

# Westminster Summary Activity Programme

## April – July 2018

FOR MORE ASSISTANCE CALL 020 8962 4141

### MONDAYS

NORTH WESTMINSTER ACTIVITIES		
10.00	Walking to Fitness	Meet at Paddington Rec between the athletics track & pavilion.
10.00	Pilates	Dance Studio at Paddington Arts
10.00	Ballet Fitness	Open Age QPHR Hub: New Avenues
10.30	Monday Social with Speakers	Open Age QPHR Hub: New Avenues
10.30	Cycle Smarter	Paddington Recreation Ground Book: 02089624537
10.30	T'ai Chi	Warwick Comm. Hall
11.00	Singing for Pleasure	Fitzrovia Court
11.30	Beginners Internet & Email	Queens Park Library Book on 07717201791
11.30	Boxing Fitness	Open Age QPHR Hub: New Avenues
11.45	Step Up from Steady	All Saints Margaret Street
12.00	Brain Boost!	Warwick Comm. Hall
12.00	Collage Class	Warwick Comm. Hall
12.15	Round Table Think Tank 21 <sup>st</sup> May ONLY!!	Open Age QPHR Hub: New Avenues
12.30	Soca Fit Licks	Open Age QPHR Hub: New Avenues
12.45	Step Up from Steady	Barbara Brosnan Crt

1.00	Play Reading	Warwick Comm. Hall
1.00	Play Reading	Warwick Comm. Hall
1.00	Steady & Stable – MUST BOOK	All Saints Margaret Street Call 020 8962 5582
1.00	Cycle Smarter	Paddington Recreation Ground Book: 02089624537
1.00	Games & Chat	Warwick Comm. Hall
1.00	Osteo Pro	Seymour Leisure Centre
1.30	Chi-Gong	Open Age QPHR Hub: New Avenues
2.00	FREE Illustration and Origami Workshop 4 <sup>th</sup> June ONLY!!	Book on 07717201791
2.00	Fortnightly Film Festival	Open Age QPHR Hub: New Avenues
2.00	Steady & Stable	Barbara Brosnan Crt Book on 020 8962 5582
2.00	Osteo Blast – MUST ENROL	Seymour Leisure Centre Book on 020 8962 4537
2.00	Current Affairs	Warwick Comm. Hall
2.00	Sew, Knit & Socialise	Warwick Comm. Hall
2.30	Mindfulness Meditation	Open Age QPHR Hub: New Avenues
2.30	Phone Club: Current Affairs Talk	In YOUR own Home Call 020 3713 8736.
2.45	FREE Jewish Museum Trip 25 <sup>th</sup> June ONLY!	Book on 07717201791

SOUTH WESTMINSTER ACTIVITIES		
10.00	Meditation	St Margaret's Activity Centre
10.00	Haircuts (Drop in)	St Margaret's Activity Centre
10.00	Coffee Morning	St Margaret's Activity Centre
11.00	Hub Tea & Cake Catch Up Quarterly Hub Meeting Monday 9 <sup>th</sup> April	St Margaret's Activity Centre
11.00	Yoga	St Margaret's Activity Centre
11.15	Zumba	St Stephen with St John

11.30	Pilates 1	Churchill Gardens Hub
12.15	Singing Class	St Stephen with St John
12.30	Pilates (Class 2)	Churchill Gardens Hub
2.00	Creative Writing	Churchill Gardens Hub
2.00	Jewellery Making	Glastonbury House
2.30	Phone Club: 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

NORTH WESTMINSTER ACTIVITIES		
10.00	Strictly Open Age	Open Age QPHR Hub: New Avenues
10.00	Steady & Stable No.1 MUST BOOK	Penfold Hub Call 020 8962 5582
10.30	Simply Art 1	Open Age QPHR Hub: New Avenues

