

# Queen's Park & Harrow Road Activity Programme

April 18<sup>th</sup> - July 21<sup>st</sup> 2017

Half term will be Monday 29<sup>th</sup> May to Friday 2<sup>nd</sup> June 2017. There will be no classes this week unless stated inside.

## WE HAVE MOVED!

The Open Age QPHR Hub has now moved to The Avenues on Third Avenue. From April onwards, the majority of our classes will be based at The Avenues. This is a really exciting opportunity as we will have two dedicated rooms at the centre during the day allowing the hub to continue to grow from strength to strength.

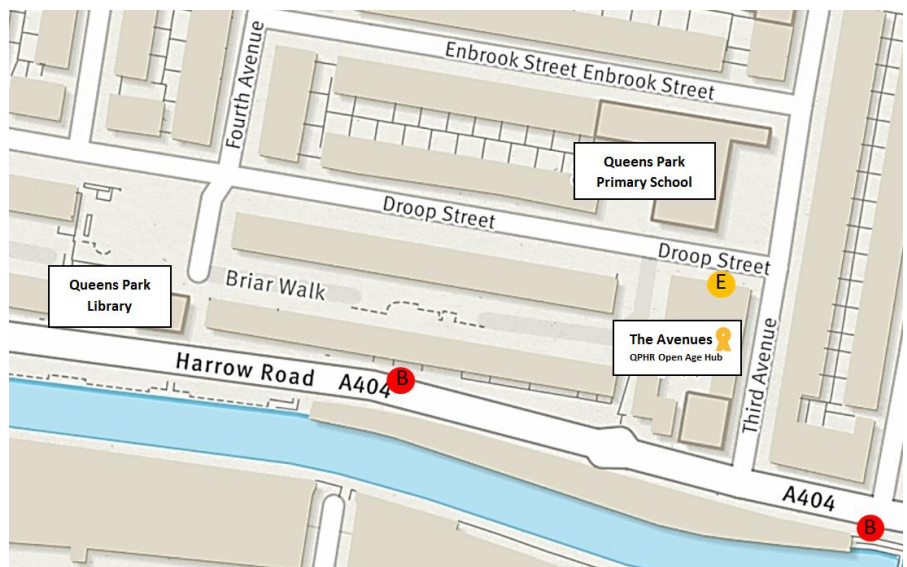
Please read the schedule carefully as the venue & times of your weekly classes will have changed. There is also new dance, yoga & table tennis sessions plus much more! If you have any questions please give us a call!

**Queens Park & Harrow Road Hub**  
**The Avenues**  
**3-7 Third Avenue**  
**London, W10 4RS**

Telephone:  
07717201791  
07713567050

Email: [choggan@openage.org.uk](mailto:choggan@openage.org.uk)

**Interested in volunteering?** Check out our opportunities on:  
[www.do-it.org/organisations/open-age](http://www.do-it.org/organisations/open-age)



**B** Bus stops  
Buses: 18, 28, 228

**E** Entrance to The Avenues / QPHR Open Age Hub



### **Members Drop In @ The Avenues**

**Wednesday 26<sup>th</sup> April**  
**11.45am-2.00pm**

Pop in and have a look around the new home of the QPHR Hub. Renew your Open Age membership and enjoy performances from our fabulous singers, and a taster session with our guitar group! Tea and Cake will be served. Just drop in!



### **Wimbledon Bonanza with Strawberries & Cream @ The Avenues**

**Friday 14<sup>th</sup> July**  
**12.30pm-4.00pm**

Join us for an afternoon of themed activities to celebrate Wimbledon. Live screenings of the games, craft stalls, a quiz, refreshments & a raffle. A prize for the best dressed attendee! Call 02037138737 for more details.

# MONDAY CHOICES

## Activities are for Westminster residents ONLY

Open Age has instigated a pricing structure of £1 per hour. With no obligation however to do so, it is our hope that those who are in a position to pay a higher fee of £3 per hour & £5 for a 2 hour class will do so. Thank-you!

