith is a contemporary art curator, initiating and devising projects and exhibitions usually for heritage organisations.	Each session takes a different focus to stimulate dialogue on developing, managing and sustaining a professional practice. There will also be a chance to share news and promote upcoming projects to a peer network. Judith will share her experience of both sides of the application process, how an artist's brief is developed and what commissioners expect from a proposal. That afternoon Judith King will be offering 1-2-1 mentoring sessions to four artists	Monthly sessions Judith King proposal writing session: Friday 30 October 2015 / 10.00-12.00 Location: BALTIC 39, High Bridge Street, Newcastle upon Tyne FREE / Booking essential To apply, please contact learning@balticmill.com for an application form. Deadline: Midday, Monday 19 th October 2015.

What's on offer (BALTIC continued)	What's it all about	Dates, times and booking information
<p>Space to Think: Fiona Tan An interactive philosophical enquiry about 'knowledge' using the archival installations of Fiona Tan.</p>	<p>Space to Think is an exciting opportunity to explore questions raised by artworks in this season's exhibitions. Led by Grace Robinson and Liz Watkins, Community Philosophers at Thinking Space, this series of workshops encourages group discussion and debate in an informal setting.</p>	<p>14.00-16.00 on Sunday 4 October 2015 Location: Launch Pad, Level 2, BALTIC, Gateshead £5 & £4 concession* BALTIC Members 10% discount Book: balticmill.eventbrite.co.uk or cash sales at BALTIC Information Desk, Gateshead Ticket price includes a hot drink and biscuits.</p>
<p>Conversation: Line Form and Understanding Peter J Evans, James Jarvis, Jock, Ant Macari</p>	<p>Since 2002 drawing has been at the backbone of Evans' practice, utilised as a way of representing the distinct pathways of matter as they travel through time and space. Brought together here to discuss the significance of drawing in their practice are three individuals who continue to inspire Evans' own work.</p>	<p>18:00 – 20:00 1 October and 12 November 2015 Location: BALTIC's Project Space at BALTIC 39 (High Bridge Street, Newcastle) Free, but booking essential: balticmill.eventbrite.co.uk</p>
<p>Talk: Dan Gordon, Keeper of Biology Join Dan Gordon, Keeper of Biology at Tyne & Wear Archives & Museums for an exclusive tour of BALTIC's Fiona Tan exhibition, and a talk about TWAM's own collection of whale bones and sea invertebrates, similar to those shown in Tans work, <i>DEPOT</i>.</p>	<p>Hear fascinating stories of Newcastle's whaling past and how TWAM's collection came about. There will be an opportunity for questions and close-up viewing of the objects after the talk finishes. The exhibition tour will be lead by BALTIC Crew. Refreshments will be served.</p>	<p>14.00-16.00 Saturday 17 October 2015 / Location: BALTIC, Gateshead £4/ £2.50 concession BALTIC Member 10% discount Book: balticmill.eventbrite.co.uk</p>
<p>Hell Raising Halloween Make Up Workshop Come to BALTIC and get a Murderous Masterclass in make up by a professional special effects makeup artist Laura Tallentire.</p>	<p>Do you want to start your Halloween with a scream? Get off to a frightful start and leave BALTIC with a Ghoulish Grin this Halloween. This activity is suitable for Adults ONLY. Tickets MUST be booked online in advance.</p>	<p>17:00-17:45/ 18:00- 18:45/ 19:00-19:45/ Saturday 31 October 2015 Location: Level 1 Cube, BALTIC, Gateshead £15.00 Book: balticmill.eventbrite.co.uk</p>
<p>In Conversation: Jack Lavender and Isobel Harbison</p>	<p>Artist Jack Lavender will discuss his work with Isobel Harbison, a writer, curator and tutor based in London. Harbison recently curated 'Pre-Pop to Post-Human: Collage in the Digital Age' for Hayward Touring. Harbison writes for a number of magazines and publications</p>	<p>19:00 – 20:00 Wednesday 21 October 2015 Location: Level 2, BALTIC, Gateshead £4 / £2.50 concessions 10% BALTIC Member discount Booking essential / book online: balticmill.eventbrite.co.uk</p>

[Centre for Life](#)