1.00	6 weeks Intermediate IT Course STARTS 17 <sup>th</sup> APRIL MUST BOOK	Paddington Library Must book: 020 3713 8737
1.00	6 weeks Beginners IT Course STARTS 12 <sup>th</sup> JUNE MUST BOOK	Paddington Library Must book: 020 3713 8737
1.00	Lunch Club	Various: Westbourne Grove Area
1.30	Table Tennis Drop In	Open Age QPHR Hub: New Avenues

10.30	Monthly Reminiscence at Rayne House 24 <sup>th</sup> April, 22 <sup>nd</sup> May, 26 <sup>th</sup> June, 17 <sup>th</sup> July	Rayne House
10.30	Book Break	Hardy House <b>FREE</b>
10.30	6 week creative writing STARTS 8 <sup>TH</sup> MAY	Warwick community Hall
11.00	Zumba Gold!	Fitzrovia Centre
11.00	Steady & Stable No.2 MUST BOOK	Penfold Hub Call 020 8962 5582
11.15	Stretch and Tone	Open Age QPHR Hub: New Avenues
12.30	Exercise to Music MUST BOOK	Open Age QPHR Hub: New Avenues
12.30	Sleep: How to Improve It Monthly (15 <sup>th</sup> May, 19 <sup>th</sup> June, 17 <sup>th</sup> July)	Open Age QPHR Hub: New Avenues Book on 07717201791

1.30	Men's Monthly Health Talk & Sandwich Lunch 24 <sup>th</sup> April, 15 <sup>th</sup> May, 26 <sup>th</sup> June, 17 <sup>th</sup> July	Hardy House
1.45	Chair Exercise	WECH Community Ctr.
2.00	T'ai Chi	Paddington Recreation Ground,
2.00	Help to Hear - Here!	Maida Vale Library
1.45	Beginners French	Open Age QPHR Hub: New Avenues Book on 07717201791
2.30	Yoga	Open Age QPHR Hub: New Avenues
2.45	Intermediate French	Open Age QPHR Hub: New Avenues Book on 07717201791

SOUTH WESTMINSTER ACTIVITIES		
10.00	Sewing & Craft	Churchill Gardens Hub
11.00	Walking Group	From Churchill Gardens Hub
12.30	Tai Chi Gong	St Margaret's Activity Centre

12.30	Guitar Lessons from Musicus <b>MUST BOOK</b>	Churchill Gardens Hub Must Book 020 7976 6354
1.30	Monthly Movie Afternoon (8 <sup>th</sup> May, 5 <sup>th</sup> June, 3 <sup>rd</sup> July)	Eileen Anderson Court
2.00	Chair Exercise	Churchill Gardens Hub
2.15	Chair Yoga	St Margaret's Activity Centre

## WEDNESDAYS

NORTH WESTMINSTER ACTIVITIES		
Varied	Time for Me: Activities & Relaxation for Carers Call Zannah Cooper on 020 8962 4536 for more information	
10.00	FREE Transport Museum Trip 6 <sup>th</sup> June ONLY!	Book on 07717201791
10.15	FREE St Pauls Cathedral Trip 16 <sup>th</sup> May ONLY!	Book on 07717201791
10.30	Simply Art 2	Open Age QPHR Hub: New Avenues
10.30	Intermediate Computer Course	Queen's Park Library Book on 07717201791
10:30	Singing for Pleasure	St Paul's Church, MARYLEBONE
10.30	Art for All	Hardy House
11.00	Monthly Men's Social over Lunch May 2 <sup>nd</sup> , June 6 <sup>th</sup> , July 4 <sup>th</sup>	From Stowe Centre
12.00	Gentle Zumba	St Paul's Church

