



# **Open Age Programme**

**Activities for people 50+**

**Monday, 13<sup>th</sup> April to**

**Friday, 17<sup>th</sup> July 2026**

**(Half Term: 25th to 29th May 2026)**

**Welcome to our programme! We hope you enjoy the variety of activities on offer.**

## **Membership**

Open Age is free to join, and we ask our members to give a contribution for each class they attend, see the advice on costs below.

## **How to Book**

All classes taking place in New Horizons, St Margaret's, Avenues and Second Half Centre can be booked 7 days in advance by calling the centre. Our phone lines for booking open at 9.30am. Other community venues do not require booking.

## **Advanced Booking**

The following courses require advanced booking: -

- Adult Community Learning (ACL) - requires a 5 or 10-week commitment
- Steady & Stable - requires a 38-week commitment
- Osteo Blast - requires a 16-week commitment
- Healthy Lungs - regular attendance

To book, call the number listed under "Booking Details," in the programme. Please ensure you speak to a member of the team, as booking requests left on voicemails cannot be accepted.

## **Cost of Activities**

- Adult Community learning (ACL) - £3 per session (talk to a member of staff to see if you are eligible to attend for free)
- Steady & Stable – free of charge
- Phone Groups – free of charge, donation encouraged
- All other activities are £1 per hour

## **Online Activities**

Open Age run a selection of online classes. if you have not yet "topped up" your online account, either do so via the website, or go to your nearest Open Age centre, where the team will be able to assist you.

## **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.

## **Trips and Events**

Open Age run various trips and events through the year. If you are interested in hearing about these, please provide us with your email address.

## 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
  - Trans-gender 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.

## THANK YOU

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](mailto: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 - Creating Greeting Cards Using A.I. *starts 13th April ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Travel Smart: Book Flights, Trains, Stays & Activities *starts 8 <sup>th</sup> June ACL	SHC	020 4516 9972 aclbookings@openage.org.uk

10:30 - 13:00	Ophthalmic Clarity Free Eye Tests (Drop in) (1st Monday of the month)	SHC	020 4516 9971
11:15 - 12:15	Tai Chi	SHC	020 4516 9971
11:30 - 12:30	Chair Exercise	Pepper Pot	No booking needed
12:15 - 13:15	Community Living Well Talks (2nd Monday of the month)	SHC	020 451 9971
12:15 - 13:45	International Cooking (last Monday of the month)	SHC	020 4516 9971
12:15 - 13:45	Fish & Chips Lunch and Social (3rd 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 Maps on Your Phone *starts 8th June ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
13:00 - 15:30	IT - How to Use Social Media *YouTube, Instagram & Facebook *starts 13 <sup>th</sup> April ACL	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 - Scam Awareness *starts 8 <sup>th</sup> June ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
15:30 - 17:00	Men Space: Weekly Social and Board games *starts 3rd Monday	SHC	07467 952 564

## TUESDAY

9:45 - 10:45	Zumba Gold	SHC	020 4516 9971
10:00 - 12:00	IT - Introduction to A.I. (Artificial Intelligence) *starts 5th May ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	IT - Further Skills Using Android Devices *starts 16th June ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	Italian Beginners 1 *must have a minimum of 100 hours of tuition *starts 21st April ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
10:30 - 11:30	Men's Space: Gardening with Community Kitchen Garden	SHC	07570 433 741

11:15 -12:00	Community Kitchen Garden	SHC	020 4516 9971
11:30 - 12:30	Step Up from Steady	SHC	020 4516 9971
10:00 - 12:00	<p>Italian Beginners 2</p> <p>*must have a minimum of 120+ hours of tuition</p> <p>*starts 21st April</p> <p>ACL</p>	SHC	<p>020 4516 9972</p> <p>aclbookings@openage.org.uk</p>
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	<p>IT - Further Exploration of A.I.</p> <p>*starts 5<sup>th</sup> May</p> <p>ACL</p>	SHC	<p>020 4516 9972</p> <p>aclbookings@openage.org.uk</p>