What's on offer	What's it all about	Dates, times and booking information
U3A Day – 1 October 2015. One day programme of workshops, lectures, and exhibition visits, will delve into to field of astronomy.	Organised and run by the Centre for Life, during the day participants will experience an extended version of one of the Centre's most popular planetarium shows, Live Skies, as well as workshops on 'How do we know that the earth rotates?', lectures exploring the effect that being in space has on astronauts' bodies and interactive workshops on plasma.	1 st October only For U3A members only.
Special offer for 1 October 2015	Two tickets for the price of one for Life Science Centre for people aged 65 and above for the entry to the Life Science Centre	1 October 2015 only. Cheapest ticket comes free. Buyer must be aged 65 or above. Not to be used in conjunction with any other offer.
Planetarium	North's biggest and best planetarium. You can experience the most immersive, absorbing journeys through space and the solar system, see stunning space films and visuals that you won't see anywhere else in the region. You can experience real-time Live Skies shows where you can find out what's happening in space right now, as well as zoom through space and land on planets in our solar system and journey through the stars and see surfaces of planets and moons in spectacular high definition.	Various shows throughout the day during science centre opening hours Click here for details: http://www.life.org.uk/whats-on/planetarium#.VajTJbnbKAY Price included in Science Centre ticket. Concessions available
Game On 2.0 Exhibition	International exhibition which explores the history, culture and future of gaming. Includes retro games from the past 60 years. http://www.life.org.uk/whats-on/game-on#.VajTCbnbKAY	Until 3 rd January 2016 During Science Centre opening hours. Price included in Science Centre ticket. Concessions available
Curiosity Zone	Are you curious? The Curiosity Zone is a place that gives you the opportunity to think like a scientist, not somewhere that tells you things scientists have already found out. Hands-on exhibits – you decide what you want to explore and how and use your natural curiosity to make your own discoveries on the way.	During Science Centre opening hours Price included in Science Centre ticket. Concessions available
Experiment Zone	Ever wondered what it's like to be a real scientist? Find out in the Experiment Zone. You can carry out practical experiments using real tools and materials; work on your own, in a team, or enlist the help of a friendly Science Explainer; meet real-life working scientists – see them at work and ask questions and help in actual research projects taking place in the region's universities. For more details click here: www.life.org.uk/whats-on/experiment-zone#.VgwK-Jd9KHs	Monday - Friday: 11.00am - 5.00pm (last entry 4.30pm) Saturday: 10.00am - 5.30pm (last entry 5.00pm) Sunday: 11.00am - 5.30pm (last entry 5.00pm) Drop in, no booking required. Price included in Science Centre ticket. Concessions available
Workshops	Life's education department offer a range of workshops for groups of older people including DNA finger printing; How Old is the Universe and Forensic DNA http://www.life.org.uk/education/workshops-and-activities/adult-workshops#.VajVMbnbKAY	To be arranged - Groups only. Pre-booking essential. Tel (0191) 243 8223 Various prices, depending on the workshop

