

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



life's just begun

Hammersmith & Fulham Activity Programme

April – July 2017

Welcome to our spring activity programme

Spring is in the air and we have lots of activities to tempt you out of doors. Take a look, join in and have fun!

Term begins on Tuesday 18th April 2017. Half term will be Monday 29th May to Friday 2nd June and the spring term will end on Friday 21st July. No classes will be held on 1st & 29th May Bank Holidays.

Hammersmith & Fulham Link Up Service

Link Up is the one-to-one signposting service which Open Age offers to local over 50s who need a little extra help to access activities, groups and services locally. To find out more or to request a home visit for yourself or someone you know, **contact Vivienne on tel: 078 24 48 49 84 or by email: vmitchell@openage.org.uk**

News & Local Events

*The Over 50's
Film Matinée*



NEWS! The Over 50's Film Matinée is now at a new venue in a new, regular time slot!

Day: Last Friday of the month

Time: 2.00 – 4.00

What it's all about:

A chance to see old and new films in a friendly setting. We have partnered with Action on Disability to bring you a new Over 50's Film matinée at their new premises, next to Norland Croft Community School. Catch up on recent films and relive the classics!

See inside for details!

Address

Action on Disability
(next to Normand Croft
Community School),
Lillie Road,
SW6 7SR

Contact details

Vivienne on 078 24 48 49 84

GEFFRYE MUSEUM

Day: Friday 19th May

Time: 2.00 - 4.00

What it's all about:

Join us for a visit to this museum of the home. Visit both the beautiful gardens and the museum which explores the home from 1600 to the present day. Located in Shoreditch, the museum is set in beautiful 18th-century Grade I-listed almshouses. **Free of charge. Limited places - booking essential.**

Address

136 Kingsland Road,
London, E2 8EA

Contact details

Vivienne on 078 24 48 49 84

BALENCIAGA: SHAPING FASHION

Day: Monday 12th June

Time: 10.00am

What it's all about:

We have 9 free tickets to see this exhibition of the work and legacy of influential Spanish couturier Cristóbal Balenciaga, with over 100 pieces crafted by 'the master' of couture, his protégées and contemporary fashion designers working in the same innovative tradition. **Free of charge. Limited places - booking essential.**

Address

Victoria & Albert Museum
Cromwell Road
London, SW7 2RL

Contact details

Vivienne on 078 24 48 49 84

Mondays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Line Dancing	10.30 - 11.30 <i>Starts 24th April</i> No class on 1st or 29th May, Spring Bank holidays	Community Hall Planetree Court 61-63 Brook Green W6 7EF	72, 220, 283 295	£1	Have fun learning dance steps and sequences, accompanied by some great music
Steady & Stable MUST BOOK	Two morning sessions: 10.00 - 11.00 <i>high level</i> 11.00 - 12.15 <i>Low level</i> <i>Starts 24th April</i> No classes 1st or 29th May, Spring Bank holidays	Age UK (H&F), 105 Greyhound Rd, W6 8NJ	190, 211, 220, 295 Tube: Barons Court (15min walk)	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582
Steady & Stable Low Level MUST BOOK	12.45 - 1.45 <i>Starts 24th April</i> No classes 1st or 29th May, Spring Bank holidays	Bishop Creighton House, 374-380 Lillie Rd, SW6 7PH	190, 211, 295 Tube: Barons Court (20 min walk)	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582

Tuesdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Yoga for All	9.30 - 10.30 <i>Starts 18th April</i> No half term break	White City Community Centre, India Way, W12 7QT	72, 95, 220 228, 283 Tube: White City	£1	Start your day well; stretch body and mind, relax and revive with our tutor Brenda Mat-based class open to all
Steady & Stable Mixed Abilities MUST BOOK	10.30 - 11.30 <i>Starts 18th April</i> No half term break	All Saints Church, Pryors Bank Pavilion, Bishops Park, SW6 3LA	14, 220, 22 Tube: Putney Bridge	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582
Steady & Stable Mixed Abilities MUST BOOK	Two morning sessions: 11.00 - 12.00 <i>high level</i> 12.00 - 1.00 <i>Low level</i> <i>Starts 18th April</i> No half term break	White City Community Centre, India Way, W12 7QT	72, 95, 220 228, 283 Tube: White City	FREE	Fun evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582

Tuesday Tea Party <i>3rd Tuesday every month</i>	2.00 - 4.00	Masbro Centre, 87 Masbro Road, W14 0LR	9,10, 27, 28, 220, 237, 83, 295, Tube: Shepherds Bush	FREE	Come along for tea and socialising plus a different activity every time. From talks to singing and quizzes to dance, there'll be something to appeal to everyone 18 th April: Leather craft 23 May: Peace Project (Nubian Life) 20 June: a healthy living talk by Thrive Tribe 18 July: a talk about Guide Dogs for the Blind Partnership with the Masbro Centre (Urban Partnership Group)
---	-------------	--	--	------	---

Wednesdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Singing & Reminiscence <i>Fortnightly</i>	10.30 - 12.30 April: 19 th May: 3 rd , 17 th & 31 st June: 14 th & 28 th July: 12 th	Elgin Close Resource Centre, 1 - 3 Elgin Close, W12 9NH	94, 237 Tube: Goldhawk Road	FREE	Enjoy the benefits of group singing. Tutor Josh guides us through a variety of songs. Come along - don't be shy! Partnership with Elgin Close Resource Centre
Bolder not Older Free movement classes for the over 60s	10.30 - 12:00 <i>Starts 5th April</i> <i>Ends 14th June</i> Half term 29th May to 2nd June	Sycamore House, Sycamore Gardens, Hammersmith W6 0AS	Tube: Goldhawk Road	FREE	These movement classes for adults over 60 improve mobility, posture, balance and coordination. Have fun and move to music! A collaboration between DanceWest and Open Age with funding provided by Hammersmith United Charities
Seated Yoga	11.30 - 12.30 <i>Starts 19th April</i> No half term break	Elmgrove House Extra Care, 20 Bute Gardens, W6 7DR	10,27,33, 72, 220, 266, 295	£1	A chair-based class that makes yoga accessible to all. Develops your balance and strength and inspires wellbeing

Thursdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
LET'S SPEAK ENGLISH (Conversation classes: 10 weeks) LIMITED PLACES MUST BOOK	10.00 - 11.30 <i>Starts 20th April</i> Half Term 29th May - 2nd June	Communal Lounge, Banim Street Sheltered Housing, Banim Street (off Glenthorne Road) W6 0DN	10,27,33, 72, 220, 266, 295 Tube: Hammersmith	£1.50	A chance to improve your confidence in spoken English in a safe and friendly environment. Have fun as you learn and practice Call Vivienne on 078 24 48 49 84 to book

Dance Mix	10.30 – 11.30 <i>Starts 27th April</i> No half term break	Community Hall Askham Court Askham Road (off Uxbridge Road) W12 0NX	72, 207, 228, 260, 272, 283, 607 Tube: Shepherds Bush Market	£1	A fun dance session designed to improve your fitness
Strictly Ballroom	11.00 - 12.00 <i>Starts 20th April</i> No half term break	Edward Woods Community Centre, 60-70 Norland Road, W11 4TX	C1, 31, 49, 72, 94, 95, 148, 220, 228, 237, 260, 272, 295, 316, 607 Tube: Latimer Road	£1	A class for everyone: passionate dancers, complete beginners, singles or couples
Latin Line Dance <i>Beginners & beyond</i>	11.30 - 12:30 <i>Starts 20th April</i> Half Term 29th May 2nd June	St Johns Fulham, North End Road, SW6 1PB	11, 14,28, 211, 391 Tube: Fulham Broadway	£1	Cha-cha and rumba your way to health, fitness and vitality. Achieve your health aims and have fun while you do it!

Fridays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
NEW Over 50's Monthly Film Matinée Last Friday of the month in a new venue	2.00 - 4.00	Action on Disability (next to Normand Croft Community School), Lillie Road, SW6 7SR NB. Please use Action on Disability's entrance on Lillie Road - not the school's entrance.	74, 190, 430 Action on Disability is next to the Mulgrave Road bus stop	£2 for refresh -ments	A chance to see old and new cinematic greats on our big screen. Refreshments provided 28th April: Erin Brockovich 26th May: Murder She Wrote 30th June: A Fistful of Dollars 28th July: Hobson's Choice

Work Routes 50+ at Open Age (working in partnership with Reed)

Are you 50 or over, unemployed, and live in Hammersmith & Fulham?

Work Routes 50+ at Open Age supports local unemployed jobseekers to:

- Find sustainable employment
- Develop personal skills for work
- Meet regularly with a Job Coach for 1-2-1 personalised support
- Receive financial help with the cost of entering work

Call us on: 07766 752 093 or 020 3713 8735 to arrange an appointment.

Work Routes is part-funded by the European Social Fund

As members of Open Age you also have access to the programme of activities which we run at the **Second Half Centre, The St Charles Centre for Health & Wellbeing, Exmoor Street, London W10 6DZ.**

From dance and singing, to yoga, art, languages and philosophy, there's something for everyone. For the gentlemen amongst us, don't forget that we have the **Men's Space** programme. Call Russell on 020 8962 5583 for more details.

Take a look also at our programme of trips and visits – every week there's a chance to visit a new venue and meet up with old and new friends.

If that wasn't enough, on Thursday lunchtimes (12.30 – 2.00) we welcome our wonderful local celebrity chef Manju Malhi who cooks up a storm. For £4.50 you can have a delicious three-course freshly-cooked lunch at The Second Half Centre. For more details call Jenny on 0208 962 5500.

And, finally, a reminder: If you would like some support to help you – or someone you know – to get involved in our activities, just call Vivienne on 020 8962 4141 or 078 24 48 49 84 to arrange a home visit.

