



**OPEN  
AGE**

life's just begun

# **Open Age Programme**

Monday 5<sup>th</sup> January 2026 to  
Friday 27<sup>th</sup> March 2026

(Half Term 16<sup>th</sup> - 20<sup>th</sup> February)

Welcome to the new programme! You will find enclosed the relevant contact details for all activities at our centres, community venues and online.

All classes taking place in New Horizons, St Margaret's, Avenues and Second Half Centre can be **booked 7 days in advance**. To book an activity or for more information, please call the number provided under 'Booking Details'.

Please ensure you speak to a member of the team, as booking requests left on voicemails cannot be accepted.

Clinical exercise classes, (Steady & Stable, Osteo Blast and Healthy Lungs) require advanced booking.

### **Important notice regarding the cost of activities**

For activities running in centres and community venues, we ask that members continue to contribute to Open Age £1 per hour, unless otherwise stated.

### **Online Classes**

Open Age take payments for all online classes. If you have not yet "topped up" your online account, either do so via our website (logging into your membership), or by popping into your nearest Open Age centre, where the team will be able to assist you.

### **Adult Community Learning (ACL)**

Classes annotated with 'ACL' next to them means that they are Adult Community Learning courses. ACL offer a number of courses. They need to be booked in advance and require a commitment which ranges between 5 and 10 weeks depending on the course. These classes are different from the standard Open Age drop-in classes. You must be able to complete an enrolment form and provide evidence of ID, i.e. Passport or Driving Licence number, as well as your National Insurance number.

## **ACL Costs**

Our ACL courses are at a slightly different cost to all the other Open Age classes as we are funded by the government via the Royal Borough of Kensington and Chelsea. Our fees are £3 per session. However, the course may be free if you meet the eligibility criteria.

## **Open Age Member Code of Conduct**

Open Age is a member-led charity and a leader in providing activities for residents of Kensington & Chelsea, Westminster and Hammersmith & Fulham Boroughs aged 50 plus.

We aim to create an atmosphere where all members feel welcome, valued and where opinions and views are listened to with mutual respect, whether the activity is being held within one of our centres, a community/sports centre, or online.

We ask all members to follow our core principles, set out within this Code of Conduct, whether engaging with fellow members, staff, volunteers or partners from other organisations.

### **Our Principles:**

- To treat everyone with courtesy and respect regardless of:
  - Age
  - Disability
  - Transgender status
  - Marriage or civil partnership status
  - Race, colour, nationality, ethnic origin and national origin
  - Religion, belief and culture
  - Sex and sexual orientation
- To treat the building, equipment and toilets as you would in your own home.

If you feel you have been treated unfairly and not in accordance with the Code of Conduct, please report this to a member of staff.

Open Age will discuss any actions or behaviours not in line with these principles with the individual/s concerned and request a change in action or behaviour.

If the actions or behaviours reoccur following this request, the individual/s responsible will be asked to leave Open Age, until they are willing to follow the Code of Conduct.

If you have any queries or concerns regarding the issues above, please speak to a member of staff or contact the main office:

St Charles Centre for Health and Wellbeing, Exmoor Street, London W10 6DZ. Tel: 020 4516 9978. Email: mail@openage.org.uk

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# Activities at Second Half Centre (SHC)

## North Kensington

### MONDAY

TIME	CLASS	LOCATION	BOOKING INFO
10:00 - 11:00	Men's Space: Active Exercise Class	SHC	07467 952 564
10:00 - 12:00	IT - How to use Maps <b>*Starts 12<sup>th</sup> January ACL</b>	SHC	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - How to use Google Apps <b>*Starts 23<sup>rd</sup> February ACL</b>	SHC	020 4516 9972 aclbookings@openage.org.uk
11:15 - 12:15	Tai Chi	SHC	020 4516 9971
11:30 - 12:30	Chair Exercise	Pepper Pot	No booking needed
12:15 - 13:45	International Cooking with Manju (last Monday of the month)	SHC	020 4516 9971
12:30 - 13:30	Stretch and Tone	SHC	020 4516 9971
12:30 - 14:30	IT - How to use WhatsApp <b>*starts 12<sup>th</sup> January ACL</b>	SHC	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - How to use Social Media (YouTube, Instagram & Facebook) <b>*starts 23<sup>rd</sup> February ACL</b>	SHC	020 4516 9972 aclbookings@openage.org.uk

13:45 - 15:15	Singing for All	SHC	020 4516 9971
13:45 - 15:15	Crochet for Beginners	SHC	020 4516 9971
14:15 - 15:45	Find Your Flow Art Class	SHC	020 4516 9971
15:00 - 17:00	IT - Creative Design Using Paint & AI on Windows 11 <b>*starts 12<sup>th</sup> January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@open age.org.uk
15:30 - 17:00	Men's Space: Weekly Social & Board Games - Health & Wellbeing Experience (every third Monday of the month)	SHC	07467 952 564

