

# Westminster Summary Activity Programme

## April – July 2017

FOR MORE ASSISTANCE CALL 020 8962 4141

Please note Classes in the North Westminster (QPHR and Westbourne Hubs) will start on Tuesday 18<sup>th</sup> April. Classes in South Westminster (Churchill Hub) will start on Monday 24<sup>th</sup> April.

### MONDAYS

10.00	Walking to Fitness	Meet at Paddington Rec between the athletics track & pavilion.
10.00	NEW TIME Pilates Starts 24 April	Dance Studio at Paddington Arts
10.30	Monday Social with Speakers	Open Age QPHR Hub: The Avenues
10.30	Dance Fit	Open Age QPHR Hub: The Avenues
11.00	T'ai Chi STARTS 24 April	Warwick Comm. Hall
11.00	Singing for Pleasure Starts 24 April ends 19 June	Fitzrovia Court
11.30	Beginners Computer Course Starts 24 <sup>th</sup> April	Queens Park Library Book on 07717201791
11.45	Step Up from Steady <b>NEW Venue!</b>	All Saints Margaret Street
12.00	Brain Boost! Starts 24 April	Warwick Comm. Hall
12.00	Collage Class Starts 24 April	Warwick Comm. Hall
12.45	Step Up from Steady	Barbara Brosnan Crt
1.00	Play Reading Starts 24 April	Warwick Comm. Hall
1.00	Steady & Stable <b>NEW Venue!</b>	All Saints Margaret Street Must Book 020 8962 5582

1.30	Chi-Gong	Open Age QPHR Hub: The Avenues
1.30	iPad Beginners (4 week course starts 5 June)	Warwick Comm. Hall
1.30	FREE Photography and iPad Workshop at RIBA -22 <sup>nd</sup> May Only	Book on 07717201791
2.00	Fortnightly Film Festival <b>NEW TIME</b>	Open Age QPHR Hub: The Avenues
2.00	Just for Men: Social Group <b>NEW!</b> (15 <sup>th</sup> May, 19 <sup>th</sup> June, 17 <sup>th</sup> July)	Open Age QPHR Hub: The Avenues
2.00	Steady & Stable	Barbara Brosnan Crt Book on 020 8962 5582
2.00	Osteo Blast – MUST BOOK	Seymour Leisure Centre Book on 020 8962 4537
2.00	Current Affairs starts 24 April	Warwick Comm. Hall
2.00	Sew, Knit & Socialise Starts 24 April	Warwick Comm. Hall
2.30	Mindfulness Meditation	Open Age QPHR Hub: The Avenues
2.30	Phone Club: Men's Current Affairs Talk	In YOUR own Home Call 020 3713 8736.
4.00	Phone Club: Creative Writing Group	In YOUR own Home Call 020 3713 8736.

SOUTH WESTMINSTER ACTIVITIES		
10.00	Meditation	St Margaret's Activity Centre
10.00	Haircuts (Drop in)	Glastonbury House
10.00	Coffee Morning	Glastonbury House
11.00	Yoga	St Margaret's Activity Centre
11.15	Zumba STARTS 8 <sup>th</sup> May	St Stephen with St John
11.30	NEW Boxing Fitness 8 weeks only!	Churchill Gardens Hub
11.45	Pilates 1 STARTS 3 <sup>rd</sup> July	Churchill Gardens Hub
12.15	Singing Class STARTS 8 <sup>th</sup> May	St Stephen with St John

12.45	Pilates (Class 2) STARTS 24 <sup>th</sup> April	Churchill Gardens Hub
12.45	Pilates (Class 3) STARTS 3 <sup>rd</sup> July	Churchill Gardens Hub
2.00	History & Philosophy	Darwin House
2.00	Creative Writing STARTS 8 <sup>th</sup> May	Churchill Gardens Hub
2.00	Jewellery Making	Glastonbury House
2.30	Phone Club: Men's Current Affairs Talk	In YOUR own Home Call 020 3713 8736.
4.00	Phone Club: Creative Writing Group	In YOUR own Home Call 020 3713 8736.

