

## Queen's Park / Harrow Road Activity Programme

### January 4th – March 24th 2016

#### GENERAL INFO:

The hub office is located in Room 9b at the Beethoven Centre, Third Avenue, W10 4JL. For information please call us on 020 7266 2776 or the hub mobile: 07518 592 030

Half term February 15<sup>th</sup> – 19<sup>th</sup> (no classes unless stated inside).

#### New Faces in the Hub!

Last term we sadly said goodbye to the amazing Gill and Elaine who moved on to new and exciting opportunities. The hub is now managed by Claire Hoggan, with support from Estee Zakaim, the Hub Facilitator. We are both eager to meet members and welcome new ones so drop in for a chat – or call or email us if you have any questions. We'd love to hear if you have ideas for new activities.

#### LOCAL EVENTS



##### QUEENS GALLERY VISIT

**Date** Wednesday 10<sup>th</sup> February

**Time** 10.00-12.30

**Cost** FREE

##### Description

Join us for this exciting trip to the Queen's Gallery at Buckingham Palace which includes a highlights tour of their current exhibition and an informal art workshop.

##### Address

The Queen's Gallery, Buckingham Palace, London SW1A 1AA

##### Contact Details

Book with Claire on 0207 266 2776



##### RHYTHM AND BLUES EVENT

**Date** Wednesday 2<sup>nd</sup> March

**Time** 3.00-5.00

**Cost** FREE

##### Description

Come along and enjoy an afternoon of live music from the fantastic Odyssey Blues Band along with free food and drink! Just bring your dancing shoes!

##### Address

The Beethoven Ctr, Third Avenue, Queen's Park, W10 4JL

##### Contact Details

Contact Claire on 0207 266 2776



##### MORE IPADS AND SMARTPHONES

**Date** Every Wednesday

**Time** 11.30-12.30

**Cost** £1

##### Description

If you have mastered the basics but want to learn more, come and further your knowledge about what you can do with iPads! Smartphone assistance is also available.

##### Address


Open Age Hub, The Beethoven Ctr, Third Avenue, W10 4JL

##### Contact Details

Book with Claire on 0207 266 2776

## MONDAY CHOICES

Activities are for Westminster residents ONLY

| ACTIVITY   | TIME   | PLACE   | BUS   | COST  | DETAILS  |
|--|--|---|---|-------|--|
| <b>Third Age Counselling MUST BOOK</b><br> | 10.00-1.00<br>On -going                                  | Ernest Harriss House,<br>61 Elgin Avenue,<br>W9 2BX   | 6,18,<br>28,<br>31,<br>36,<br>228,<br>328,<br>414 | FREE  | Please phone: <b>020 7976 6667</b> or <b>07507 987 014</b> to book.<br><br>Donations welcome!  |
| <b>Monday 50+ social with speakers</b>   | 10.30-12.30<br>Starts 4 <sup>th</sup> Jan                | Juniper House,<br>Droop Street,<br>W10 4QX  | 18,28   | FREE  | A lively and stimulating morning with speakers. New members welcome. Call the Hub on <b>020 7266 2776</b> for more information.  |
| <b>Beginner's Internet and email (6 week courses) MUST BOOK</b>  | 11.30-1.30<br>Starts 4 <sup>th</sup> Jan                 | Queen's Park Library,<br>666 Harrow Road,<br>W10 4NE  | 18,28   | £2    | Sign up for this friendly, supportive class that helps beginners get started on computers. For more information or to book a place, please phone the Hub on <b>020 7266 2776</b> .   |
| <b>Step Up from Steady</b>   | 12.45-1.45<br>Starts 11 <sup>th</sup> Jan                | Barbara Brosnan Ct.<br>46 Grove End Road,<br>NW8 9NP  | 13,<br>46,<br>82,<br>113,<br>187,<br>189          | £2    | This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.  |
| <b>Phone Club:</b><br>Discussion group for those who are housebound  | 1.00-2.00  | Comfort of your own home  | N/A   | FREE  | Conversation topics range from 'current affairs' to 'health', 'films', 'laughter' and quizzes. Phone Alexandra on <b>020 8962 5584</b> for more information and to join!   |
| <b>Taiji 18 stance Qigong</b>  | 1.30-2.30<br>Starts 4 <sup>th</sup> Jan                  | Portgate Hall,<br>19 Portgate Close,<br>W9 3DL<br>(3 <sup>rd</sup> right off Ashmore Rd from Harrow Rd end) | 6,18,<br>28,<br>31,<br>36,<br>228,<br>328,<br>414 | £1.50 | Taiji 18 stance Qigong is an easy to learn sequence of energy-enhancing exercises which coordinate movement with breathing and internal concentration.<br>If practised regularly it will give you more energy improve health and prevent illness. Benefits balance, flexibility and posture. |
| <b>Steady and Stable MUST BOOK</b>   | 2.00-3.15<br>Starts 11 <sup>th</sup> Jan<br>No Half Term | Barbara Brosnan Ct.<br>46 Grove End Road,<br>NW8 9NP  | 13,<br>46,<br>82,<br>113,<br>187,<br>189          | FREE  | A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility. To book please contact Open Age on <b>0208 962 4537</b> .   |