## TUESDAY

9:45 - 10:45	Zumba Gold	SHC	020 4516 9971
10:00 - 12:00	IT - Introduction to A.I. <b>*starts 13<sup>th</sup> January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@open age.org.uk
10:00 - 12:00	IT - Further Skills Using Windows 11 <b>*starts 24<sup>th</sup> February</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage .org.uk
10:00 - 12:00	Italian Beginners 1 (must have minimum of 80 hours of tuition) <b>*starts 13<sup>th</sup> January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk

11:15 - 12:00	Community Kitchen Garden	SHC	020 4516 9971
11:30 - 12:30	Step Up from Steady	SHC	020 4516 9971
12:15 - 13:15	Outreach Tech Support (own devices) <i>RBKC &amp; WCC residents only</i>	SHC	020 4516 9977 outreach@openage.org.uk
12:30 - 14:30	Italian Beginners 2 (must have a minimum of 100+ hours of tuition) <b>*starts 13th January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@openage.org.uk
13:00 - 14:00	Steady & Stable: Falls Prevention Exercise	SHC	020 4516 9975
13:30 - 14:30	Tai Chi	St George's Church	No booking needed
13:30 - 15:30	IT - Further Skills Using Android Devices <b>*starts 13th January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@openage.org.uk
13:30 - 15:30	IT - Further Skills Using Android Devices <b>*starts 24th February</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@openage.org.uk
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	SHC	020 4516 9975

15:00 - 17:00	Italian for Beginners (must have a minimum of 20 hours of tuition) <b>*starts 13th January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk
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## WEDNESDAY

10:00 - 11:30	Painting and Drawing	SHC	020 4516 9971
10:00 - 11:30	Creative Threads	SHC	020 4516 9971
10:00 - 12:00	IT - Further Exploration of A.I. <b>*starts 14th January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	IT - How to Use NHS & GP Apps <b>*starts 25th February</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk
12:00 - 13:00	Chair Exercise	SHC	020 4516 9971
12:15 - 14:15	Men's Space: Lunch & Cookery (Fortnightly) 1st & 3rd Wednesday	SHC	07467 952 564
13:30 - 15:30	Men's Space: Men's IT Group <b>*starts 14th January</b> <b>ACL</b>	SHC	07467 952 564

13:30 - 15:30	Men's Space: Men's IT Group <b>*starts 25th February</b> <b>ACL</b>	SHC	07467 952 564
13:30 - 15:30	Meditation & Mindfulness for Beginners <b>*starts 14<sup>th</sup> January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk
14:30 - 16:30	Poetry <b>*starts 14<sup>th</sup> January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk

## THURSDAY

10:00 - 11:00	Yoga	SHC	020 4516 9971
10:00 - 12:00	IT - Digital Photography & Your Phone <b>*starts 15th January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	Crochet & Knitting: Create Your Own Accessory <b>*starts 15th January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk
10:15 - 12:15	Mosaics <b>*starts 15th January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk
11:20 - 12:20	Body Conditioning	SHC	020 4516 9971
12:30 - 13:30	Chair Exercise	SHC	020 4516 9971

12:30 - 14:30	Spanish Intermediate ( <i>must have a minimum of 140 hours of tuition</i> ) <b>*starts 15th January ACL</b>	SHC	020 4516 9972 aclbookings@openage.org.uk
13:00 - 15:00	IT - Further Skills with iPad/iPhone <b>*starts 15th January ACL</b>	SHC	020 4516 9972 aclbookings@openage.org.uk
13:00 - 15:00	IT - Using the NHS & GP Apps <b>*starts 26th February ACL</b>	SHC	020 4516 9972 aclbookings@openage.org.uk
14:00 - 15:00	Healthy Lungs: Exercise for Lung Health (for Westminster and RBKC residents)	SHC	020 4516 9973 JBiglari@openage.org.uk
15:00 - 17:00	Spanish Beginners 1 (must have a minimum of 80 hours of tuition) <b>*starts 15th January ACL</b>	SHC	020 4516 9972 aclbookings@openage.org.uk
15:00 - 17:00	Chinese Calligraphy <b>*starts 22nd January ACL</b>	SHC	020 4516 9972 aclbookings@openage.org.uk
15:00 - 17:00	Fashion Knitting Class (Drop In) <i>Come and learn how to knit fashion accessories.</i>	SHC	020 4516 9971