12.00	Classic Matinee Film Screenings	Regent Street Cinema
1.00	Steady & Stable No.1 MUST BOOK	Open Age QPHR Hub: New Avenues Call 020 8962 5582
2.00	Sketching at Museums MUST BOOK	Various Book on 07717201791
2.00	Yoga	Dance Studio at Paddington Arts
2.00	Wednesday Social with Speakers	Open Age QPHR Hub: New Avenues
2.00	W9 Monthly Social with speaker May 2 <sup>nd</sup> , June 6 <sup>th</sup> , July 4 <sup>th</sup>	Rayne House
2.15	Steady & Stable No.2 MUST BOOK	Open Age QPHR Hub: New Avenues Call 020 8962 5582
2.30	Dancing (Informal Ballroom)	Regent Street Cinema
3.30	Classic Matinee Film Screenings	Regent Street Cinema

SOUTH WESTMINSTER ACTIVITIES		
10.00	Keep Fit	St Margaret's Activity Centre
10.00	Knitting Group	Glastonbury House
10.00	Art Class	Thamesbank Centre
11.00	Pilates (Class 1)	Churchill Gardens Hub
11.00	Games, Snack & Chat	Eileen Anderson Court
11.30	Men's Only Yoga	St Margaret's Activity Centre

12.30	Pilates (Class 2)	Churchill Gardens Hub
1.30	Film Club (11 <sup>th</sup> April, 30 <sup>th</sup> May)	St Margaret's Activity Centre
1.45	Computer Drop-In	Churchill Gardens Hub
2.00	Bridge Club	St Margaret's Activity Centre
2.15	Breathing Yoga	Glastonbury House
3.30	Boxing Fitness	Churchill Gardens Hub

## THURSDAYS

NORTH WESTMINSTER ACTIVITIES		
Varied	Time for Me: Activities & Relaxation for Carers Call Zannah Cooper 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
9.30	American School Lunch 26 <sup>th</sup> April ONLY!	Book on 07717201791
10.00	Walking Football	Westminster Academy

12.30	Pilates	Open Age QPHR Hub: New Avenues
1.00	Steady & Stable MUST BOOK	St Giles in the Field Call 020 8962 5582
1.30	Dance Mix	Amberley Clubroom
1.30	W2 Active Citizens 50+ Chair Exercise	St Stephen's Church Hall
1.30	Women's Arabic Social Group	Open Age QPHR Hub: New Avenues
1.45	Beginners Arabic Women's	Open Age QPHR Hub:

10.00	Tai Chi	Amberley Clubroom
10.00	Singing for All	Open Age QPHR Hub: New Avenues
10.00	iPads 1 MUST BOOK	Open Age QPHR Hub: New Avenues Book on 07717201791
10.00	10 Week Ipad/art mixed workshop – Your World in a Suitcase	Warwick Community Hall, Book on 02037138737
11.00	Chair Exercise	Hardy House
11.30	Osteo Blast – MUST BOOK	Open Age QPHR Hub: New Avenues Call 020 8962 4537
12.15	Guitar Lessons	Open Age QPHR Hub: New Avenues

	English Lessons	New Avenues
2.00	Sewing Key Skills MUST BOOK	Open Age QPHR Hub: New Avenues
2.30	Monthly Book Talk & Weekly shared reading phone group	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: New Avenues
4.00	Phone Club: Discussion Group	In YOUR own Home 020 3713 8736.

SOUTH WESTMINSTER ACTIVITIES		
Varied	Time for Me: Activities & Relaxation for Carers Call Zannah Cooper 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	Beauty Therapy <b>MUST BOOK</b>	Glastonbury House Must Book 07944 502 950

1.00	Steady & Stable MUST BOOK	Churchill Gardens Hub Call 020 8962 5582
2.00	Yoga for Low Mood	St Margaret's Activity Centre
2.15	Chair Based Exercise for Coordination	Churchill Gardens Hub 020 8962 5582
2.30	Book Talk: Phone Discussion Group (Every Thursday of month)	In YOUR own Home Call 020 8962 5584
4.00	Phone Club: Discussion Group	In YOUR own Home Call 020 8962 5584