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|--|--|---|--|------|---|
| <b>'Advice Plus' Information Stall</b><br>(In partnership with The Beethoven Centre) | 2.00-4.00<br>Starts 4 <sup>th</sup> Jan  | The Beethoven Ctr,<br>Third Avenue,<br>Queen's Park<br>W10 4JL  | 6,<br>187,<br>316                                  | FREE | Information stalls from many service providers. A chance to find out what is going on in your area & for YOU to seek help or advice.  |
| <b>Cricket Fans Club</b>   | 2.00-3.30<br><br>11 <sup>th</sup> Jan<br>8 <sup>th</sup> Feb<br>14 <sup>th</sup> March | Open Age Hub,<br>The Beethoven Ctr,<br>Third Avenue,<br>Queen's Park<br>W10 4JL                             | 6,<br>187,3<br>16                                  | FREE | Come along and meet fellow cricket enthusiasts and spend your afternoon exchanging cricket tips / stories over a cuppa!   |
| <b>Phone Club: Discussion group</b><br>For the Housebound                            | 2.30-3.30  | Comfort of YOUR own home!   | N/A  | FREE | Conversation topics range from 'current affairs' to 'health', 'films', 'laughter' and quizzes. Phone Alexandra on <b>020 8962 5584</b> for more information and to join!  |
| <b>Mindfulness Meditation</b>  | 2.30-3.30<br>Starts 4 <sup>th</sup> Jan  | Portgate Hall,<br>19 Portgate Close,<br>W9 3DL<br>(3 <sup>rd</sup> right off Ashmore Rd from Harrow Rd end) | 6, 18,<br>28,<br>31,<br>36,<br>228,3<br>28,<br>414 | £1   | Mindfulness involves breathing exercises to root you in the present. Proven to help make you calm, content & less anxious / depressed.  |
| <b>Health Trainer MUST BOOK</b><br>(In partnership with Living Well)                 | 4.00-5.00<br>On- going   | Open Age Hub,<br>The Beethoven Ctr,<br>Third Avenue,<br>Queen's Park<br>W10 4JL                             | 6,<br>187,<br>316                                  | FREE | 1-to-1 support to improve health & wellbeing. Lose weight; eat a healthy diet; give up smoking; reduce stress; cut drinking & more! To book phone <b>07572 656 411</b> .  |
| <b>Phone Club: Creative Writing Group</b><br>For the Housebound                      | 4.00-5.00  | Comfort of YOUR own home!   | N/A  | FREE | Led by tutor – includes poetry, short-stories and life stories, word games, writing exercises and opportunities to give and receive constructive feedback. Plus optional homework. Phone Alexandra for more information & to join on <b>020 8962 5584</b> . |

## TUESDAY CHOICES

Activities are for Westminster residents ONLY

| ACTIVITY                     | TIME                                      | PLACE   | BUS               | COST | DETAILS  |
|------------------------------|---|---|-------------------|------|--|
| <b>Gardening / Allotment</b> | 10.30-11.30<br>On going                   | Phone Claire for details  | 6,<br>187,<br>316 | FREE | An opportunity to learn/share your knowledge & grow plants/veg on our allotment space. Phone the Hub for details on <b>020 7266 2776</b> .     |
| <b>Simply Art MUST BOOK</b>  | 10.30-12.30<br>Starts 5 <sup>th</sup> Jan | Open Age Hub,<br>The Beethoven Ctr,<br>Third Avenue,<br>Queen's Park<br>W10 4JL | 6,<br>187,<br>316 | £2   | An exciting 11 week course covering sketching, drawing, painting & more. All abilities welcome. To book call the Hub on <b>020 7266 2776</b> . |