## TUESDAYS

10.00	Steady & Stable No.1	Penfold Hub Book 020 8962 5582
10.00	Table Tennis & Pool Session	Open Age QPHR Hub: The Avenues
10.30	Simply Art – Starts 25 <sup>th</sup> April	Open Age QPHR Hub: The Avenues
10.30	Reminiscence at Rayne House Starts 18 April to 4 July	Rayne House
10.30	Book Break	Hardy House <b>FREE</b>
11.00	Zumba Gold!	Fitzrovia Centre
11.00	Steady & Stable No.2	Penfold Hub Book 020 8962 5582
11.15	FREE Tour of the Wellcome Collection -20 <sup>th</sup> June ONLY	Book on 07717201791
12.30	Exercise to Music	Open Age QPHR Hub: The Avenues

12.30	Sleep: How to Improve It Monthly (9 <sup>th</sup> May, 13 <sup>th</sup> June, 11 <sup>th</sup> July) <b>NEW TIME!</b>	Open Age QPHR Hub: The Avenues Book on 07717201791
1.00	6 weeks - IT For All – STARTS 18 April <b>MUST BOOK</b>	Must book: 020 3713 8737 (Paddington Library)
1.00	Lunch Club	Various: Westbourne Grove Area
1.00	6 weeks - IT For All – STARTS 6 June <b>MUST BOOK</b>	Must book: 020 3713 8737 (Paddington Library)
1.30	Men's Monthly Health Talk & Sandwich Lunch <b>NEW TIME</b> April 25, May 23, June 27.	Hardy House <b>NEW VENUE</b>
1.45	Chair Exercise	WECH Community Ctr.
2.00	Help to Hear - Here! Starts 25 April	Maida Vale Library
2.00	French for Beginners	Open Age QPHR Hub: The Avenues
2.30	Yoga	Open Age QPHR Hub: The Avenues

9.30	1:1 Health Trainer sessions	Glastonbury House. Call 07946 161 993 for more info.
10.00	Sewing & Craft	Churchill Gardens Hub
11.00	Walking Group	From Churchill Gardens Hub
12.30	Golden Groovers (NOW MONTHLY – every 1 <sup>st</sup> Tuesday)	Churchill Gardens Hub
12.30	Tai Chi Qi Gong <u>Note change of venue</u>	St Margaret's Activity Centre

1.30	Weekly Movie Afternoon (NOW MONTHLY – every 1 <sup>st</sup> Tuesday)	Eileen Anderson Court
2.00	Chair Exercise	Churchill Gardens Hub
2.15	Chair Yoga	St Margaret's Activity Centre
2.30	Singing for All	Darwin House
4.00	Belly Dancing	St Margaret's Activity Centre

## WEDNESDAYS

Varied	Time for Me: Activities & Relaxation for Carers Call Maria Gomes on 020 8962 4536 for more information	
Various	Third Age Counselling	Brunel 50+ Drop In Centre Book: 020 7976 6667
10.00	Intermediate Computer Course Starts 26 <sup>th</sup> April	Queen's Park Library Book on 07717201791
10.15	Kundalini Yoga	Open Age QPHR Hub: The Avenues
10:30	Singing for Pleasure <b>NEW!</b> Starts 10 May ends 21 June	St Paul's Church, MARYLEBONE
10.30	Art for All: Morning	Hardy House
10.30	Art and Photography on Ipads	Open Age QPHR Hub: The Avenues Book on 07717201791
10.30	Decoupage Workshop 14 <sup>th</sup> June ONLY	Open Age QPHR Hub: The Avenues Book on 07717201791
11.00	Monthly Men's Group May 3 June 7 July 5	From Stowe Centre
11.30	More iPads	Open Age QPHR Hub: The Avenues Book on 07717201791

12.00	Zumba <b>NEW!</b> Starts 10 May	St Paul's Church,
1.00	Steady & Stable No.1	Open Age QPHR Hub: The Avenues Book on 020 8962 4537
2.00	Sketching at Museums	Various Book on 07717201791
2.00	Classic Matinee Film Screenings	Regent Street Cinema Must book: 0203 713 8737
2.00	Yoga	Dance Studio at Paddington Arts
2.00	Chair Exercise to Music	Ernest Harriss House
2.00	Wednesday Social with Speakers	Open Age QPHR Hub: The Avenues
2.00	W9 Monthly Social 3 May, 7 June, 5 July, Not August	Rayne House
2.15	Steady & Stable No.2	Open Age QPHR Hub: The Avenues Book on 020 8962 4537
4.00	Dancing (Informal Ballroom)	Regent Street Cinema Book: 0203 713 8737