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Dance Fit</b> (Positively Physical)  <b>NEW CLASS!</b>	10.30-11.30 Starts 24 <sup>th</sup> April  Bank Holiday 1 <sup>st</sup> May- No Class	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Improve mobility, posture, balance and coordination. Have fun and move to music!
<b>Monday Social with Speakers</b>	10.30-12.30 Starts 24 <sup>th</sup> April  Bank Holiday 1 <sup>st</sup> May- No Class	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Join this friendly social group for a range of interesting and stimulating topics with speakers from museums, local organisations and charities. See the back of the programme for a full schedule of speakers. (Refreshments- £0.30)
<b>Beginner's Computer Course</b> (6 week courses) <b>MUST BOOK</b>	11.30-1.30 Starts 24 <sup>th</sup> April  Bank Holiday 1 <sup>st</sup> May- No Class	Queen's Park Library, 666 Harrow Road, W10 4NE	18,28, 228	£2	Sign up for this friendly, supportive class that helps beginners get started on computers, learning how to use the internet and send emails. For more information or to book a place, please phone the Hub on <b>07717201791</b> .
<b>Step Up from Steady</b>	12.45-1.45 Starts 24 <sup>th</sup> April  Bank Holiday 1 <sup>st</sup> May- No Class	Barbara Brosnan Ct. 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187, 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>Chi-Gong</b>	1.30-2.30 Starts 24 <sup>th</sup> April  Bank Holiday 1 <sup>st</sup> May- No Class	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Improve your health and wellbeing, give your energy levels a boost and reduce stress in this class which focuses on a range of posture, exercise, meditation and breathing techniques. Suitable for all abilities.
<b>Fortnightly Film Festival</b>  <b>NEW DAY AND PRICE!!</b>	2.00-4.00	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join us for a variety of old classics and new favourites in our Fortnightly Film Festival. Includes a tea/coffee and popcorn!  <b>April 24<sup>th</sup> - I Daniel Blake</b> <b>May 8<sup>th</sup> - A Royal Night Out</b> <b>May 22<sup>nd</sup> - A United Kingdom</b> <b>June 12<sup>th</sup> - A Little Chaos</b> <b>June 26<sup>th</sup> - Eddie the Eagle</b> <b>July 10<sup>th</sup> - Inferno</b>
<b>Just For Men: Social Group</b>	2.00-4.00 15 <sup>th</sup> May 19 <sup>th</sup> June 17 <sup>th</sup> July	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Pop along to our Men's Social group with Geoff, for games, films, quizzes, trips and more! Have your say on what you would like to do going forward and help plan the programme!

<b>Steady and Stable MUST BOOK</b>	2.00-3.15 Starts 24 <sup>th</sup> April No Half Term Bank Holiday 1 <sup>st</sup> May- No Class	Barbara Brosnan Ct. 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187, 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> .
<b>'Advice Plus' Information Stall</b> (In partnership with The Beethoven Centre)	2.00-4.00	The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	FREE	A chance to find out what is going on in your area & for YOU to seek help or advice with information stalls from local service providers. A Volunteer from Open Age is on hand to provide you with information about our activities!
<b>Phone Club: Men's Current Affairs Talk</b> For the Housebound	2.30-3.30	In the comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Local and International news, sport, interesting facts and articles, topical talks. Phone Alexandra for more info & to join on <b>020 3713 8736</b> .
<b>Mindfulness Meditation</b>	2.30-3.30 Starts 24 <sup>th</sup> April  Bank Holiday 1 <sup>st</sup> May- No Class	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join this class which helps to induce relaxation by focusing awareness on breathing and encouraging positive attitudes to achieve a healthy, balanced mental state.
<b>Phone Club: Creative Writing Group</b> For the Housebound	4.00-5.00	In the comfort of your own home.	N/A	FREE	Develop your creative writing skills with optional homework activities and opportunity to read work aloud for constructive feedback. Phone Alexandra for more info & to join on <b>020 3713 8736</b> .

## TUESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Table Tennis &amp; Pool Session</b> (Positively Physical) <b>NEW CLASS!</b>	10.00-11.15 Starts 18 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Whether you're a complete novice or total pro pop along to this friendly drop-in session and have a game! This is a volunteer led session.
<b>Simply Art</b>	10.30-12.30 Starts 25 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£2	Join this exciting art course and bring out your artistic flair! Begin to look at objects in a new way as you learn how to sketch, draw, collage, paint & more! All abilities welcome! To book call <b>07717201791</b> .
<b>Exercise to Music</b> (Positively Physical)	12.30-1.30 Starts 18 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	This class will improve your stamina & strength and help you to burn some calories!

<b>Sleep - How to improve it!</b> (In partnership with the Health Improvement Team) <b>MUST BOOK NEW TIME!</b>	12.30-2.00 9 <sup>th</sup> May 13 <sup>th</sup> June 11 <sup>th</sup> July	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 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>07717201791</b> .
<b>Chair Exercise</b> (Positively Physical)	1.45-2.45 Starts 18 <sup>th</sup> April	WECH Comm Ctre Chantry Close, Elgin Estate, Elgin Ave, W9 3RS	18, 36	£1	Gentle seated exercise to music that stretches & tones the whole body.
<b>French for Beginners</b>  <b>NEW TIME &amp; PRICE!</b>	2.00-3.30 Starts 18 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1.50	Have you always wanted to learn the language of love or do you just love learning a new skill? Join this beginner's class & learn the basics of communicating simply & effectively. Don't be shy, everyone is welcome!
<b>Yoga</b> (Positively Physical)	2.30-3.30 Starts 18 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	An energizing yoga class that promotes good health for body, mind & soul.

## WEDNESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Intermediate Computer Course</b> (6 week courses) <b>MUST BOOK</b>	10.00-12.00 Starts 26 <sup>th</sup> April	Queen's Park Library, 666 Harrow Road, W10 4NE	18, 28, 228	£2	Increase your skills in this helpful computer class exploring Microsoft Word, Excel, Power Point and much more. For more information or to book a place, please phone the Hub on <b>07717201791</b> .
<b>Kundalini Yoga</b> (Positively Physical)  <b>NEW CLASS!</b>	10.15-11.45 Starts 19 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	A gentle yoga class using simple techniques that can be enjoyed by anyone to enhance physical well-being and body awareness.
<b>Art &amp; Photography on iPads</b> (5 week course) <b>MUST BOOK</b>	10.30-11.30 Starts 26 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join us at this fun and creative session where you will learn how to take and edit photographs on an iPad as well as creating your very own digital art work! iPads are provided and all abilities are welcome! Call the Hub on <b>07717201791</b> to book.
<b>More iPads</b> (5 week course) <b>MUST BOOK</b>	11.30-12.30 Starts 26 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	If you've mastered the basics but want to learn more, come & further your knowledge about what you can do with iPads! iPads are provided but please bring your phone! Call <b>07717201791</b> to book.



<b>Steady &amp; Stable</b> (Class 1 – high level) <b>MUST BOOK</b>	1.00-2.15 Starts 19 <sup>th</sup> April  *Half Term Session at Portgate Hall.	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	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 Starts 19 <sup>th</sup> April	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	6,31, 36, 18, 228, 328, 414	£1	Join this fun and popular session for a gentle chair exercise class to some great music. ALL abilities are welcome.
<b>Sketching at Museums &amp; Galleries</b> <b>MUST BOOK</b>	2.00-4.00 Starts 19 <sup>th</sup> April	Various Museums or Galleries	N/A	£2	Each week the class explores and sketches at a different Museum or Gallery. Locations include The British Museum, Wellcome Collection, V & A and many more! You must bring your own sketch pad but pencils will be provided. All abilities are welcome, so sign up now by calling the Hub on <b>07717201791</b> .
<b>Wednesday Social with Speakers</b>	2.00-4.00 Starts 19 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Join this friendly social group to listen to a range of interesting and stimulating topics with speakers from museums, local organisations and charities. See the back of the programme for a full schedule of speakers. (Refreshments- £0.30)
<b>Steady &amp; Stable</b> (Class 2 – low level) <b>MUST BOOK</b>	2.15-3.15 Starts 19 <sup>th</sup> April  *Half Term Session at Portgate Hall.	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	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
<b>Trips Around London</b>	See Trips Programme	Meet: Library Foyer, North Kensington Library, 108 Ladbroke Grove, W11 1PZ	N/A	Varied	See Trips Programmes! To book please contact Open Age on <b>020 8962 4141</b> .
<b>Complementary Therapies</b> (Munro Health Co-Op) <b>MUST BOOK</b>	Half hour or hourly slots	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	6,31, 36, 187, 228, 328, 414	£12 per half hour	Massage, Shiatsu, Reflexology, Reiki or Indian Head massage. To book phone <b>07717201791</b> . Some availability on other days!