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|--|--|--|---|-------|---|
| <b>Exercise to Music</b><br>(Positively Physical)  | 12.30-1.30<br>Starts 12 <sup>th</sup> Jan<br>No Half Term                                      | WECH Comm Ctre<br>Chantry Close,<br>Elgin Estate,<br>Elgin Ave, W9 3RS<br><br>(by Elephant & Castle<br>Pub)        | 18,<br>36   | FREE  | This class will improve your stamina & strength and help you to burn some calories!   |
| <b>Ballroom and Latin Bliss</b>  | 2.00-3.00<br>Starts 5th Jan  | Portgate Hall,<br>19 Portgate Close,<br>W9 3DL<br><br>(3 <sup>rd</sup> right off Ashmore Rd<br>from Harrow Rd end) | 6,<br>18,<br>28,<br>31,<br>36,<br>228,<br>328,<br>414 | £1    | If you love the idea of twirling with confidence, learning a new life skill, & above all enjoying yourself; this ballroom and Latin class is for you. Whether you're looking to brush up your steps, unleash your dancing talent, or completely new to dance come and join us for this fun class! |
| <b>Chair Exercise</b><br>(Positively Physical)   | 2.00-3.00<br>Starts 12 <sup>th</sup> Jan<br>No Half Term                                       | WECH Comm Ctre<br>Chantry Close,<br>Elgin Estate,<br>Elgin Ave, W9 3RS   | 18,<br>36   | FREE  | Gentle seated exercise that stretches & tones the whole body.   |
| <b>Sleep - How to improve it!</b><br><b>MUST BOOK</b><br>(In partnership with the Health Improvement Team) | 2.00-3.30<br><br>12 <sup>th</sup> January<br>9 <sup>th</sup> February<br>8 <sup>th</sup> March | Ernest Harriss<br>House,<br>61 Elgin Avenue, W9<br>2BX   | 6,31,<br>36,<br>187,<br>228                           | FREE  | This practical workshop will help you with tips, techniques and information if you have trouble sleeping. To book phone the Hub on <b>020 7266 2776</b> .   |
| <b>Music for All</b>   | 2.30-4.00<br>Starts 5 <sup>th</sup> Jan  | Ernest Harriss<br>House,<br>61 Elgin Avenue,<br>W9 2BX   | 6,31,<br>36,<br>187,<br>228                           | £1.50 | A fascinating afternoon comprised of learning about musical instruments, famous composers, and their music.   |
| <b>Yoga</b><br>(Positively Physical)   | 2.30-3.30<br>Starts 12 <sup>th</sup> Jan<br>No Half Term                                       | The Beethoven Ctr,<br>Third Avenue,<br>Queen's Park<br>W10 4JL   | 6,<br>187,<br>316                                     | FREE  | An energizing yoga class that promotes good health for body, mind & soul.   |
| <b>Mixed Age Shared Reading Group</b><br>(In partnership with Westminster Libraries)                       | 3.30-5.00<br>Ongoing   | Queen's Park Library<br>666 Harrow Road,<br>W10 4NE  | 18,<br>28   | FREE  | Read short stories, poems, novels & plays together & discuss them over a cuppa! No obligation to read or join the discussion, come & listen!  |

## WEDNESDAY CHOICES

### Activities are for Westminster residents ONLY

| ACTIVITY  | TIME                                      | PLACE   | BUS       | COST | DETAILS   |
|---|---|---|-----------|------|---|
| <b>Intermediate Computer Course</b><br>(8 week courses)<br><b>MUST BOOK</b> | 10.00-12.00<br>Starts 6 <sup>th</sup> Jan | Queen's Park<br>Library,<br>666 Harrow Road,<br>W10 4NE | 18,<br>28 | £2   | Increase your skills in this helpful class. For more information or to book a place, please phone the Hub on <b>020 7266 2776</b> . |