13:30 - 15:30	IT - How to Use WhatsApp *starts 16th June ACL	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	Crafting Together: Leather & Cork Essentials *must contribute £5 for material costs *starts 21st April ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
15:00 - 17:00	Crafting Together: Leather & Cork Essentials *must contribute £5 for material costs *starts 16th June ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk

### 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 Skills with Windows 11 *starts 6th May ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk

10:00 - 12:00	<p>IT - Using the NHS &amp; GP Apps</p> <p>*starts 17th June</p> <p>ACL</p>	SHC	<p>020 4516 9972</p> <p>aclbookings@openage.org.uk</p>
12:00 - 13:00	Chair Exercise	SHC	020 4516 9971
12:15 - 14:15	<p>Men's Space: Lunch &amp; Cookery (Fortnightly)</p> <p>*1st &amp; 3rd Wednesday</p>	SHC	07467 952 564
13:30 - 15:30	<p>IT - Using the Cloud (Storage)</p> <p>*starts 6th May</p> <p>ACL</p>	SHC	<p>020 4516 9972</p> <p>aclbookings@openage.org.uk</p>
13:30 - 15:30	<p>Men's Space: Men's IT Group</p> <p>*starts 17th June</p> <p>ACL</p>	SHC	07467 952 564
13:30 - 15:30	<p>Meditation &amp; Mindfulness</p> <p>*starts 13th May</p> <p>ACL</p>	SHC	<p>020 4516 9972</p> <p>aclbookings@openage.org.uk</p>
14:30 - 16:30	<p>Poetry</p> <p>*starts 22nd April</p> <p>ACL</p>	SHC	<p>020 4516 9972</p> <p>aclbookings@openage.org.uk</p>

## THURSDAY

10:00 - 11:00	Yoga	SHC	020 4516 9971
10:00 - 12:00	IT - Creating Documents Using 'Pages' *for Mac and iPad users only *starts 16th April ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Creating Documents Using 'Google' *must have a Google (@gmail) email account *starts 11th June ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Crochet & Knitting: Create Your Own Accessory (Purse, Bag, Scarf or Hat) *starts 23rd April ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
10:15 - 12:15	Mosaics *starts 23 <sup>rd</sup> April ACL	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 *must have a minimum of 160 hours of tuition *starts 16th April ACL	SHC	020 4516 9972 aclbookings@openage.org.uk

13:00 - 15:00	IT - Digital Photography on Your Phone *starts 16 <sup>th</sup> April ACL	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	Chinese Calligraphy *starts 23rd April ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
15:00 - 17:00	Spanish Beginners 1 *Must have a minimum of 100 hours of tuition *starts 16th April ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
15:00 - 17:00	Eco Crafts: Crafting with Recycled Materials	SHC	020 4516 9971

## FRIDAY

10:00 - 11:00	Pilates	SHC	020 4516 9971
10:00 - 12:00	Spanish Beginners 3 *must have a minimum of 120 hours of tuition* *starts 17th April ACL	SHC	020 4516 9972 aclbookings@openage.org.uk

10:00 - 12:00	IT - Budgeting Using Excel *starts 17th April ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	IT - Microsoft Word & Touch Typing *starts 5th June ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
12:30 - 14:30	Spanish for Beginners *must have a minimum of 40 hours of tuition *starts 17th April ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
12:30 - 14:30	IT - Getting Started with Android Devices *starts 17th April ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
12:30 - 14:30	IT - Computer for Beginners (Windows 11) *starts 17th April ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
14:00-15:00	French Conversation *1st, 2nd 3rd Friday of the month	SHC	020 4516 9971
14:00 - 15:00	Film Discussion *Last Friday of the month	SHC	020 4516 9971
15:00 - 17:00	Playground Theatre: Play Reading Group *1st, 2nd, 3rd Friday of the month	SHC	020 4516 9971
14:00 - 15:00	The Creative Makers Social: Bring your craft projects. *Last Friday of the month	SHC	020 4516 9971