<b>Singing For All</b>	10.30-12.00 Starts 20 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1.50	If you are new to singing or you'd like to brush up on an old hobby then this class is perfect for you! Come and join the fun and learn how to develop your voice in this lively class!
<b>Book Break</b> (Partnership with The Reader)	10.30-12.00 Starts 20 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Come along to this friendly group to listen to great stories and poems read aloud. You can join in the reading and conversation, or sit back and relax as the story takes you to destinations old and new!
<b>Guitar Lessons</b>  No class 18 <sup>th</sup> May!	12.15-1.45 Starts 20 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1.50	Whether you're looking to rediscover an old passion or take up a new hobby, it's never too late to discover a love of music so pop along to this lively class! <b>Please bring a guitar.</b>
<b>Pilates</b> (Positively Physical)	12.30-1.30 Starts 20 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28,2 28	£1	Special exercises that concentrate on strengthening & toning your whole body.
<b>Phone Club: Discussion group</b> For the Housebound	1.00-2.00	In the comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Alexandra for more info & to join on <b>020 3713 8736</b> .
<b>Arabic Women's Social Group</b> (Women only) <b>NEW TIME!</b>	1.45-2.45 Starts 20 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Come along for tea and a social afternoon with other Arabic & Kurdish speakers.
<b>Beginners Arabic Women's English Lessons</b> (Women only) <b>NEW TIME!</b>	1.45-2.45 Fortnightly Starts 27 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	If English is not your first language come & join our friendly and relaxed English lessons and let us help you practice your conversational and writing skills while having lots of fun!
<b>Creative Threads Sewing Class</b>	2.00-4.00 Starts 20 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£2	Indulge in the art of needlework exchanging ideas and advice as you sew, knit, crochet, and embroider with good company. *Tutor only available for help with sewing.
<b>Book Talk: Phone Discussion group</b> For the Housebound	2.30-3.30 Last Thursday of the month	In the comfort of your own home.	N/A	FREE	Discuss a different book each month delivered by home library service - from Crime to Historical Fiction. Call Alexandra for info on <b>020 3713 8736</b> .
<b>Chair Yoga</b>	3.00-4.00 Starts 20 <sup>th</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	This chair based exercise class involves moving & releasing tension in the joints, breathing exercises, and overall relaxation.

<b>Phone Club: Discussion Group</b> For the Housebound	4.00-5.00	Comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Alexandra for more info & to join on <b>020 3713 8736</b> .
---	-----------	---------------------------	-----	------	--