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|---|--|---|---|------|---|
| <b>Beginners iPad Training</b><br>(5 week courses)<br><b>MUST BOOK</b>    | 10.30-11.30<br>Starts 6 <sup>th</sup> Jan                | Open Age Hub,<br>The Beethoven Ctr,<br>Third Avenue,<br>Queen's Park<br>W10 4JL                             | 6,<br>187,<br>316                                 | £1   | Come and learn how to use an iPad in a fun way! No experience needed you'll be amazed! Call the Hub on <b>020 7266 2776</b> to book.  |
| <b>Low Impact Aerobics</b>  | 11.00-12.00<br>Starts 6 <sup>th</sup> Jan                | Juniper House<br>Droop Street,<br>W10 4QX<br>(Behind Queen's Park Library)                                  | 18,<br>28   | £1   | A gentle paced aerobics class for a full body workout to improve flexibility & mobility   |
| <b>More iPads and Smartphones</b><br>(5 week courses)<br><b>MUST BOOK</b> | 11.30-12.30<br>Starts 6 <sup>th</sup> Jan                | Open Age Hub,<br>The Beethoven Ctr,<br>Third Avenue,<br>Queen's Park<br>W10 4JL                             | 6,<br>187,<br>316                                 | £1   | If you have mastered the basics but want to learn more, come and further your knowledge about what you can do with iPads! Smartphone assistance is also available. iPads are provided but please bring your Smartphone! Call the Hub on <b>020 7266 2776</b> to book. |
| <b>Steady and Stable (Class 1 – high level)</b><br><b>MUST BOOK</b>       | 1.00-2.15<br>Starts 13 <sup>th</sup> Jan<br>No Half Term | Portgate Hall,<br>19 Portgate Close,<br>W9 3DL<br>(3 <sup>rd</sup> right off Ashmore Rd from Harrow Rd end) | 6,18,<br>28,<br>31,<br>36,<br>228,3<br>28,41<br>4 | FREE | A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on <b>0208 962 4537</b> .   |
| <b>Chair Exercise to Music</b>  | 2.00-3.00<br>Starts 6 <sup>th</sup> Jan                  | Ernest Harriss House,<br>61 Elgin Avenue,<br>W9 2BX   | 6,31,<br>36,<br>187,                              | £1   | Gentle exercise and great music. A fun and popular class for ALL abilities  |
| <b>Wednesday 50+ Social with speakers</b>                                 | 2.00-4.00<br>Starts 6 <sup>th</sup> Jan                  | Juniper House<br>Droop Street,<br>W10 4QX<br>(Behind Queens Park Library)                                   | 18,<br>28   | FREE | A lively & welcoming social group with invited speakers and refreshments. For details call the Hub on <b>020 7266 2776</b> .  |
| <b>Steady and Stable (Class 2 – low level)</b><br><b>MUST BOOK</b>        | 2.15-3.15<br>Starts 13 <sup>th</sup> Jan<br>No Half Term | Portgate Hall,<br>19 Portgate Close,<br>W9 3DL<br>(3 <sup>rd</sup> right off Ashmore Rd from Harrow Rd end) | 6,18,<br>28,<br>31,<br>36,<br>228,3<br>28,41<br>4 | FREE | A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on <b>0208 962 4537</b> .   |

## THURSDAY CHOICES

Activities are for Westminster residents ONLY

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|----------|------|-------|-----|------|---------|
|----------|------|-------|-----|------|---------|