Dance City

What's on offer	What's it all about	Dates, times and booking information
Dance taster day for the over 55s A series of taster sessions in different dance and fitness styles	A day of taster sessions in Tap, Ballet, Pilates, SwingFitness, Argentine Tango and Cuban Salsa specifically aimed at the more mature movers. In between the sessions, there will be time to chat over drinks and nibbles and meet other like-minded folk.	12 noon to 3.30pm on Saturday 10th October Price: £2 To book a place, book online here: http://www.dancecity.co.uk/booking/?event_id=39695 or call 0191 261 0505
Tap beginners class for the over 55s	Come along and start tapping in this high energy tap class. You will learn all the basic steps, building up to simple routines. Tap is not only great for physical fitness but it also works the mind by incorporating rhythm and movement together. You will learn more complicated steps and new dance rhythms and sequences and these steps will then lead to a short piece of choreography which will be new each week	12.30-1.30pm on Fridays from 2nd October to 4th December Find out more and book online here or call 0191 261 0505 Savings are available if you buy a set of 4, 8 or 12 classes
Tap intermediate class for the over 55s	Details as above – to the intermediate level	11.15-12.15 on Mondays from 5th October to 7th December Find out more and book online here or call 0191 261 0505 Savings are available if you buy a set of 4, 8 or 12 classes
Cuban Salsa Beginners class for the over 55s	Learn to salsa the Cuban way including footwork, rhythm/salsa beats and partner work. No partner required. Salsa is the most popular dance from Cuba, the dance is great for socialising and classes give a fun and exciting approach to learning the fundamental basic steps. Cuban Salsa is a couple dance however, it can be enjoyed on a solo basis.	11am-12pm every Tuesday from 6th October to 8th December Find out more and book online here or call 0191 261 0505 Savings are available if you buy a set of 4, 8 or 12 classes
Ballet beginners class for the over 55s	This is an exciting Ballet class created for the more mature body. Ballet targets core strength, flexibility, balance and alignment whilst challenging the mind through musicality and sequencing. This class is a wonderful way to stretch, learn, and engage your sense of expression through classical movement in a friendly and positive environment.	1-2pm every Monday from 5th October to 7th December Find out more and book online here or call 0191 261 0505 Savings are available if you buy a set of 4, 8 or 12 classes
Ballet improvers class for the over 55s	From basic ballet steps, to developing the perfect fundamentals of ballet technique these three levels of ballet will help you build strength & stamina. Lessons will always include a barre & centre to improve co-ordination, posture & strength, & will alternate weekly to include either classical ballet repertoire, neo-classical choreography or a full body stretch to relax muscles, & increase flexibility & range of motion.	2-3pm every Monday from 5th October to 7th December Find out more and book online here or call 0191 261 0505 Savings are available if you buy a set of 4, 8 or 12 classes
Pilates class for the over 55s	Pilates is a holistic exercise technique which elongates, strengthens and restores the body's balance. The benefits of Pilates are increased muscle tone, strength, flexibility, better posture and more energy through a series of gentle mat-based exercises. All levels and abilities welcome.	11am to 12 noon every Wednesday from 30th September to 2nd December Find out more and book online here or call 0191 261 0505 Savings are available if you buy a set of 4, 8 or 12 classes

[Sage Gateshead](#)

What's on offer (in addition to main programme)	What's it all about	Dates, times and booking information
Silver Singers Taster session for the over 50s on 1st October	<p>Welcoming and sociable groups singing a wide ranging mix of repertoire in parts to suit any level using tutors from Sage Gateshead but in venues around the region. This is a good starting point if you're not sure which singing style is for you. No experience necessary.</p> <p>Gateshead Old Town Hall is just a few minutes walk from Gateshead Interchange and Metro Station. There are parking spaces in the car parks at the front and the side of Gateshead Old Town Hall with Blue Badge parking.</p>	<p>11am-12.30pm on 1st October Location: Gateshead Old Town Hall, West Street, Gateshead, NE8 1HE. Book your free place in advance by contacting the Silver Programme on 0191 443 5034 or email silver@sagegateshead.com</p>
Silver Programme 2015/16 Music making and learning for people over 50	<p>This programme has grown over 10 years and now comprises of 60 regular weekly classes and many one off activities. Daytime musical activities for the over 50s are offered in a relaxed, informal and supportive environment and are for everyone from beginner, intermediate to accomplished.</p> <p>For the full Silver Programme brochure click here: http://issuu.com/sagegateshead/docs/silverbrochure1516 or contact the Silver Programme on 0191 443 5034 or email silver@sagegateshead.com Details are also available online here: http://www.sagegateshead.com/join-in/music-for-silvers/</p>	<p>Check dates and prices of groups in the brochure/online Location: Mostly at Sage Gateshead (St Mary's Place, Gateshead) or Gateshead Old Town Hall (West Street, Gateshead NE8 1HE) Classes can be booked in person at Sage Gateshead ticket office or online at www.sagegateshead.com Bookings can also be taken at Gateshead Old Town Hall You can enrol for half term (5 classes) or full term and multi-buy discounts are available. Most groups are £22.50 per half term and £45 per term, per group Contact the Silver Programme on 0191 443 5034 or email silver@sagegateshead.com</p>
Sing – Rock and Pop Click here for more information and links	<p>Silver Rock Singers: Harmony arrangements of classic and contemporary rock songs</p> <p>Quicksilver: Vocal performance group looking at arrangements of classic pop songs accompanied by a small band</p> <p>Silver Soul: A choir singing popular soul repertoire from both sides of the Atlantic</p>	
Sing – Various Styles Click here for more information and links	<p>Silversmiths: This blues, jazz and gospel group covers a wide repertoire – no previous experience necessary, just passion and enthusiasm</p> <p>Silver Shantymen: A new peer led group for men interested in singing sea shanties. Informal approach</p> <p>Opera d'Argento: Songs from operas, operettas, opera choruses and arias from around the world, with occasional classical and sacred</p> <p>Shades of Silver: Sing a mixed repertoire including popular, classical, pop, music from the show and more. Accompanied by piano</p> <p>Silver Breves: A classical music singing group for those who want to attempt more complicated and challenging sacred and secular work</p> <p>Silver Divas: Accompanied by piano, this group works on everything from popular songs to Broadway classics</p> <p>Silver Madrigals: Madrigals sung for fun in mixed voice parts</p> <p>Silver Chorus: An auditioned choir with a mixed repertoire of show tunes, pop, folk, classical, world and gospel</p>	
Silver Singers Click here for more information and links	<p>Welcoming and sociable groups singing a wide range of mixed repertoire in parts to suit any level, with tutors from Sage Gateshead.</p> <p>Silver Singers groups are in Stanley, North Shields, South Shields and Gateshead</p>	