## FRIDAY CHOICES

### Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Improve English, Improve Health</b>  <b>MUST BOOK</b>	10.00-12.30 Starts date TBC	Queen's Park Library 666 Harrow Rd, London. W10 4NE.	28,18, 228	FREE	A short course to improve your understanding of health, how to stay well, learn how to access health services and to improve your English. For further details and to enrol please call Russell on <b>0208 962 5583</b> .
<b>Chair Exercise to Music</b>	10.00-11.00 Starts 21 <sup>st</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join this fun and popular session for a gentle chair exercise class to some great music. ALL abilities are welcome.
<b>Board Games Cafe</b> (In partnership with Octavia Housing)	10.00-12.00 Starts 21 <sup>st</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Try your hand at Scrabble, Cards or Dominoes. Bring your knitting and get ready for a natter! Or just come to relax and enjoy the friendly atmosphere! Everyone welcome! (Refreshments- £0.30)
<b>Monthly Fish N' Chip Fridays</b> <b>MUST BOOK</b>  <b>NEW TIME!</b>	12.00-1.30 (Served at approx. 12.15) <b>5<sup>th</sup> May</b> <b>9<sup>th</sup> June</b> <b>7<sup>th</sup> July</b>	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£5	Join us for a delicious Fish n Chip lunch and the best company in town with our growing group of diners! Tea & Coffee, Condiments and Bread & Butter all thrown in! Call <b>07717201791</b> to book!
<b>Water Splash</b> (Positively Physical)	12.00-1.00 Starts 21 <sup>st</sup> April	Jubilee Sports Ctr., Caird Street, Queen's Park, W10 4RR	18, 28, 228	£1	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 Starts 21 <sup>st</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£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>Drama Club</b>  <b>NEW TIME!</b>	11.30-12.30 <b>28<sup>th</sup> April</b> <b>12<sup>th</sup> &amp; 26<sup>th</sup> May</b> <b>16<sup>th</sup> 30<sup>th</sup> June</b> <b>21<sup>st</sup> July</b>	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Come along to our new Drama group! Learn how to begin acting, have fun with drama games and work on plays scripts in this friendly and supportive workshop. Don't be shy, beginners very welcome!
<b>Line Dancing</b>  No Class 14 <sup>th</sup> July!	2.00-3.00 Starts 21 <sup>st</sup> April	Open Age QPHR Hub, The Avenues 3-7 Third Avenue,	18,28, 228	£1	It doesn't matter if you already know your shuffle and coaster steps from your heel hitches or are

		London, W10 4RS			a complete beginner come and join this class for a lively and fun afternoon learning steps and sequences to some great tunes.
<b>Monthly Social</b> <b>NEW TIME!</b>	2.00-4.00 28 <sup>th</sup> April 26 <sup>th</sup> May 30 <sup>th</sup> June	Open Age QPHR Hub, The Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Lively social for the over 50's with speakers, fun sessions, bingo & more! Call <b>07717201791</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 Shape-Up</b>	1.00-3.00 Starts 22 <sup>nd</sup> April	St Augustine's Hall, Oxford Road, London NW6 5SN	6,16 31, 36, 98, 187, 228, 316, 328, 332	£2	Badminton, Table Tennis and Soft Tennis – try them all! Our talented tutor will set up games on a 'mix and match' basis to ensure you benefit from a variety of partners and opponents. For experienced badminton players, and table and soft tennis players of all levels, including beginners.
<b>Saturday Shape Up: Badminton</b>	3.00-4.00 Starts 22 <sup>nd</sup> April			£1	A mixed ability session where novices/beginners have priority over court space to learn the rules and basic strokes, build confidence and work towards joining the experienced players in the Saturday Shape-Up group when ready.

### DATES FOR YOUR DIARY

#### **FREE Royal Albert Hall Songbook- Thursday 6<sup>th</sup> April, 11:00am-12:00pm**

The Royal Albert Hall Songbook will see musicians from Albert's Band lead a nostalgic journey through the musical history of the Royal Albert Hall through songs, stories and audience participation. At The Beethoven Ctr, Third Avenue, Queen's Park, W10 4JL. Call to book on **07717201791**.

#### **American School Lunch- Thursday 27<sup>th</sup> April, 10.30am-1.30pm**

Throughout the school year the American School hosts an intergenerational programme where you can meet students, chat, and have lunch together. Transport from The Avenues is provided. Call **07717201791** to book!

#### **FREE Photography & iPad Workshop at RIBA- Monday 22<sup>nd</sup> May, 1.30pm**

Join a tour of the Art Deco headquarters of the Royal Institute of British Architects, and explore their new exhibition 'Circling the Square' during a guided workshop with artist Wilson Yau. Tea, biscuits and iPads will be provided and all abilities are welcome. Call **07717201791** to book!