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|--|--|---|----------------------------------|-------------------|---|
| <b>Trips Around London</b>   | See Trips Programmes                                       | Meet: Library Foyer, North Kensington Library, 108 Ladbroke Grove, W11 1PZ                            | N/A                              | Varied            | See Trips Programmes!<br>To book please contact Open Age on <b>020 8962 4141</b> .  |
| <b>Munro Health Co-op</b><br>Complementary therapy<br><b>MUST BOOK</b>                           | Half hour or hourly slots                                  | Ernest Harriss House, 61 Elgin Avenue, W9 2BX   | 6, 31, 36, 187, 228              | £12 per half hour | Massage, Shiatsu, Reflexology, Reiki or Indian Head massage. To book phone Claire <b>020 7266 2776</b> . Some availability on other days!   |
| <b>Chi Gong</b>  | 10.00-11.00<br>Starts 7 <sup>th</sup> Jan                  | Portgate Hall, 19 Portgate Close, W9 3DL<br>(3 <sup>rd</sup> right off Ashmore Rd from Harrow Rd end) | 6, 18, 28, 31, 36, 228, 328, 414 | £1                | Learn to align breathing movement & meditation. Involves rhythmic breathing & slow, fluid movements.  |
| <b>Singing for All</b>   | 10.00-12.00<br>Starts 7 <sup>th</sup> Jan                  | Ernest Harriss House, 61 Elgin Avenue, W9 2BX   | 6, 31, 36, 187, 228, 328, 414    | £2                | Led by a professional singer, this is a friendly class. Come & enjoy singing & learn how to develop your voice!   |
| <b>Gardening</b><br>(Partnership with Groundworks, City West Homes & Housing with Care Services) | 10.30-12.00<br>On-going                                    | Juniper House Droop Street, W10 4QX<br>(Behind Queens Park Library)                                   | 18, 28                           | FREE              | An opportunity to learn/share your knowledge & grow plants/veg both in & outdoors. When cold we discuss & plan inside! Phone the Hub for details on <b>020 7266 2776</b> .  |
| <b>Book Break</b>  | 10.30-12.00<br>Starts 7 <sup>th</sup> Jan                  | Open Age Hub, The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL                                   | 6, 187, 316                      | FREE              | Rosie from The Reader Organisation will bring along a short story and poem, we'll read, listen and chat. You can have a turn at reading aloud, or sit back and enjoy as the story takes us to destinations old and new!   |
| <b>Osteo Blast</b><br><b>MUST BOOK</b>   | 10.30-11.45<br>Starts 14 <sup>th</sup> Jan<br>No Half Term | Warwick Community Hall, 300 Harrow Road, London, W2 5HG   | 18, 36                           | £1                | Osteo Blast is an 8 week exercise programme designed to improve your bone health & muscle strength. In taking part you will develop your flexibility, co-ordination and balance" to book or enquire about eligibility please contact Open Age on <b>020 8962 4537</b> . |
| <b>American School lunch / tea</b><br><b>MUST BOOK</b>   | 10.30-1.30<br><br><b>January 28<sup>th</sup> ONLY!</b>     | Meet at The Beethoven Centre Third Avenue, Queen's Park, W10 4JL                                      | 6, 187, 316                      | FREE              | The American School hosts an intergenerational programme during the school year where members meet students over lunch / tea. Transport provided. For details & to book call Claire on <b>020 7266 2776</b> .   |
| <b>Guitar Lessons</b>  | 12.30-1.30<br>Starts 7 <sup>th</sup> Jan                   | Open Age Hub, The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL                                   | 6, 187, 316                      | £1                | Whether you're a beginner or would like to brush up your skills, it's never too late to start! All levels welcome! <b>Please bring a guitar</b> .   |