15:00 - 17:00	IT Tech Support (bring your own devices)	SHC	07570 428 795
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## FRIDAY

10:00 - 11:00	Pilates	SHC	020 4516 9971
10:00 - 12:00	Spanish Beginners 3 ( <i>must have a minimum of 120 hours of tuition</i> ) <b>*starts 16th January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	IT - Computer for Beginners (Windows 11) <b>*starts 16<sup>th</sup> January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk
12:30 - 14:30	Spanish for Beginners ( <i>must have a minimum of 120 hours of tuition</i> ) <b>*starts 16<sup>th</sup> January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk
12:30 - 14:30	IT - Scam Awareness & Internet Safety <b>*starts 16<sup>th</sup> January</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk
12:30 - 14:30	IT - To be confirmed (please ask staff) <b>*starts 27th February</b> <b>ACL</b>	SHC	020 4516 9972 aclbookings@ openage.org.uk

14:00 -16:00	Book Club <b>*starts 9th January</b>	SHC	020 4516 9971
15:00 - 17:00	Spanish Beginners 2 ( <i>must have a minimum of 100 hours of tuition</i> ) <b>*starts 16th January</b> ACL	SHC	020 4516 9972 aclbookings@op enage.org.uk

## Activities at New Horizons (NH) South Kensington

### MONDAY

TIME	CLASS	LOCATION	BOOKING INFO
09:45 - 11:45	Watercolours (All Levels) <b>*starts 12th January</b> ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	IT - How to Use Gmail <b>*starts 12th January</b> ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	IT - How to Use WhatsApp <b>*starts 23rd February</b> ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	Jewellery Making (Advanced)	NH	020 4516 9970
12:00 - 13:00	Pilates	NH	020 4516 9970
12:00 – 13:30	Bingo at Cadogan Pier ( <i>3rd Monday of the Month</i> ) – will be advertised monthly	Cadogan Pier	020 4516 9970

12:00 - 14:00	Watercolours (All Levels) <b>*starts 12<sup>th</sup> January</b> <b>ACL</b>	Ixworth Place	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - Digital Photography & Your Phone <b>*starts 12<sup>th</sup> January</b> <b>ACL</b>	NH	020 4516 9972 aclbookings@openage.org.uk
13:15 - 14:15	Ballet	NH	020 4516 9970
13:30 - 15:30	Shared Reading	NH	020 4516 9970
14:15 - 16:15	Watercolours (All Levels) <b>*starts 12<sup>th</sup> January</b> <b>ACL</b>	Ixworth Place	020 4516 9972 aclbookings@openage.org.uk

## TUESDAY

09:45 - 10:45	Outreach Tech Support (own devices) <i>RBKC and WCC residents only</i>	NH	020 4516 9977 outreach@openage.org.uk
09:45 - 11:45	In the News	NH	020 4516 9970
10:00 - 12:00	Creative Writing <b>*starts 13<sup>th</sup> January</b> <b>ACL</b>	Response Community Projects	020 4516 9972 aclbookings@openage.org.uk

10:00 - 12:00	Mosaics <b>*starts 13th January ACL</b>	NH	020 4516 9972 aclbookings@op enage.org.uk
11:00 - 13:00	Knitting	NH	020 4516 9970
12:00 - 13:00	Stretch and Tone	NH	020 4516 9970
12:15 - 14:15	Digital Skills Support – Connect More Programme <i>(2nd Tuesday of the month)</i>	NH	020 4516 9970
13:00 - 16:00	Bridge Club - Social (Intermediate)	Ixworth Place	020 4516 9970
13:15 - 14:15	Chair Exercise	NH	020 4516 9970
13:15 - 14:15	Meditation	NH	020 4516 9970
14:00 - 15:00	Dance Exercise	The Community Hub	No booking needed
14:00 - 16:30	Recorder Class (all levels)	NH	020 4516 9970
14:30 - 16:30	Creative Writing <b>*starts 13th January ACL</b>	NH	020 4516 9972 aclbookings@ op enage.org.uk

## WEDNESDAY

09:45 - 10:45	Osteo Blast: Exercise for Bone Health (for Westminster and RBKC residents)	NH	020 4516 9973 JBiglari@openage.org.uk
10:00 - 12:00	Sketching at Holland Park <b>*starts 14<sup>th</sup> January</b> <b>ACL</b>	Holland Park	020 4516 9972 aclbookings@openage.org.uk
10:55 - 11:55	Steady & Stable: Falls Prevention Exercise	NH	020 4516 9975
11:00 - 13:00	Open Age Members' Newsletter Group	NH	020 4516 9970
12:00 - 13:00	Steady & Stable: Falls Prevention Exercise	NH	020 4516 9975
13:00 - 14:00	Social Crafts	NH	020 4516 9970
12:15 - 14:15	French Conversation <b>*starts 14<sup>th</sup> Jan (Upper Intermediate/Advanced)</b>	NH	020 4516 9970
13:15 - 14:15	Chair Exercise	NH	020 4516 9970
14:30 - 16:30	Quiz	NH	020 4516 9970
14:30 - 16:30	Singing	NH	020 4516 9970