15:00 - 17:00	<b>Spanish Beginners 2</b> *must have a minimum of 100 hours of tuition *starts 17th April ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
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## Activities at New Horizons (NH) South Kensington

### MONDAY

TIME	CLASS	LOCATION	BOOKING INFO
09:45 - 11:45	<b>Watercolours (All Levels)</b> *starts 13th April ACL	NH	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	<b>IT - Budgeting Using Excel</b> *starts 13th April ACL	NH	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	<b>IT - Microsoft Word &amp; Touch Typing</b> *starts 1st June ACL	NH	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	<b>Jewellery Making</b> *Advanced	NH	020 4516 9970
12:00 - 13:00	<b>Pilates</b>	NH	020 4516 9970
12:00 - 14:00	<b>Watercolours (All Levels)</b> *starts 13th April ACL	Ixworth Place	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	<b>IT - How to Use WhatsApp</b> *starts 13th April ACL	NH	020 4516 9972 aclbookings@openage.org.uk

12:30 - 14:30	IT - Scam Awareness *starts 13th April  ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
12:30 - 14:30	IT - Travel Smart: Book Flights, Trains, Stays & Activities *starts 1st June  ACL	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
14:00 - 16:00	Rummikub Social	NH	020 4516 9970
14:15 - 16:15	Watercolours (All Levels) *starts 13th April  ACL	Ixworth Place	020 4516 9972 aclbookings@ openage.org.uk

## TUESDAY

09:45 - 10:45	Outreach Tech Support (own devices) *RBKC and WCC residents only	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 *starts 21st April  ACL	Response Community Projects	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	Crafting Together: Leather & Cork Essentials *must contribute £5 for material costs *starts 21st April  ACL	NH	020 4516 9972 aclbookings@ openage.org.uk

10:00 - 12:00	<b>Crafting Together: Leather &amp; Cork Essentials</b> *must contribute £5 for material costs *starts 16th June  ACL	NH	020 4516 9972 aclbookings@openage.org.uk
11:00 - 13:00	<b>Knitting</b>	NH	020 4516 9970
12:00 - 13:00	<b>Stretch and Tone</b>	NH	020 4516 9970
12:15 - 14:15	<b>Digital Skills Support – Connect More Programme</b> *2nd Tuesday of the month	NH	020 4516 9970
13:00 - 16:00	<b>Bridge Club - Social (Intermediate)</b>	Ixworth Place	020 4516 9970
13:15 - 14:15	<b>Chair Exercise</b>	NH	020 4516 9970
13:15 - 14:15	<b>Meditation</b>	NH	020 4516 9970
13:30 - 15:00	<b>Recorder Class (Beginners)</b> *No class 2nd Tuesday of the month	NH	020 4516 9970
14:00 - 15:00	<b>Dance Exercise</b>	The Community Hub	No booking needed
14:30 - 16:30	<b>Creative Writing</b> *starts 21st April  ACL	NH	020 4516 9972 aclbookings@openage.org.uk
15:00 - 16:30	<b>Recorder Class (Intermediate)</b>	NH	020 4516 9970

## WEDNESDAY

09:45 - 10:45	<b>Osteo Blast: Exercise for Bone Health</b> *for Westminster and RBKC residents	NH	020 4516 9973 JBiglari@openage.org.uk
10:00 - 12:00	<b>Sketching at Holland Park</b> *starts 22nd April  ACL	Holland Park	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	<b>Mosaics</b> *starts 22 <sup>nd</sup> April  ACL	NH	020 4516 9972 aclbookings@openage.org.uk
10:55 - 11:55	<b>Steady &amp; Stable: Falls Prevention Exercise</b>	NH	020 4516 9975
11:00 - 13:00	<b>Open Age Members' Newsletter Group</b>	NH	020 4516 9970
12:00 - 13:00	<b>Steady &amp; Stable: Falls Prevention Exercise</b>	NH	020 4516 9975
13:00 - 14:00	<b>Social Crafts</b>	NH	020 4516 9970
12:15 - 14:15	<b>French Conversation (Upper Intermediate/Advanced)</b> *starts 21 <sup>st</sup> April	NH	020 4516 9970
13:15 - 14:15	<b>Chair Exercise</b>	NH	020 4516 9970
14:30 - 16:30	<b>Quiz</b>	NH	020 4516 9970
14:30 - 16:30	<b>Singing</b>	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 *Runs through half term, No class 16th July	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 *starts 22nd April  ACL	NH	020 4516 9972 aclbookings@openage.org.uk