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|---|---|--|-------------------|-------|--|
| <b>Pilates</b><br>(Positively Physical)                                       | 12.30-1.30<br>Starts 14 <sup>th</sup> Jan<br>No Half Term       | The Beethoven Ctr,<br>Third Avenue,<br>Queen's Park<br>W10 4JL                                       | 6,<br>187,<br>316 | FREE  | Special exercises that concentrate on strengthening & toning your whole body.  |
| <b>Phone Club: Discussion group</b><br>For the Housebound                     | 1.00-2.00   | Comfort of your own home   | N/A               | FREE  | Conversation topics range from 'current affairs' to 'health', 'films', 'laughter' and quizzes. Phone Alexandra on <b>020 8962 5584</b> for more information and to join!   |
| <b>Women's social group for Arabic &amp; Kurdish speakers</b><br>(women only) | 1.00-3.00<br>Starts 7 <sup>th</sup> Jan                         | WECH Comm Ctre<br>Chantry Close,<br>Elgin Estate,<br>Elgin Ave, W9 3RS<br>(by Elephant & Castle Pub) | 18,<br>36         | FREE  | Come along for tea and a social afternoon with other Arabic & Kurdish speakers.  |
| <b>Arabic speaking health trainer</b><br>(women only)                         | 1.00-3.00<br>Starts 7 <sup>th</sup> Jan                         | WECH Comm Ctre<br>Chantry Close,<br>Elgin Estate,<br>Elgin Ave, W9 3RS<br>(by Elephant & Castle Pub) | 18,<br>36         | FREE  | 1-to-1 support to improve health & wellbeing. Lose weight; eat a healthy diet; give up smoking; reduce stress; cut drinking & more!<br>To book phone <b>07572 656 411</b> .  |
| <b>Sketching at Museums &amp; Galleries</b><br><b>MUST BOOK</b>               | 1.30-3.30<br>Starts 7 <sup>th</sup> Jan                         | Various Museums or Galleries   | N/A               | £2    | Each week the class will sketch at a Museum or Gallery. You must <b>bring your own sketch pad</b> . Pencils will be provided. If you have special needs let us know & please bring your Carer with you. Sign up by calling the Hub on <b>020 7266 2776</b> . |
| <b>Sewing Class</b>   | 2.00-4.00<br>Starts 7 <sup>th</sup> Jan                         | Open Age Hub,<br>The Beethoven Ctr,<br>Third Avenue,<br>Queen's Park<br>W10 4JL                      | 6,<br>187,<br>316 | £2.00 | Come along and join in with this fun sewing class & develop new skills or revive some old ones!  |
| <b>Book Talk: Phone Discussion group</b><br>For the Housebound                | 2.30-3.30<br><b>Last Thursday of the month</b>                  | Comfort of your own home   | N/A               | FREE  | Discuss a book delivered by home library service, ranging from Historical Fiction to Crime. Call Alexandra for info on <b>020 8962 5584</b> .  |
| <b>Chair Yoga</b>   | 3.30-4.30<br>Starts 7 <sup>th</sup> Jan                         | Juniper House,<br>Droop Street,<br>W10 4QX   | 18,<br>28         | £1    | This chair based exercise involves moving & releasing tension in joints, breathing exercises, and overall relaxation   |
| <b>Phone Club: Discussion group</b><br>for those who are housebound           | 4.00-5.00   | Comfort of your own home   | N/A               | FREE  | Conversation topics range from 'current affairs' to 'health', 'films', 'laughter' and quizzes. Phone Alexandra on <b>020 8962 5584</b> for more information and to join!   |
| <b>The Round Table</b><br>Members' Think Tank meeting<br>Every two months     | Contact <b>Claire</b><br>for details on<br><b>020 7266 2776</b> | Open Age Hub<br>The Beethoven Ctr,<br>Third Avenue,<br>Queen's Park<br>W10 4JL                       | 6,<br>187,<br>316 | FREE  | An opportunity for those living in Queen's Park / Harrow Road Wards to meet & discuss how the hub is progressing & what activities YOU would like to see being run!  |