## THURSDAY

09:45 - 10:45	Chair Exercise	NH	020 4516 9970
10:00 - 12:00	Literature & Poetry	NH	020 4516 9970
10:30 - 12:30	Art Class (Advanced)	Ixworth Place	020 4516 9970
11:00 - 12:00	Yoga	NH	020 4516 9970
12:00 - 14:00	Supported IT Drop-In	NH	020 4516 9970
12:30 - 14:00	Arts & Crafts	NH	020 4516 9970
13:00 - 14:00	Tai Chi	The Community Hub	No booking needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	The Community Hub	020 4516 9975
14:15 - 15:45	NHS: Falls Prevention (not managed by Open Age, please call the number listed)	NH	0208 102 5494
14:30 - 16:30	Life Stories <b>*starts 15th January</b> <b>ACL</b>	NH	020 4516 9972 aclbookings@openage.org.uk

## FRIDAY

10:00 - 12:00	Book Club (4th Friday of the month)	NH	020 4516 9970
10:00 - 12:00	IT - Further Skills with Android Devices <b>*starts 16th January</b> <b>ACL</b>	NH	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	IT - How to Use Maps <b>*starts 27th February</b> <b>ACL</b>	NH	020 4516 9972 aclbookings@ openage.org.uk
10:15 - 12:15	Drawing at the V&A Museum <b>*starts 16th January</b> <b>ACL</b>	V&A Mu seum	020 4516 9972 aclbookings@ openage.org.uk
10:30 - 12:30	Beginner's Crochet	NH	020 4516 9970
10:45 - 11:45	Pilates	St. Mary The Boltons	No booking needed
11:00 - 12:00	Tai Chi	NH	020 4516 9970
12:00 - 13:00	Chair Exercise	St. Mary The Boltons	No booking needed
12:00 - 14:00	Creative Writing <b>*starts 16th January</b> <b>ACL</b>	NH	020 4516 9972 aclbookings@ openage.org.uk
12:15 - 13:15	Pilates	NH	020 4516 9970

12:15 - 14:15	Drawing at the V&A Museum <b>*starts 16th January</b> <b>ACL</b>	V&A Museum	020 4516 9972 aclbookings@openage.org.uk
13:00 - 14:00	Glass Class - Craft Session (fortnightly – starts 9th January)	NH	020 4516 9970
13:00 - 15:00	IT - Creative Design Using Paint & AI on Windows 11 <b>*starts 16th January</b> <b>ACL</b>	NH	020 4516 9972 aclbookings@openage.org.uk
13:00 - 15:00	IT - How to Use Maps <b>*starts 27<sup>th</sup> February</b> <b>ACL</b>	NH	020 4516 9972 aclbookings@openage.org.uk
13:30 - 14:30	Keep Fit	NH	020 4516 9970
14:00 - 16:00	Cryptic Crossword (4th Friday of the month)	NH	020 4516 9970
14:30 - 16:00	Philosophy (fortnightly) - <i>In partnership with the Royal Institute of Philosophy</i> (starts 9th Jan)	NH	020 4516 9970
14:00 - 16:00	Beginner's Mahjong	NH	020 4516 9970
14:30 - 16:30	Watercolours (All Levels) <b>*starts 16th January</b> <b>ACL</b>	Ixworth Place	020 4516 9972 aclbookings@openage.org.uk

# Activities at Avenues (AVE) North Westminster

## MONDAY

TIME	CLASS	LOCATION	BOOKING INFO
10:00 - 11:00	Ballet	AVES	020 3713 8737
10:00 - 11:30	Patchwork Making and more	AVES	020 3713 8737
10:00 - 12:00	Bowls <b>*Jan 12th, Feb 2nd, March 2nd, April 13th</b>	Paddington Sports Club	No booking needed
11:15 - 12:15	Zumba Gold	AVES	020 3713 8737
11:30 - 12:30	Steady & Stable: Falls Prevention Exercise	Liberal Jewish Synagogue	020 4516 9975
12:00 - 13:00	Brain Training: Challenge & Improve Your Thinking	AVES	020 3713 8737
13:15 - 14:15	Osteo Pro	Little Venice Sports Centre	No booking needed
13:15 - 15:15	Film Festival (see in-centre noticeboard for film listing)	AVES	020 3713 8737