#### **FREE Tour of the Wellcome Collection- Tuesday 20<sup>th</sup> June, 11.15am**

Join us on a 30 minute guided tour of the Wellcome Collections' Medicine Man exhibition before exploring the collection at your own pace. Call **07717201791** to book!

#### **FREE Kensington Palace Visit- Friday 2<sup>nd</sup> June, 10.30am**

Join us for a royal morning out as we visit the beautiful Kensington Palace. Explore different periods of the palaces' history and see the magnificent new Diana Exhibit! Call **07717201791** to book!



**The Round Table Members Think Tank @ The Avenues- Friday 23<sup>rd</sup> June, 11.00am-12.30pm**

If you live in Westminster come along to this informal and friendly meeting to tell us what YOU think about the programme and any activities YOU would like to see being run! Tea and Biscuits provided!

**Fencing for Beginners @ Central London Fencing Club, Pimlico.**

Join this 5 week course to cover the basics of fencing. Suitable for beginners, or those who fenced a long time ago and would like to return to the sport. (Kit provided). For more info & to book call Deryn on **020 8962 5582**. En guard!

**FREE SOCIAL SPEAKER SCHEDULE**

**FREE Monday Social with Speakers- 10.30am-12.30pm**

**April:**

24<sup>th</sup> Introduction to CBT and General Wellbeing from Time to Talk

**May:**

1<sup>st</sup> BANK HOLIDAY- No Session

8<sup>th</sup> Sir John Soane's Museum

15<sup>th</sup> A Talk on Black History and Culture from Black History Walks

22<sup>nd</sup> Motivational Booster from Time to Talk

29<sup>th</sup> HALF TERM- No Session

**June:**

5<sup>th</sup> Royal Academy of Music

12<sup>th</sup> Talk from Community Gardener Lisa Wilkinson

19<sup>th</sup> TBC

26<sup>th</sup> TBC

**July:**

3<sup>rd</sup> TBC

10<sup>th</sup> Jewish Museum London

17<sup>th</sup> Museum of London Archaeology

**FREE Wednesday Social with Speakers- 2.00pm-4.00pm**

**April:**

19<sup>th</sup> Talk on Tower Bridge

26<sup>th</sup> Introduction to CBT and General Wellbeing from Time to Talk

**May:**

3<sup>rd</sup> Visit to Kensington Palace Diana Exhibition

10<sup>th</sup> Sir John Soane's Museum

17<sup>th</sup> TBC

24<sup>th</sup> Motivational Booster from Time to Talk

31<sup>st</sup> HALF TERM- No Session

**June:**

7<sup>th</sup> TBC

14<sup>th</sup> Royal Academy of Music

21<sup>st</sup> 'Life in the Business' Jane's Journey as an actress in London from Jane Lee

28<sup>th</sup> TBC

**July:**

5<sup>th</sup> Jewish Museum London

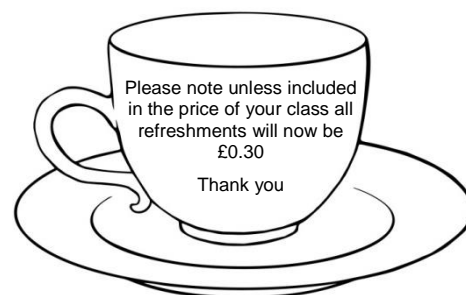
12<sup>th</sup> Museum of London Archaeology

19<sup>th</sup> TBC

**Email Bulletin**

The Queens Park & Harrow Road Hub now has a weekly members email bulletin keeping you informed of all the new exciting activities, trips and events we have going on in the local area for Westminster residents to ensure you don't miss a thing!

If you would like to receive this please email [choggan@openage.org.uk](mailto:choggan@openage.org.uk) and we will add you to the list!



**The Positively Physical Programme** is a project led by Open Age and funded by Public Health. For more information call **Jade** on **0208 962 4537**.

**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 **Maria Gomes** on **020 8962 4536**.

**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 1pm and 4pm on weekdays or email [info@westwayCT.org.uk](mailto:info@westwayCT.org.uk).