## FRIDAY CHOICES

Activities are for Westminster residents ONLY

| ACTIVITY   | TIME  | PLACE   | BUS   | COST       | DETAILS   |
|--|---|---|---|------------|---|
| <b>Chair Exercise to Music</b>   | 10.00-11.00<br>Starts 8 <sup>th</sup> Jan                 | WECH Comm Ctre<br>Chantry Close,<br>Elgin Estate,<br>Elgin Ave, W9 3RS<br>(by Elephant & Castle Pub)        | 18,<br>36   | £1         | Gentle exercise and great music. A fun and popular class for ALL abilities.   |
| <b>Board Games</b><br>(In partnership with Octavia Housing)  | 10.00-12.00<br>Starts 8 <sup>th</sup> Jan                 | Portgate Hall,<br>19 Portgate Close,<br>W9 3DL<br>(3 <sup>rd</sup> right off Ashmore Rd from Harrow Rd end) | 6,18,<br>28,<br>31,<br>36,<br>228,<br>328,<br>414 | FREE       | Try your hand at Scrabble, Cards, Dominoes & more, in a relaxed atmosphere with a cuppa!<br><br>Call the Hub on <b>020 7266 2776</b> for more information.                                |
| <b>Coffee Morning</b><br>(In partnership with Octavia Housing)   | 10.00-12.00<br>Starts 8 <sup>th</sup> Jan                 | Portgate Hall,<br>19 Portgate Close,<br>W9 3DL<br>(3 <sup>rd</sup> right off Ashmore Rd from Harrow Rd end) | 6,18,<br>28,<br>31,<br>36,<br>228,<br>328,<br>414 | FREE       | Come in for a chat, meet new people and have a cuppa! Call the Hub on <b>020 7266 2776</b> for more information.  |
| <b>Knit, crochet &amp; natter!</b><br>(In partnership with Octavia Housing)                                      | 10.00-12.00<br>Starts 8 <sup>th</sup> Jan                 | Portgate Hall,<br>19 Portgate Close,<br>W9 3DL<br>(3 <sup>rd</sup> right off Ashmore Rd from Harrow Rd end) | 6,18,<br>28,<br>31,<br>36,<br>228,3<br>28,<br>414 | FREE       | Bring your knitting or crochet & join us to share knowledge, learn from each other & natter over a cuppa – very sociable! Call the Hub on <b>020 7266 2776</b> for more information.      |
| <b>Jewellery Making</b><br>(In partnership with Octavia Housing)   | 10.00-12.00<br>Starts 8 <sup>th</sup> Jan                 | Portgate Hall,<br>19 Portgate Close,<br>W9 3DL<br>(3 <sup>rd</sup> right off Ashmore Rd from Harrow Rd end) | 6,18,<br>28,<br>31,<br>36,<br>228,3<br>28,<br>414 | FREE       | Bring your Jewellery making kits & join us to share knowledge, learn from each other & natter over a cuppa - very sociable!<br>Call the Hub on <b>020 7266 2776</b> for more information. |
| <b>Hair dressing in the GROOM ROOM</b><br><b>MUST BOOK</b><br>(In partnership, with Genesis Housing Association) | 10.00-1.00<br>Alternate Fridays                           | Ernest Harriss House,<br>61 Elgin Avenue,<br>W9 2BX   | 6,31,<br>36,187<br>228,<br>328,<br>414            | Good rates | Come and have your hair done in the Groom Room at Ernest Harriss House. Book with Maxine or Georgina on <b>020 7289 3931</b> .  |
| <b>Water Splash</b><br>(Positively Physical)   | 12.00-1.00<br>Starts 15 <sup>th</sup> Jan<br>No Half Term | Jubilee Sports Ctr.,<br>Caird Street,<br>Queen's Park,<br>W10 4RR   | 18,<br>28,<br>228                                 | FREE       | Water based exercises with a focus on improving stamina & strength. This class will get you burning some calories!  |
| <b>Next Steps to Stable</b>  | 12.30-1.30<br>Starts 8 <sup>th</sup> Jan                  | The Beethoven Ctr,<br>Third Avenue,<br>Queen's Park<br>W10 4JL  | 6,<br>187,<br>316                                 | £1         | As a follow on from Steady and stable, this 'all inclusive' exercise programme will keep you strong, mobile and steady on your feet.  |



|  |  |  |   |                  |   |
|--|--|--|---|------------------|---|
| <b>BINGO!</b><br>(Genesis Housing Association)   | 1.00-3.00<br>On going                              | Ernest Harriss House,<br>61 Elgin Avenue,<br>W9 2BX                    | 6,31,<br>36,<br>187,<br>228,<br>328,<br>414 | Call for details | An afternoon of bingo followed by tea and cream cakes. Please contact Maxine and Georgina on <b>020 7289 3931</b> for more details.             |
| <b>Line Dancing</b>  | 2.00-3.00<br>Starts 8 <sup>th</sup> Jan            | The Beethoven Ctr,<br>Third Avenue,<br>Queen's Park<br>W10 4JL         | 6,<br>187,<br>316                           | £1               | Come along for a lively & fun class   |
| <b>Monthly Social</b><br>Harrow Road,<br>Westbourne &<br>Queen's Park Wards<br>(Positively Physical) | 3.00-5.00<br>Last Friday of month.<br>No Half Term | St Jude's Hall,<br>Ilbert Street,<br>W10 4QL<br>(corner of Fourth Ave) | 18,<br>28,<br>228                           | FREE             | Lively Social for the over 50's with speakers, fun sessions, bingo & more! Call Armand <b>020 8962 4141</b> to find out the topic for the talk! |