13:30 - 15:00	Guest Speaker & Social (last Monday of each month - See in centre for details)	AVES	020 3713 8737
14:30 - 15:30	Keep Fit	Little Venice Sports Centre	No booking needed

## TUESDAY

10:00 - 11:00	Pilates	AVES	020 3713 8737
10:00 - 11:30	Simply Art	AVES	020 3713 8737
10:30 - 11:30	Dance Exercise	Fitzrovia Community Centre	No booking needed
11:15 - 12:15	Chair Exercise	AVES	020 3713 8737
11:30 - 12:30	Pilates	The Exchange	No booking needed
12:30 - 13:30	Exercise to Music	AVES	020 3713 8737
13:00 - 14:30	Social Reading Club	AVES	020 3713 8737
13:45 - 15:15	Social - Table Tennis	AVES	020 3713 8737
14:00 - 15:00	Tai Chi (£3)	Paddington Recreation Ground	Pay & register at reception in the pavilion

14:00 - 15:00	Chi Gong in the park	Porchester Square Gardens	No booking needed
14:00 - 15:30	Men's Space – Music Jam * starts 13th Jan until 3rd March	Limestone Street Community Hub	07570 433 741

## WEDNESDAY

10:00 - 11:00	Yoga	AVES	020 3713 8737
10:00 - 12:00	Social - Games Café	AVES	020 3713 8737
12:15 - 13:15	Dance Exercise	St Paul's Church	No booking needed
11:30 - 12:30	Steady & Stable: Falls Prevention Exercise	AVES	020 4516 9975
12:30 - 13:30	Chair Exercise	The Exchange	No booking needed
12:45 - 14:15	Chair Exercise	Salvation Army, Notting Hill	No booking needed
13:15 - 14:15	Healthy Lungs: Exercise for Lung Health (for Westminster and RBKC residents)	AVES	020 4516 9973 JBiglari@openage.org.uk

13:45 - 15:00	Social - Quiz (Every fortnight Starting on 7th January)	AVES	020 3713 8737
13:30 - 15:00	Rummikub Club (Every fortnight starts on the 14th January)	AVES	020 3713 8737
14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones (for Westminster and RBKC residents)	AVES	020 4516 9973 JBiglari@openage.org.uk

## THURSDAY

10:00 - 11:00	Tai Chi	AVES	020 3713 8737
10:00 - 11:00	Exercise to Music	The Exchange	No booking needed
10:15 - 11:45	Singing for All	AVES	020 3713 8737
10:30 - 12:30	Watercolours for beginners	The Exchange	No booking needed
11:15 - 12:15	Exercise to Music	Avenues	020 3713 8737
11:30 - 12:30	Walking Football <i>*starts 15th Jan</i>	The Hub, Regents Park	No booking needed
12:00 - 13:00	Chair Exercise	The Exchange	No booking needed

12:00 - 13:30	Men' Space: Tai Chi <b>*starts 15th Jan until 19th March</b>	WECH	07570 433 741
12:45 - 13:45	Pilates	AVES	020 3713 8737
13:30 - 14:30	Steady & Stable: Falls Prevention Exercise	Penfold Community Hub	020 4516 9975
13:45 - 15:15	Still Life Drawing Art Class	AVES	020 3713 8737
13:45 - 15:15	Chair Exercise	Limestone Street Community Hub	07353 969 048
14:00 - 15:00	Chair Yoga	AVES	020 3713 8737
14:00 - 15:30	Men's Space: Gardening <b>*starts 15th Jan until 19th March</b>	WECH	07570 433 741

**FRIDAY**  
**(Avenues Centre is closed)**

10:00 - 11:00	Brain Training	The Exchange	No booking needed
11:00 - 13:00	Men's Space: Walking Football	Westminster Academy	07467 952 564

11:15 - 12:15	Social Knit and Chat	The Exchange Hub	No booking needed
12:00 - 12:45	Aqua Aerobics	Moberly Sports Centre	No booking needed

## SATURDAY

13:00 - 15:00	Multi Sports Table Tennis, Short Tennis & Badminton	St Augustine's Sports Centre	No booking needed
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## Activities at St Margaret's (St. M) South Westminster

### MONDAY

TIME	CLASS	LOCATION	BOOKING INFO
11:00 - 12:00	Chair Exercise	Victoria Med. Centre	No booking needed
12:15 - 13:15	Social Singing	St. M	No booking needed
13:30 - 14:30	Dance Exercise	St Stephen's Church	No booking needed
14:00 - 16:00	Creative Writing	St. M	No booking needed