Image Credit: Maria Silva

As part of the London Creativity and Wellbeing Week, join Open Age and enter :

# The Secret Garden

## Monday Social @ The Avenues - FREE

**Monday 12th June, 10.30am-12.30pm**

Join this friendly social group for a talk from Community Gardener Lisa as she shares her knowledge and tips.

## Tai Chi Gong @ Kensington Palace Gardens - £1.00

**Tuesday 13th June, 12.30-1.30pm**

Join us for a one off Tai Chi Gong class in the picturesque setting of Kensington Palace Gardens. Tai Chi Gong is a gentle, powerful system of exercise which uses healing posture, movement and breathing techniques, to recharge body and mind. Book your place now on **07530734489**.

## Upcycled Planting Workshop @ Paddington Arts - FREE

**Tuesday 13th June, 3.30-5.00pm**

Upcycle your pots, containers, teapots and mugs in our FREE upcycling planting workshop, working in partnership with Paddington Arts & led by a fantastic team of experienced Gardeners. Call **02037138737** for more info & to book your place!

## Golden Groovers @ Churchill Hub - £2.00

**Wednesday 14th June, 3.00-5.00pm**

Come along for an afternoon of fun at this one-off dance workshop! Try out some new moves and learn a choreographed routine with our expert from the Royal Academy of Dance, Julie Foord. Book your place now on **07530 734 489**

## Brooch Making Class @ The Avenues - £2.00

**Thursday 15th June, 2.00-4.00pm**

Transform your favourite flower or plant into a unique & beautiful brooch in this creative and friendly class. All abilities welcome- materials provided. To book call **07717201791**.

## Drama Club @ The Avenues - £1.00

**Friday 16th June, 11.30-12.30pm**

Come along to our new Drama group! Learn how to begin acting, have fun with drama games and work on plays scripts in this friendly and supportive workshop. Don't be shy, beginners very welcome!

## Magic Monday Workshops @ Warwick Community Hall -£1.00

**Monday 12th June**

- 1) Collage **12.00-1.30pm**. Please join us for this fun workshop and learn the art of collage with fantastic floral patterns.
- 2) Crochet **2.00-3.00pm**. Have fun creating exotic crochet flowers and felt leaves. All materials provided.

## Fortnightly Film Festival @ The Avenues - £1.00

**A Little Chaos - Monday 12th June, 2.00-4.00pm**

A romantic drama following Sabine, a talented landscape designer, who is building a garden at Versailles for King Louis XIV. Sabine struggles with class barriers as she becomes romantically entangled with the court's renowned landscape artist. Book now on **07717201791**.

## Decoupage Workshop @ The Avenues - £1.50

**Wednesday 14th June, 10.30am-12.30pm**

Join us for a crafty morning in this fun workshop learning how to decoupage with fantastic floral patterns. Materials provided.

## Sketching at Museums & Galleries- £2.00

**Wednesday 14th June, 2.00-4.00pm**

Join our sketching group as they explore the botanical galleries of the Natural History Museum. You must bring your own sketch pad but pencils will be provided. All abilities are welcome, so sign up now by calling the Hub on **07717201791**.

## Sky Garden Visit - FREE

**Thursday 15th June, 10.30am**

Join us for this fantastic opportunity to see breath taking views from 155 metres up above the city! The spectacular Sky Garden offers views across the capital and far beyond! To book call **07717201791**.

## The Archivists Drama workshop & Performance @ Churchill Hub - FREE

**Friday 16th June, 3.00-5.00pm**

Enjoy an afternoon of interactive theatre at the Churchill Hub! Members of the Burn Bright Theatre group will perform an exciting new play: The Archivists, inspired by silent films. Book your place now on **07530 734 489**.

## The Secret Garden Art Exhibition

**Friday 16th June, 12-4pm @ Second Half Centre**

The Second Half Centre will be filled to the brim with art, performances and workshops to take part in. This is a FREE event, all ages welcome, so bring your loved ones! Call **0208 962 5500** for more info!