What's on offer (Sage Gateshead continued)	What's it all about Check online or in brochure for term dates, times and prices (see notes on Silver Programme above for further information)
Play and Sing – Rock and Pop Click here for more information and links	Silver Rock 'n' Roll Band: Classic rock 'n' roll covers
	Roots Rock: A band covering the folk and country side of rock (UK, USA)
	Solid Rock: A large band focussing on modern rock classics (80s, 90s, 00s)
	Silver Sensations: Long running group playing all the rock and pop classics from across the eras
Play and Sing – Mixed Instrument Groups Click here for more information	Silver Skiffle Band: Traditional band featuring guitar, mandolin, washboard, singing and teacheest bass: 20s, 30s blues, UK and USA folk
	Silver Folk Band: For instrumentalists and singers with an interest in folk music.
	Silver acoustic band and song: Welcoming all acoustic instruments and singers, arranging contemporary songs as a band
Play and Sing – Stringed Instruments Click here for more information and links	Silver Beginner Guitar: Absolute beginners class will help you get to grips with the basics and then progress to more advanced classes
	Silver Improver Guitar: Improve your guitar skills in this intermediate guitar group that looks at a wide variety of tunes
	Silver Banjo Group: Develop your skills and gain experience playing with others
	Silver Mandolin Orchestra: Improve and develop your mandolin skills in a friendly group
	Sing 'n' Strum: For those interested in playing and singing. This performance group is for experienced guitar players
	Pick 'n' mix: For those who want to learn advanced techniques, including finger picking, soloing and slide playing
	Silver bluegrass band: For singers and instrumentalists who are keen to learn Appalachian and American roots music, guitar, ukulele, banjo and mandolin
	Play and Sing – Ukulele Click here for more information and links
Silver Improver Ukulele: The next step once you have learned the basics – develop skills and gain confidence with a small group	
Silver Ukulele Extra: Gain confidence and master new chords and repertoire used in the Silver Ukulele Band	
Silver Ukulele Band: For those who have got to grips with the basics of ukulele playing, a friendly, fun, relaxed group, varied repertoire	
Silver Ukulele Ensemble: The perfect group for those who have experienced the beginner and improver groups	
Silver Rock and Pop Ukulele: A ukulele band with a rock edge, you'll learn to play arrangements of classic rock and pop 60s to modern	
Play and Sing – Percussion Click here for more information and links	Silver Sambanistas: This energetic samba band plays traditional and original pieces using traditional Brazilian drums and hand percussion
	African Percussion: Explore African rhythms using traditional instruments including djembes and bells
	Silver Chimes: A group using bellplates (a modern alternative to handbells) to play harmonised arrangements of folk, classical, popular
	APEX (advanced percussion ensemble): This advanced percussion ensemble plays a range of complex and intricate pieces
Play and Sing – Steel Pans Click here for more information and links	There are currently seven steel pan bands and a beginner group, you can join any group, but some have been going longer than others so you may need time to catch up with old repertoire, as well as learning new tunes given to the groups. All groups have the opportunity to perform throughout the year. Please contact us to find out more about each group.
	The bands are: Silver Beginner Pans; Pink Panthers; Steel Magnolia; Steel Stars; Steel Sapphires; Steel Gems; Blue Steel; Pandemonium
Play and Sing – Wind Instruments Click here for more information and links	Silver Beginner Recorder: Get to grips with the recorder in this introductory group. Open to all abilities. Peer led
	Silver Improver Recorder: For players who are ready to move on from the beginner group. Peer led
	Silver Recorder Ensemble: Learn a wider variety of repertoire from medieval dance music to the Beatles. Peer led
	Silver Recorder Consort: An informal group of competent players who play mainly 5-8 part music written for early instruments
	Silver Wind Band: An ever growing ensemble of people who play a brass or woodwind instrument or have in the past
	Silver Sax: Improve and develop your saxophone skills with an experienced tutor whilst covering a broad range of exciting repertoire