13:45 -14:45	Osteo Blast: Exercise for Healthy Bones <i>(for Westminster and RBKC residents)</i>	Victoria Med. Centre	020 4516 9973 JBiglari@openage.org.uk
15:00 - 16:00	Pilates	Victoria Med. Centre	No booking needed (max 15 spaces)

## TUESDAY

10:30 - 12:00	Crafty Social coffee morning (bring your own craft projects!)	St. M	No booking needed
12:00 - 13:00	Shared Reading	St. M	No booking needed

## WEDNESDAY

10:00 - 11:00	Keep Fit	St. M	020 4516 9969
11:15 - 12:15	Gentle Chair & Chat	St. M	020 4516 9969
14:00 - 16:00	Bridge Club – Intermediate level	St. M	020 4516 9969

## THURSDAY

10:00 - 12:00	IT support Drop-In (not an IT class but we are on hand to help with your IT questions)	St. M	020 4516 9969
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10:20 - 11:20	Steady & Stable: Falls Prevention Exercise	Victoria Med. Centre	020 4516 9975
11:30 - 12:30	Steady & Stable: Falls Prevention Exercise	Victoria Med. Centre	020 4516 9975
12:30 - 14:00	Men's Tai Chi *Starting Thursday 29th January	Chelsea & Westminster Hospital	07353 969 048
13:30 -15:30	Art Class	St. M	No booking needed

## FRIDAY

10:00 - 11:00	Dance Exercise	St. M	020 4516 9969
11:30 - 12:30	Yoga	Victoria Med. Centre	No booking needed Max 15 spaces
11:45 - 13:15	Table Tennis	St. M	No booking needed
13:30 - 15:30	Friday Games and Social	St. M	No booking needed

## Activities in Hammersmith & Fulham

### MONDAY

10:15 - 11:15	Yoga	Edward Woods Community Centre	No booking needed
11:45 - 12:45	Steady & Stable: Falls Prevention Exercise	White City Community Centre	020 4516 9975
14:00 - 15:00	Steady & Stable: Falls Prevention Exercise	Edward Woods Community Centre	020 4516 9975

### TUESDAY

10:00 - 11:00	Steady & Stable: Falls Prevention Exercise	The Creighton Centre	020 4516 9975
11:05 - 12:05	Steady & Stable: Falls Prevention Exercise	The Creighton Centre	020 4516 9975
13:00 - 14:30	Watercolours class – all abilities welcome	Edward Woods Community Centre	No booking needed

14:00 - 15:00	Dance Exercise	The Community Hub	No booking needed
14:00 - 15:00	Chair Exercise	Age UK	No booking needed

## WEDNESDAY

11:30 - 12:30	Pilates *Bring own yoga mat	Fulham Broadway Methodist Church	No Booking Needed
13:00 - 14:00	Tai-Chi / Chi-Gong	Fulham Broadway Methodist Church	No Booking Needed

## THURSDAY

13:00 - 14:00	Tai Chi	The Community Hub	No booking needed
13:30 - 14:30	Chair Exercise	Edward Woods Community Centre	No bookings needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	The Community Hub	020 4516 9975

## FRIDAY

10:00 - 11:00	Dance Exercise	St Andrew's Church	No booking needed
11:45 - 12:45	Pilates *Bring own yoga mat	St Andrew's Church	No booking needed

## Activities outside of RBKC & Westminster (Brent)

## THURSDAY

10:00 - 11:00	Step Up from Steady (for Brent residents)	Chalkhill Community Centre	achrobocin ska@open age.org.uk 020 8143 9259
11:15 - 12:15	Steady & Stable: Falls Prevention Exercise (for Brent residents)	Chalkhill Community Centre	achrobocin ska@open age.org.uk 020 8143 9259
13:15 - 14:15	Steady & Stable: Falls Prevention Exercise (for Brent residents)	Chalkhill Community Centre	achrobocin ska@open age.org.uk 020 8143 9259

## Online Activities & Phone Groups

Open Age takes payments for all online classes. If you have not yet "topped up" your online account, either do so via our website (logging into your membership), or by popping into your nearest Open Age centre, where the team will be able to assist you.