10.00	Keep Fit	St Margaret's Activity Centre
10.00	Knitting Group	Glastonbury House
10.00	Art Class	Thamesbank Centre
10.00	Reiki Healing 1:1	Glastonbury House Must Book 020 7976 6354
11.00	Pilates (Class 1)	Churchill Gardens Hub

11.00	Games, Snack & Chat	Eileen Anderson Court
12.30	Pilates (Class 2)	Churchill Gardens Hub
1.45	Computer Drop-In	Churchill Gardens Hub
2.00	Bridge Club	St Margaret's Activity Centre
2.15	Breathing Yoga	Glastonbury House

## THURSDAYS

Varied	Time for Me: Activities & Relaxation for Carers Call Maria Gomes on 020 8962 4536 for more information	
Varied	Trips Around London See Trips Programme: Book on 020 8962 4141	
Various	Munro Health Co-Op Complementary Therapies	Ernest Harriss House Book on 07717201791
All Day	Third Age Counselling	Brunel 50+ Drop In Centre Book 020 7976 6667
10.00	Tai Chi	Amberley Clubroom
10.30	Singing for All	Open Age QPHR Hub: The Avenues
10.30	Osteo Blast – MUST BOOK	Warwick Community Centre. Book 020 8962 4537
10.30	Sky Garden Visit 15 <sup>th</sup> June ONLY	Book on 07717201791
10.30	American School Lunch 27 <sup>th</sup> April ONLY	Book on 07717201791
10.30	Book Break	Open Age QPHR Hub: The Avenues
11.00	<b>NEW</b> Social & Chair Exercise	Hardy House
11.00	Chair Exercise	Waterside Court, Fermoy Road
12.15	Guitar Lessons	Open Age QPHR Hub: The Avenues
12.30	Pilates	Open Age QPHR Hub: The Avenues

1.00	Phone Club: Discussion Group	In YOUR own Home 020 3713 8736.
1.45	Women's Arabic Social Group <b>NEW TIME!</b>	Open Age QPHR Hub: The Avenues
1.45	Beginners Arabic Women's English Lessons (Fortnightly)	Open Age QPHR Hub: The Avenues
1.30	Dance Mix	Warwick Comm. Centre
1.30	W2 Active Citizens Chair Exercise	St Stephen's Church Hall
1.00	Steady & Stable	St Giles in the Field Must Book 020 8962 5582
2.00	Creative Threads Sewing Class	Open Age QPHR Hub: The Avenues
2.00	Brooch Making Class 15 <sup>th</sup> June ONLY	Open Age QPHR Hub: The Avenues Book on 07717201791
2.30	Book Talk: Phone Discussion Group (Last Thursday of month)	In YOUR own Home 020 3713 8736.
2.30	W2 Active Citizens 50+: Social Group & Speakers	St Stephen's Church Hall
2.30	Ukulele Lesson	Warwick Comm. Centre
3.00	Chair Yoga	Open Age QPHR Hub: The Avenues
4.00	Phone Club: Discussion Group	In YOUR own Home 020 3713 8736.

Varied	Time for Me: Activities & Relaxation for Carers Call Maria Gomes on 020 8962 4536 for more information	
Varied	Trips Around London See Trips Programme: Book on 020 8962 4141	
10.00	Yoga	Churchill Gardens Hub
10.30	Coffee Morning & Computer Drop-in	Glastonbury House
12.30	Guitar Lessons from Musicus <b>MUST BOOK</b>	Churchill Gardens Hub Must Book 020 7976 6354
12.30	Beauty Therapy <b>MUST BOOK</b>	Glastonbury House Must Book 07944 502 950

1.00	Steady & Stable <b>MUST BOOK</b>	Churchill Gardens Hub 020 8962 5582
1.00	Phone Club: Discussion Group	In YOUR own Home Call 020 8962 5584
2.15	<b>NEW!</b> Chair Netball	Churchill Gardens Hub 020 8962 5582
2.00	Yoga for Low Mood	St Margaret's Activity Centre
2.30	Book Talk: Phone Discussion Group (Last Thursday of month)	In YOUR own Home Call 020 8962 5584