What's on offer (Sage Gateshead continued)	What's it all about Check online or in brochure for term dates, times and prices (see notes on Silver Programme above for further information)
Theory and Tuition Click here for more information and links	Music Theory Level 1: An introduction to some of the basic elements of music theory, to give you a good grounding in whatever instrument you play
	One-to-one Instrumental Lessons: Piano, guitar, bass guitar, mandolin, banjo, trumpet, saxophone, drum kit. We can put you in contact with tutors offering individual tuition

Northern Stage

What's on offer (in addition to main programme)	What's it all about	Dates, times and booking information
Script reading group for over-60s. Read Through is an opportunity to come into Northern Stage and explore a mix of playtexts over tea and a scone.	A private and friendly environment where you can relax and meet new people who share your interests. We read texts over two sessions to allow for discussion and analysis so we encourage you to book for both sessions. Perfect if you're interested in discovering exciting texts or wish to analyse old plays in a new way, Read Through is a fun and enriching way to tackle those plays you always wanted to, and explore new texts with. Scripts from 21st century takes on the financial crisis all the way back to canonical classics will be read over two sessions so you can get to the heart of the play, it's characters, context and performance.	Sessions run from 2:00-4:00pm. Selected dates (contact box office to find dates) Location: McKenna's bistro restaurant, in Northern Stage, on the Newcastle University campus Cost of each session is £5 (which includes the price of refreshments). To book your place please call our Box Office on 0191 230 5151.

Theatre Royal

What's on offer (in addition to main programme)	What's it all about	Dates, times and booking information
LIMELIGHT A club for those aged over 55 who enjoy theatre.	Limelight offers the opportunity to attend "Day in the Life of..." sessions which give the opportunity to meet and ask questions of members of our visiting companies. Limelight also provides opportunity to participate in a number of practical workshop sessions. Sessions run in blocks of 5 and range from script reading to script writing, movement workshops to voice workshops. As part of Limelight, we also host a weekly Ensemble. The group meet for 90 minutes each Wednesday and practise best rehearsal room technique to explore and perform existing text. There are also further opportunities to engage in "one off" workshops delivered by visiting companies and other events including talks and quizzes.	Wednesdays, 90 minute sessions Location: Theatre Royal, Newcastle As a special offer we will provide a discounted membership rate to *new individual members of £35 throughout October 2015 if they quote NGCV at the time of booking. *New members must never have previously held Limelight membership. The offer does not extend to Joint Memberships. The offer will be withdrawn on 31 st October 2015.

Tyneside Cinema

What's on offer (in addition to main programme)	What's it all about	Dates, times and booking information
<p>Silver Screen</p> <p>Silver Screen is Tyneside Cinema's daytime film club for the over 60s.</p>	<p>Silver Screen is Tyneside Cinema's daytime film club for the over 60s. Films shown are usually new releases.</p> <p>People sign up free to become members and get discounted tickets as well as discounts in the Tyneside Coffee Rooms too (available on day of show only)</p>	<p>Membership is FREE: call 0845 217 9909. Tickets are discounted at £4.50, including refreshments and an introduction to the film.</p> <p>For dates of screenings and to book tickets, click here: https://www.tynesidecinema.co.uk/whats-on/films/silver-screen (Silver Screen frequently sells out in advance, so we recommend advance booking)</p>
<p>Dementia Friendly Cinema</p> <p>Relaxed film screenings for people with dementia, their carers, companions and families</p>	<p>Fortnightly daytime screenings up to 3rd December 2015 of some of the world's most beloved classic films musicals for people with dementia and their carers, companions and families.</p> <p>These events are open to everyone and enhanced to suit the needs of people with dementia. Staff will assist if needed and we screen the films with the lights up a little and sound down a touch in our beautiful Classic auditorium.</p> <p>There is a Dementia Cafe space in the bar cafe after the screenings, where audience members can socialise and get tea and cake for £3.50.</p> <p>You can sign up to receive information about the screenings and the project on Tyneside Cinema's website: click here</p>	<p>The next set of films are:</p> <ul style="list-style-type: none"> • Casablanca – 8th October at 1.30pm • High Society – 22nd October at 1.30pm • Some Like it Hot – 5th November at 1.30pm • Guys and Dolls – 19th November at 1.30pm • White Christmas – 3rd December at 1.30pm <p>Tickets are £4.50 per person and one carer or companion goes free. Tickets can be bought in advance online click here or at the box office (before or on the day)</p>