## FRIDAY

10:00 - 12:00	<b>Book Club</b> *4th Friday of the month	NH	020 4516 9970
10:00 - 12:00	<b>IT - Creating Greeting Cards Using A.I.</b> *starts 17th April  ACL	NH	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	<b>IT - Using the NHS &amp; GP Apps</b> *starts 12th June  ACL	NH	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	<b>IT - Further Skills Using iPad/iPhone</b> *starts 12th June  ACL	NH	020 4516 9972 aclbookings@openage.org.uk
10:15 - 12:15	<b>Drawing at the V&amp;A Museum</b> *starts 24th April  ACL	V&A Museum	020 4516 9972 aclbookings@openage.org.uk
10:30 - 11:30	<b>Dance Exercise</b>	NH	020 4516 9970
10:30 - 12:30	<b>Beginner's Crochet</b>	NH	020 4516 9970
10:45 - 11:45	<b>Pilates</b>	St. Mary The Boltens	No booking needed
12:00 - 13:00	<b>Chair Exercise</b>	St. Mary The Boltens	No booking needed
12:00 - 14:00	<b>Creative Writing</b> *starts 24th April  ACL	NH	020 4516 9972 aclbookings@openage.org.uk
12:15 - 13:15	<b>Pilates</b>	NH	020 4516 9970

12:15 - 14:15	<b>Drawing at the V&amp;A Museum</b> *starts 24th April ACL	V&A Museum	020 4516 9972 aclbookings@ openage.org.uk
13:00 - 14:00	<b>Glass Class - Craft Session</b> *fortnightly	NH	020 4516 9970
13:00 - 15:00	<b>IT - How to Use Social Media</b> *YouTube, Instagram & Facebook *starts 17th April ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
13:00 - 15:00	<b>IT - Introduction to A.I.</b> *starts 12th June ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
13:30 - 14:30	<b>Keep Fit</b>	NH	020 4516 9970
14:00 - 16:00	<b>Cryptic Crossword</b> *4th Friday of the month	NH	020 4516 9970
14:30 - 16:00	<b>Philosophy</b> *fortnightly *in partnership with the Royal Institute of Philosophy	NH	020 4516 9970
14:00 - 16:00	<b>Beginner's Mahjong</b>	NH	020 4516 9970
14:30 - 15:30	<b>Voice for Confidence and Wellbeing</b> *starts 24th April ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
14:30 - 16:30	<b>Watercolours (All Levels)</b> *starts 24th April ACL	Ixworth Place	020 4516 9972 aclbookings@ openage.org.uk
15:40 - 16:40	<b>Voice for Confidence and Wellbeing</b> *starts 24th April ACL	NH	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 *13th April, 12th May, 1st June, 6th July	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	<b>Guest Speaker &amp; Social</b> *last Monday of each month - see in centre for details	AVES	020 3713 8737
14:30 - 15:30	<b>Keep Fit</b>	Little Venice Sports Centre	No booking needed

## TUESDAY

10:00 - 11:00	<b>Pilates</b>	AVES	020 3713 8737
10:00 - 11:30	<b>Simply Art</b>	AVES	020 3713 8737
10:30 - 11:30	<b>Dance Exercise</b>	Fitzrovia Community Centre	No booking needed
11:00 - 12:00	<b>Men's Space: Keep Active, Stay Healthy 1</b>	WECH Woodfield Road	07570 433 741
11:15 - 12:15	<b>Chair Exercise</b>	AVES	020 3713 8737
11:30 - 12:30	<b>Pilates</b>	The Exchange	No booking needed
12:00 - 13:00	<b>Men's Space: Keep Active, Stay Healthy 2</b>	WECH Woodfield Road	07570 433 741
12:30 - 13:30	<b>Exercise to Music</b>	AVES	020 3713 8737