## FRIDAYS

10.00	Improve English Improve Health	QP Library Book on 0208 962 5583
10.00	Chair Exercise to Music	Open Age QPHR Hub: The Avenues
10.00	Board Games Cafe	Open Age QPHR Hub: The Avenues
10.30	Simply T'ai Chi	Dance Studio at Paddington Arts
10:30	Fitzrovia Reminiscence Group Starts 21 April to 26 June	Fitzrovia Court, W1W 5AS
10.30	FREE Kensington Palace Trip 2 <sup>nd</sup> June ONLY	Book on 07717201791
11.00	Roundtable Think Tank 23 <sup>rd</sup> June ONLY	Open Age QPHR Hub: The Avenues

11.30	Drama Club (Fortnightly)	Open Age QPHR Hub: The Avenues
12.00	Fish N' Chip Fridays (5 <sup>th</sup> May, 9 <sup>th</sup> June, 7 <sup>th</sup> July)	Open Age QPHR Hub: The Avenues Book on 07717201791
12.00	Water Splash	Jubilee Sport Centre
12.30	Next Steps to Stable	Open Age QPHR Hub: The Avenues
2.00	Line Dancing	Open Age QPHR Hub: The Avenues
2.00	First Friday Film Club Monthly: April 7, May 5, June 2, July 7	Westminster Academy
2.00	Monthly Social (28 <sup>th</sup> April, 26 <sup>th</sup> May, 30 <sup>th</sup> June)	Open Age QPHR Hub: The Avenues

10.00	Computer Course <b>MUST BOOK</b>	Glastonbury House Must Book 020 7976 6354
10.00	Zumba	Churchill Gardens Hub
10.00	Shiatsu <b>MUST BOOK</b>	Glastonbury House Book 020 8687 6950
10.30	Cook & Eat on a Budget <b>MUST BOOK</b>	St Margaret's Activity Centre
11.00	Hub Tea & Cake Catch Up Quarterly Hub Meeting Friday 2 <sup>nd</sup> June	Glastonbury House

11.10	Latin Dance	Churchill Gardens Hub
1.00	Games & Social Afternoon	Churchill Gardens Hub
1.00	Computer Drop In	Churchill Gardens Hub
1.30	Craft Afternoon	St Margaret's Activity Centre
2.30	Osteo Blast – <b>MUST BOOK</b>	Abbey Community Centre Book on 020 8962 4537

From 9.00	Third Age Counselling (Sat & Sun)	Glastonbury House Book 07738 904 294
11.00	Keep Fit / Get Strong (Sat)	Academy Sports Ctr.
12.00	Stretch & Relax	Academy Sports Ctr.

1.00	Saturday Shape-Up (Sat)	St Augustine's Hall
3.00	Saturday Shape Up: Badminton (Sat)	St Augustine's Hall
10.30	Sunday Roast (Monthly) First Sunday of every month	St Margaret's Activity Centre <b>STARTS SUNDAY 2<sup>nd</sup> April</b>