## SATURDAY CHOICES

Activities are for Westminster residents ONLY

| ACTIVITY                                   | TIME  | PLACE   | BUS  | COST | DETAILS   |
|--|---|---|--|------|---|
| <b>Saturday Social Shape-Up</b>            | 1.00-3.00<br>Starts 9th Jan<br>No Half Term | St Augustine's Hall,<br>Oxford Road,<br>London<br>NW6 5SN | 6,16<br>31,<br>36,<br>98,<br>187,<br>228,<br>316,<br>328,<br>332 | £2   | Badminton, table tennis, soft tennis & other games – try them all! Our talented tutor will set up games & show you how to play. |
| <b>Saturday Social Shape Up: Badminton</b> | 3.00-4.00<br>Starts 9th Jan<br>No Half Term |   |  | £1   | For anyone who would like to play at a slower pace, have fun & make new friends. Both sexes welcome!                            |

### DATES FOR YOUR DIARY

**FREE Queens Gallery Trip- Wednesday 10th February, 10.00-12.30**

Join us for this exciting trip to the Queens Gallery at Buckingham Palace which includes a highlights tour of their current exhibition and an informal art workshop. The tour, workshop and entry to the gallery are all free, and materials for the workshop as well as tea/coffee and biscuits are all provided! Call Claire to book on 020 7266 2776.

**FREE Rhythm and Blues Event- Wednesday 2nd March, 3.00-5.00**

Come along and enjoy an afternoon of live music from the fantastic Odyssey Blues Band along with free food and drink! Just bring your dancing shoes!

**FREE Tea and Tour of the Wallace Collection- Date To Be Confirmed**

Come and enjoy a cup of tea before exploring the beautiful Wallace Collection with a private tour of the galleries. Call Claire for more information and to book on 020 7266 2776.

**Intergenerational Reading Programme**

We are looking for people interested in reading to young students at St. Luke's Primary School on Fernhead Road. If you'd like to volunteer, please call Claire at 0207 266 2776 for more details.

**The Positively Physical Programme** is a project led by Open Age and funded by Public Health.

**For more information call Armand on 020 8962 54141**

**Time for Me** is a programme dedicated to people who look after a family member or friend as an unpaid carer. It offers support & advice from like-minded people in a similar situation, and the opportunity to have some fun! Activities, trips out, relaxation sessions and talks are all decided by this lovely group. Activities take place on Wednesdays and Thursdays.

**For more information call Liz Sowden on 020 8962 4536**

### Open Age Membership

Everyone participating in an Open Age activity must hold a 2015-2016 Open Age membership and be carrying the current (cream) membership card to all activities. Open Age membership is FREE so if you are unsure if you are up to date please contact the Queen's Park / Harrow Road Hub on 020 7266 2776 or ask your tutor for a membership form. (PLEASE NOTE: During the week beginning 18<sup>th</sup> January 2016 tutors will be checking membership cards at all activities).

### Need help with Transport?

**Westway Community Transport Service** is for those who have difficulties accessing public transport. It is FREE to register then members pay a standard rate of £1.10 per mile. You can book a car & volunteer driver to go to a variety of destinations. To register and for more information call: 020 8964 1114 between 1 and 4 pm weekdays or email [info@westwayCT.org.uk](mailto:info@westwayCT.org.uk).

### **Westway also provide FREE transport to and from Health and Wellbeing Appointments...**

Do you live in the Westminster postcode areas given below & have problems accessing public transport to get to GP and hospital appointments, or health & wellbeing classes? Then Westminster Health Link can help. Their service is FREE & offers daily trips to main hospitals in or out of the borough (long distance journeys are subject to availability) as well as your doctor's surgeries and other key places in your local community using fully accessible vehicles. The service is door-to-door. So if you live in Queen's Park (W10, W9) Harrow Road (W9) Westbourne (W11, W2) Church Street (NW1, NW8) – call them on 020 8968 4056 for more information, an application form, or to register. (PLEASE NOTE: The application form for the Westminster Health Link service will need to be countersigned by your Health Professional).