## FRIDAYS

NORTH WESTMINSTER ACTIVITIES		
10.00	FREE RAF Centenary Event 18 <sup>th</sup> May ONLY	Book on 07717201791
10.00	Chair Exercise to Music- High Level	Open Age QPHR Hub: New Avenues
10.00	Games Cafe	Open Age QPHR Hub: New Avenues
10.30	Chair Yoga STARTS 11 <sup>th</sup> MAY	Communal Lounge Fitzrovia Court
10.30	Simply T'ai Chi	Dance Studio at Paddington Arts
11.30	Exercise to Music 2	Open Age QPHR Hub: New Avenues
11.30	QP Theatre Lovers: Play Reading & Performance Group	Open Age QPHR Hub: New Avenues

12.00	Water Splash	Jubilee Sport Centre
12.00	Fish N' Chip Fridays (11 <sup>th</sup> May, 15 <sup>th</sup> June, 13 <sup>th</sup> July)	Open Age QPHR Hub: New Avenues Book on 07717201791
12.30	Fella's Fitness (Men Only!)	Open Age QPHR Hub: New Avenues
2.00	Line Dancing	Open Age QPHR Hub: New Avenues
2.00	First Friday Film Club Monthly: 20 <sup>th</sup> April, 4 <sup>th</sup> May, 8 <sup>th</sup> June, 17 <sup>th</sup> July	Westminster Academy
2.00	Monthly Social (27 <sup>th</sup> April, 24 <sup>th</sup> May, 29 <sup>th</sup> June, 20 <sup>th</sup> July)	Open Age QPHR Hub: New Avenues
2.00	Monthly Book Group	Maida Vale Library Call 02037138737

SOUTH WESTMINSTER ACTIVITIES		
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
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 – MUST ENROL	Abbey Community Centre Call 020 8962 4537

## SATURDAY & SUNDAYS

From 9.00	Third Age Counselling (Saturday)	Glastonbury House Book 07738 904 294
10.30	Monthly Sunday Roast <b>MUST BOOK</b>	St Margaret's Activity Centre

1.00	Saturday Shape-Up (Sat)	St Augustine's Hall
2.00	Strictly Sunday – Ballroom & Latin Dancing	Academy Sports Centre

11.00	Keep Fit / Get Strong (Sat)	Academy Sports Ctr.
12.00	Stretch & Relax	Academy Sports Ctr.

3.00	Saturday Shape Up: Badminton (Sat)	St Augustine's Hall
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## 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
Churchill Gardens Hub for Churchill Ward Tel: 020 7976 6354 or 07530 734 489	<b>Churchill Gardens Youth Club, Churchill Gardens Rd, SW1V 3AJ</b>	Buses: C10, 24, 360; Tube: Pimlico Station
Darwin House	104 Grosvenor Road, Churchill Gardens Estate, London, SW1V 3DH	Buses: 24 Tube: Pimlico
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	<b>St Charles' Centre for Health &amp; Wellbeing, Exmoor Street, London, W10 6DZ</b>	7, 23, 52, 70, 228, 295, 452
Open Age QPHR Hub: New Avenues Tel: 07717201791	<b>Queens Park &amp; Harrow Road Hub New Avenues, 3-7 Third Avenue, W10 4RS</b>	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
Paddington Recreation Ground	Randolph Avenue, Maida Vale, W9 1PD	Buses: 18, 31, 187, 316, 228, 328
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
Seymour Leisure Centre	Seymour Place, Marylebone, London W1H 5TJ	Buses: 6, 18, 36, 98, 414 Tube: Edgware Road
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	<b>Anchor Court, 1 Carey Place, Vauxhall Bridge Rd, SW1V 2RT</b>	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	<b>32 Woodfield Rd, W9 2BE</b>	Buses: 18, 28, 31, 36, 228, 328; Tube: Westbourne Park
Westminster Academy	255 Harrow Road, W2 5EZ	Buses: 18, 36; Tube: Royal Oak