VENUE ADDRESSES & TRANSPORT DETAILS

Abbey Community Centre	34 Great Smith St, SW1P 3BU	Buses: 87,88 Tube: St James's Park
Academy Sports Centre	Torquay Street, W2 5EZ (opposite Health @ Stowe)	Buses: 18, 36; Tube: Royal Oak
All Saints Margaret Street	7 Margaret St, Fitzrovia, W1W 8JG	Buses: C2, 7, 8, 10, 25, 55, 73, 88, 98, 189, 312, 390, 453
Amberley Clubroom	Amberley Estate, W9 2JZ (Sign: bus stop Formosa St/Sutherland Ave)	Buses: 6, 187, 414; Tube: Warwick Avenue
Barbara Brosnan Court	46, Grove End Road, NW8 9NP	Buses: 13, 46, 82, 113, 187, 189; Tube: St John's Wood
Brunel 50+ Drop In Centre	Housing Office 1 Sunderland House, Brunel Estate, W2 5UX	Buses: 28, 31, 328; Tube: Westbourne Park
Churchill Gardens Hub for Churchill Ward Tel: 020 7976 6354 or 07530 734 489	Churchill Gardens Youth Club, Churchill Gardens Rd, SW1V 3AJ	Buses: C10, 24, 360; Tube: Pimlico Station
Darwin House	104 Grosvenor Road, Churchill Gardens Estate, London, SW1V 3DH	Buses: 24 Tube: Pimlico
Edward Wilson School	Bourne Terrace W2 5TL (Meeting point outside School)	Buses: 18, 36 Tube: Royal Oak
Eileen Anderson Court	Johnson's Place, SW1V 3EZ	Buses: C10, 24, 360 Tube: Pimlico Station
Ernest Harriss House	61, Elgin Avenue, London W9 2BX	Buses: 31, 36, 187, 228, 328, 414; Tube: Westbourne Park
Fitzrovia Community Centre	2 Foley Street, London W1W 6DL	Buses: 18,27,30,88,453,C2 Tube: Gt Portland St
Fitzrovia Court,	24 Carburton Street, London W1W 5AS	Buses: 18,27,30,88,453,C2 Tube: Gt. Portland St/ Goodge St
Glastonbury House	Ground Floor, Abbots Manor Estate, Warwick Way, London SW1V 4NT	Buses: C10, 11, 24 Tube: Victoria Station
Hardy House	64, Great Western Road, W11 1AA	Buses: 28, 31, 328 Tube: Westbourne Park
Jubilee Sport Centre	Caird Street, London, W10 4RR	Buses 18, 28, 228
Maida Vale Library	Sutherland Avenue, W9 2QT	Buses: 6, 187, 414 Tube: Warwick Avenue
OPEN AGE – Main Office Tel: 020 8962 4141	St Charles' Centre for Health & Wellbeing, Exmoor Street, London, W10 6DZ	7, 23, 52, 70, 228, 295, 452
Open Age QPHR Hub: The Avenues Tel: 07717201791 / 07713567050	Queens Park & Harrow Road Hub The Avenues, 3-7 Third Avenue, W10 4RS	Buses: 18,28,228 Tube: Queens Park/Westbourne Park
Paddington Library	Porchester Road, W2 5DU	Buses: 7, 18, 23, 27, 36 Tube: Royal Oak / Bayswater
Penfold Hub	60 Penfold Street, NW8 8PJ	Buses: 7, 18, 23, 27;
Queen's Park Library	666 Harrow Road, W10 4NE	Buses: 18, 28, 228
Rayne House	170 Delaware Road, W9 2LW (next to BBC music studios)	Buses: 6, 187, 414; Tube: Maida Vale
Regent Street Cinema	309 Regent Street, London W1B 2UW	Buses: 18, 31, 88 Tube: Oxford Circus
St Augustine's Hall	Oxford Road, NW6 5SN	Buses: 6, 16, 31, 36, 98, 187, 228,
St Giles in the Field	60 St Giles High Street, WC2H 8LG	Buses: 24, 29, 134, 176, 242 Tube: Tottenham Crt Rd
St. Paul's Marylebone	5 Rossmore Road, NW1 6NJ	Buses 139,189
St Margaret's Activity Centre Tel: 020 7976 6354	Anchor Court, 1 Carey Place, Vauxhall Bridge Rd, SW1V 2RT	Buses: 2, 36, 185, C10, 360; Tube: Pimlico Station
St Stephen's Church Hall	Talbot Road, London, W2 5QT	Buses: 7, 18, 23, 27, 28, 31, 36, 70, 328; Tube: Royal Oak
St Stephen with St John	38-42 Rochester Row, London SW1P 1LE	Bus: 507 Tube: Victoria
Stowe Centre	258, Harrow Road, London W2 5ES, (next to Health@Stowe)	Buses: 18, 36; Tube: Royal Oak
Thamesbank Centre	Peabody Avenue, Turpentine Lane, London SW1V 4AR	Buses: C10, 24, 360; Tube: Pimlico / Victoria
Warwick Community Centre	300 Harrow Road, W2 5HG	Buses: 18, 36; Tube: Royal Oak
Waterside Court	Fermoy Road, W9 3LP	Buses: 18,28,31,228,328
WECH Community Centre	Chantry Close, Elgin Estate, W9 3RT	Buses: 18, 28, 31, 36, 228, 328; Tube: Westbourne Park
Westbourne Ward Hub at Paddington Arts Tel: 020 3713 8737	32 Woodfield Rd, W9 2BE	Buses: 18, 28, 31, 36, 228, 328; Tube: Westbourne Park
Westminster Academy	255 Harrow Road, W2 5EZ	Buses: 18, 36; Tube: Royal Oak