### MONDAY

09:45 - 11:15	Intermediate Italian with Giulio	Zoom	via the member portal
10:00 - 11:00	Osteo Blast: Exercise for Healthy Bones (for Westminster and RBKC residents)	Zoom	via the member portal
10:30 - 11:30	Spanish Conversation	Zoom	via the member portal
11:00 - 12:00	Monday Phone Group	Phone Group	020 3713 8736
11:00 - 12:30	Shared Reading (with Ghada)	Zoom	via the member portal
12:30 - 14:00	Mindfulness for Wellbeing	Zoom	Via the member portal

## TUESDAY

10:00 - 11:00	Pilates <b>*Starts 13th January</b>	Zoom	via the Member Portal
11:00 - 12:30	Open Science: in partnership with Imperial College London, we bring you occasional talks on the latest scientific research (see weekly newsletter for dates and subject)	Zoom	via the Member Portal
12:30 - 13:30	Chair Exercise	Zoom	via the Member Portal
14:00 - 15:00	Step Up from Steady	Zoom	via the Member Portal
14:15 - 15:15	Open Space Talks (1st Tuesday of the month - See weekly newsletter for more details)	Zoom	via the Member Portal
15:00 - 16:00	Steady & Stable: Falls Prevention Exercise	Zoom	via the Member Portal

## WEDNESDAY

10:00 - 11:00	Yoga	Zoom	via the Member Portal
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10:00 - 12:00	Time for Me Carers: Creative Writing (Twice a month)	Zoom	07437 913 154 carerstimeforme @openage.org.uk
11:00 - 12:30	Greek Mythology & Ancient Stories (with Ghada)	Zoom	via the Member Portal
14:00 - 15:00	Chair Exercise	Zoom	via the Member Portal
14:30 - 15:30	Wednesday Phone Group	Phone Group	020 3713 8736
16:00 - 17:45	Meditation & Mindfulness (Non-Beginner) <b>*starts 14th January</b> <b>ACL</b>	Zoom	via the Member Portal

## THURSDAY

10:00 - 11:00	Healthy Lungs: Exercise for Lung Health (for Westminster and RBKC residents)	Zoom	via the Member Portal
10:00 - 11:00	Keep Fit	Zoom	via the Member Portal
12:00 - 13:00	Pilates	Zoom	via the Member Portal
14:00 - 15:00	Chi Gong	Zoom	via the Member Portal

## FRIDAY

10:00 - 11:00	Stretch and Tone	Zoom	via the Member Portal
10:30 - 11:30	Philosophy	Zoom	via the Member Portal
13:00 - 14:00	History of Art (fortnightly – contact Second Half centre for dates)	Zoom	via the Member Portal

## **Trips & Events**

All trips and events will be advertised in our centres and in the members' emailed bulletin, sent weekly to your email address. If you are not receiving this email, please speak to a member of the team. We run trips to a wide variety of locations across London, such as:

- The Royal Astronomical Society
- The Courtauld Gallery
- London Transport Museum
- Holland Park
- Kew Gardens
- The National Maritime Museum

...And many more!

## **Time for Me Programme for Unpaid Carers**

Please email [carerstimeforme@openage.org.uk](mailto:carerstimeforme@openage.org.uk) or call 020 4516 9976 to receive the carers full list of activities and outings.

## **Activities outside of Open Age**

### **Third Age Counselling:**

Third Age offers psychodynamic counselling for clients over the age of 50 in London. If you would like to find out more, or refer yourself to their services, please contact 01476 564 515 or email [enquiries@thirdagecounselling.com](mailto:enquiries@thirdagecounselling.com)

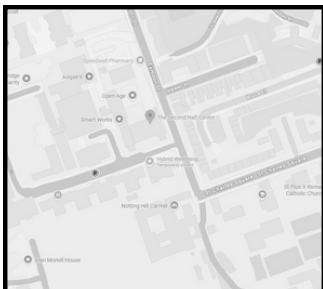
### **Therapies:**

Shiatsu Massage and Reflexology are available weekly by appointment only, at The Reed Centre, 28 Convent Gardens W11 1NJ. £35 for a 1-hour treatment.

To book call:

- Rita Taylor, Reflexology - 07865 080 969
- Paula Kent, Shiatsu Massage - 07715 512 703

# Location of Open Age Centres



## Open Age - St Charles Centre for Health & Wellbeing (Left at the reception)

Second Half Centre , Exmoor Street,  
London , W10 6DZ

Borough: Kensington & Chelsea (North)

Telephone: 020 4516 9971

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



## Open Age - Avenues

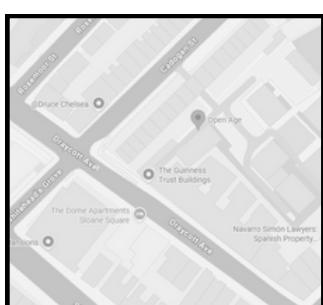
### New Avenues

3-7 Third Avenue , London, W10 4RS

Borough: Westminster (North)