13:00 – 14:30	<b>Social Reading Club</b>	AVES	020 3713 8737
13:45 - 15:15	<b>Social - Table Tennis</b>	AVES	020 3713 8737
14:00 - 15:00	<b>Tai Chi (£3)</b>	Paddington Recreation Ground	Pay & register at reception in the pavilion
14:00 - 15:00	<b>Chi Gong in the park</b>	Porchester Square Gardens	No booking needed
14:00 – 15:30	<b>Men’s Space – Music Jam</b> *starts 14th April until 30th June	Lilestone Street Community Hub	07570 433 741

## WEDNESDAY

10:00 - 11:00	<b>Yoga</b>	AVES	020 3713 8737
10:00 - 12:00	<b>Social - Games Café</b>	AVES	020 3713 8737
12:15 - 13:15	<b>Dance Exercise</b>	St Paul’s Church	No booking needed
11:30 - 12:30	<b>Steady &amp; Stable: Falls Prevention Exercise</b>	AVES	020 4516 9975

12:30 - 13:30	<b>Chair Exercise</b>	The Exchange	No booking needed
13:15 - 14:15	<b>Healthy Lungs: Exercise for Lung Health</b> *for Westminster and RBKC residents	AVES	020 4516 9973 JBiglari@openage.org.uk
13:00 - 15:00	<b>Rummikub Club</b>	AVES	020 3713 8737
14:30 - 15:30	<b>Osteo Blast: Exercise for Bone Health</b> *for Westminster and RBKC residents	AVES	020 4516 9973 JBiglari@openage.org.uk

## THURSDAY

10:00 - 11:00	<b>Tai Chi</b>	AVES	020 3713 8737
10:00 - 11:00	<b>Exercise to Music</b>	The Exchange	No booking needed
10:15 - 11:45	<b>Singing for All</b>	AVES	020 3713 8737
11:15 - 12:15	<b>Exercise to Music</b>	AVES	020 3713 8737

11:30 - 12:30	Walking Football	The Hub, Regents Park	No booking needed
12.00 – 13:30	Men' Space: Tai Chi *starts 23rd April until 9th July	WECH Woodfield Road	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 – 3:15pm	Chair Exercise	Lilestone Street Community Hub	07353 969 048
14:00 - 15:00	Chair Yoga	AVES	020 3713 8737

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

10:00 - 11:00	Brain Training *ends 29th May	The Exchange	No booking needed
11:00 - 13:00	Men's Space: Walking Football	Westminster Academy	07467 952 564
11:15 - 12:15	Knitting and Crochet (All levels) *ends 29th May	The Exchange Hub	No booking needed
12:00 - 12:45	Aqua Aerobics	Moberly Sports Centre	No booking needed

## SATURDAY

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

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

13:45 -14:45	<b>Osteo Blast: Exercise for Bone Health</b> *for Westminster and RBKC residents	Victoria Med. Centre	020 4516 9973 JBiglari@openage.org.uk
15:00 - 16:00	<b>Pilates</b> *Starts 20th April, Ends 27th July	Victoria Med. Centre	No booking needed Max 15 spaces

## TUESDAY

10:30 - 12:00	<b>Crafty Social coffee morning (bring your own craft projects!)</b>	St. M	No booking needed
12:00 - 13:00	<b>Shared Reading</b>	St. M	No booking needed
13:30 - 15:30	<b>Men's Space: Taster Sessions – Try Something New</b> *May 5th & 19th, June 2nd, 16th & 30th, July 14th	St. M	07570 433 741

## WEDNESDAY

10:00 - 11:00	<b>Keep Fit</b>	St. M	020 4516 9969
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11:15 - 12:15	<b>Gentle Chair &amp; Chat</b>	St. M	020 4516 9969
14:00 - 16:00	<b>Bridge Club</b> *Intermediate level	St. M	020 4516 9969