Tyne & Wear Archives & Museums (TWAM)

What's on offer (in addition to main programme)	What's it all about	Dates, times and booking information
Segedunum Age Friendly Museum Day and Free talk and tour of Segedunum Roman Fort and Museum	Museum and Roman Fort in Wallsend – enjoy a full day to explore free of charge and a free talk and tour at 11am to find out how the Romans used to live in Wallsend nearly 2000 years ago. Free admission to Segedunum for the day for over 55s when you mention Age Friendly Museums Day at the welcome desk. Free tour 11am-12 noon	Sunday 4th October Location: Segedunum Roman Fort and Museum, Wallsend 11am-12pm Free tour with a cup of tea/coffee provided afterwards (Note: spaces limited for talk and tour, advance booking recommended: Ring Joanne Charlton on 0191 2772297 to book a place)
Platinum Programme Heritage programme of inspiring activities for people aged over 55	A whole range of activities across the nine museums and galleries operated by TWAM. Sessions cover everything from textiles and costumes, to local history, the natural world, archaeology, art and more The programme is about lifelong learning, keeping active, having fun and socialising, whilst having access to a huge collection of objects.	Timetable of activities and locations are advertised through the local media, Elders Council newsletter and on the www.informationnow.org.uk and www.twmuseums.org.uk websites. For more information get in touch with Joanne Charlton by email joanne.charlton@twmuseums.org.uk or tel: 0191 277 2297
Culture and Cake All sessions are for the over 55s (Part of the platinum programme)	<ul style="list-style-type: none"> • 7th Oct: Co-op Building History Tour (Discovery Museum) • 14th Oct: Behind the scenes archaeology, natural history and ethnography store tour (Discovery) • 21st Oct: Ship Models – The art and the purpose (Discovery) • 4th Nov: Unsensed exhibition tour – Contemporary artists aim to reveal the unseen and unnoticed facets of our everyday environment (Hatton Gallery) • 11th Nov: Katherine Morling exhibition talk: Ceramic artwork created to look like 3D drawings (Shipley Art Gallery) • 18th Nov: Object conservation demonstration (Discovery Museum) • 25th Nov: Mine Safety Lamp Bicentenary 1815-2015 (Discovery) • 2nd Dec: Fenwick's Christmas Window exhibition talk (Discovery) • 9th Dec: Up close handling session – Fenwick's archives (Discovery) 	All sessions are held 2.30-3.15pm on Wednesdays Location – a variety of museum and gallery venues – see list Sessions cost £6 per person and are followed by a cup of tea and cake Booking required – please contact joanne.charlton@twmuseums.org.uk Tel: 0191 277 2297 Or zoe.brown@twmuseums.org.uk Tel: 0191 277 2296 Please note that individual sessions may be cancelled if less than 10 people sign up.
South Shields Museum and Art Gallery	Part of South Tyneside Older People's Festival 2015 South Shields Museum and Art Gallery Seaside Shields exhibition, with a free talk about our penny amusement machines from the 1920s-1950s.	10am 5th October and 10am 7th October To book a place, phone 0191 211 5599
Day trips from South Shields to Discovery Museum and Great North Museum Hancock	Part of the South Tyneside Older People's Festival <ul style="list-style-type: none"> • 10am-3pm 2nd October: Great North Museum Hancock Day Trip • 10am-3pm 9th October: Discovery Museum Day Trip 	Note: Pick up at South Shields at 9am on 2nd October GNM Hancock and 9th October for Discovery Museum Pick you up from 9am from Age UK South Tyneside, 29 Beach Road, South Shields NE33 2QU. To book a place call 0191 456 6903 or email info@ageuksouthtyneside.org.uk