Telephone: 020 3713 8737

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



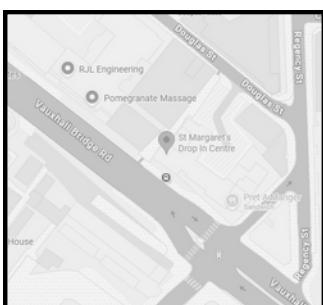
## Open Age - New Horizons

Guinness Trust Estate, Cadogan Street,  
London, SW3 2PF

Borough: Kensington and Chelsea (South)

Telephone: 020 4516 9970

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



## Open Age – St Margaret's

St Margaret's, 1 Carey Place , London  
SW1V 2RT

Borough: Westminster (South)

Telephone: 020 4516 9969

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

# Location of Community Venues (in alphabetical order)

COMMUNITY VENUE NAME	ADDRESS	POSTCODE	BOROUGH
Age UK	105 Greyhound Road	W6 8NJ	H&F
Bridgefield House	219 Queensway	W2 5HR	North Westminster
Chalkhill Community Centre	113 Chalkhill Road, Wembley Park	HA9 9FX	Brent
Churchill Gardens Estate	Churchill Gardens, Pimlico - Chippendale/Lutyens Pitch	SW1V 3AL	South Westminster
Edward Woods Community Centre	60 Norland Road	W11 4TX	H&F
Fitzrovia Community Centre	2 Foley Street	W1W 6DL	Westminster
Fulham Broadway Methodist Church	452 Fulham Road	SW6 1BY	H&F
Holland Park	Ilchester Place	W8 6LU	RBKC
Ixworth Place Community Centre	2 Kimbolton Row, Samuel Lewis Trust Dwelling	SW3 6RQ	South RBKC
Liberal Jewish Synagogue	28 St John's Wood Road	NW8 7HA	North Westminster
Limestone Street Community Hub	4 Limestone Street	NW8 8SU	North Westminster
Little Venice Sports Centre	10 Crompton Street	W2 1ND	North RBKC
Moberly Sports Centre	25 Chamberlayne Road, Ladbroke Grove	NW10 3NB	North Westminster
Morley College North Kensington Centre	Wornington Road	W10 5QQ	North RBKC

Paddington Sports Club	Castellain Road	W9 1HQ	North Westminster
Paddington Recreation Ground	Randolph Avenue	W9 1PD	North Westminster
Penfold Community Hub	60 Penfold Street	NW8 8PJ	Westminster
Pepper Pot	1a Thorpe Close	W10 5XL	North RBKC
Porchester Square Gardens	Porchester Square	W2 6AN	North Westminster
Porchester Sport Centre	Queensway, Porchester Road	W2 5HS	North Westminster
The Reed Centre	28 Convent Gardens	W11 1NJ	North RBKC
Response Community Projects	300 Old Brompton Road	SW5 9JF	South RBKC
St Andrew's Church	Greyhound Road	W14 9SA	H&F
St Augustine's Sports Centre	Oxford Street, North Maida Vale	NW6 5AW	North Westminster
St George's Church	Aubrey Walk	W8 7JG	North RBKC
St Mary's The Boltons	St Mary's Church, The Boltons	SW10 9TB	South RBKC
St Paul's Church	5 Rossmore Road	NW1 6NJ	North Westminster
St Stephen's Church	38-42 Rochester Row	SW1P 1LE	South Westminster
The Community Hub	1A Aisgill Avenue, West Kensington	W14 9NF	H&F
The Creighton Centre	378 Lillie Road	SW6 7PH	H&F
The Exchange hub	61 Elgin Avenue	W9 2DB	North Westminster

The Hub, Regents Park	Regent's Park Road	NW1 4NU	Westminster
Victoria & Albert Museum (V&A)	Exhibition Road	SW7	South RBKC
Victoria Medical Centre	29 Upper Tachbrook Street	SW1V 1SN	South Westminster
WECH	36A Elgin Avenue	W9 3AZ	North Westminster
Westminster Academy	255 Harrow Road	W2 5EZ	North Westminster
White City Community Centre	India Way	W12 7QT	H&F

## **Open Age is a Charity! (Charity number: 1160125)**

The activities, trips, groups, courses and community outreach work offered by Open Age, would not be possible without the funding and resources we receive from grant-makers and commissioners, and our partners and supporters.

This term Open Age's group activity programme and community outreach work continue to run due to the generous support of the following organisations:

Active Westminster

City Bridge Foundation

City of Westminster

Everyone Active

Julia Rausing Trust

Mayor of London

Second Half Foundation

The D'Oyly Carte Charitable Trust

The Henry Smith Charity

The Invesco Cares Foundation

The Royal Borough of Kensington & Chelsea

The Royal Institute of Philosophy

Westminster Almshouses Foundation