### THURSDAY

10:00 - 12:00	<b>IT support Drop-In</b> *not an IT class but we are on hand to help with your IT questions	St. M	020 4516 9969
10:20 - 11:20	<b>Steady &amp; Stable: Falls Prevention Exercise</b>	Victoria Med. Centre	020 4516 9975
11:30 - 12:30	<b>Steady &amp; Stable: Falls Prevention Exercise</b>	Victoria Med. Centre	020 4516 9975
13:30 - 15:30	<b>Art Class</b>	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

TIME	CLASS	LOCATION	BOOKING INFO
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	<b>Steady &amp; Stable: Falls Prevention Exercise</b>	The Creighton Centre	020 4516 9975
11:05 - 12:05	<b>Steady &amp; Stable: Falls Prevention Exercise</b>	The Creighton Centre	020 4516 9975
13:00 - 14:30	<b>Watercolours</b> *all abilities welcome	Edward Woods Community Centre	No booking needed
14:00 - 15:00	<b>Dance Exercise</b>	The Community Hub	No booking needed
14:00 - 15:00	<b>Chair Exercise</b>	Age UK	No booking needed

## WEDNESDAY

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

14:00 - 16:00	Mosaic	The Masbro Centre	07353 969 048
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## Activities outside of RBKC & Westminster (Brent)

## THURSDAY

10:00 - 11:00	Step Up from Steady *for Brent residents	Chalkhill Community Centre	achrobocinska@openage.org.uk 020 8143 9259
11:15 - 12:15	Steady & Stable: Falls Prevention Exercise *for Brent residents	Chalkhill Community Centre	achrobocinska@openage.org.uk 020 8143 9259
13:15 - 14:15	Steady & Stable: Falls Prevention Exercise *for Brent residents	Chalkhill Community Centre	achrobocinska@openage.org.uk 020 8143 9259

## Online Activities & Phone Groups

### MONDAY

TIME	CLASS	LOCATION	BOOKING INFO
09:45 - 11:15	Intermediate Italian with Giulio	Zoom	via the member portal
10:30 - 11:30	Osteo Blast: Exercise for Bone Health (for Westminster and RBKC residents)	Zoom	via the member portal
12:45 - 1:45	Spanish Conversation	Zoom	via the member portal
11:00 - 12:00	Monday Phone Group	Phone Group	07799 352 895
11:00 - 12:30	Shared Reading (with Ghada)	Zoom	via the member portal

### TUESDAY

10:00 - 11:00	Pilates	Zoom	via the Member Portal
11:00 - 12:30	Open Science: in partnership with Imperial College London *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 dates and subject	Zoom	via the Member Portal

## WEDNESDAY

10:00 - 11:00	Yoga	Zoom	via the Member Portal
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
14:30 - 15:30	Wednesday Phone Group	Phone Group	07799 352 895

16:00 - 17:45	Meditation & Mindfulness (Non-Beginner) *starts 13th May  ACL	Zoom	via the Member Portal
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## 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

## 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: [msmith@openage.org.uk](mailto:msmith@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: [ideiana@openage.org.uk](mailto:ideiana@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
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
Lilestone Street Community Hub	4 Lilestone 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
The Reed Centre	28 Convent Gardens	W11 1NJ	North RBKC
Response Community Projects	300 Old Brompton Road	SW5 9JF	South RBKC
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	2A, 5 Woodfield Road	W9 2BA	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 of Westminster

Everyone Active

Fitzrovia Community Centre

Julia Rausing Trust

Lilestone Street Community Hub

Little Venice Sports Centre

Mayor of London

Paddington Sports Club

Paddington Recreation Ground

Porchester Leisure Centre

Second Half Foundation

Southern Housing

St Andrew's Church

St Mary the Bolton's

St Stephen's Church

Suez Communities Fund

The Community Hub

The D'Oyly Carte Charitable Trust

The Hyde Park Place Estate Charity

The Pepperpot Centre

The Percy Bilton Charity

The Royal Borough of Kensington & Chelsea

The Royal Institute of Philosophy

WECH

