

Open Age Programme

Monday 8th September - Friday 12th December 2025

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
 - 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

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Activities at Second Half Centre (North Kensington)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Men's Space: Active Exercise class	Second Half Centre	07467 952 564
10:00 - 12:00	IT - Further Skills with Computers (Windows 11) <i>*starts 22nd September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Scam Awareness & Internet Safety <i>*starts 3rd November</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
11:15 - 12:15	Tai Chi	Second Half Centre	020 4516 9971
11:30 - 12:30	Chair Exercise	Pepper Pot	No booking needed
12:15 - 13:45	International Cooking with Manju <i>(last Monday of the month)</i>	Second Half Centre	020 4516 9971
12:30 - 13:30	Stretch and Tone	Second Half Centre	020 4516 9971
12:30 - 14:30	IT - Build Your Own Website (WordPress) <i>*waiting list only</i> <i>*starts 22nd September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
13:45 - 15:15	Singing for All	Second Half Centre	020 4516 9971

13:45 - 15:15	Crochet for Beginners	Second Half Centre	020 4516 9971
14:15 - 15:45	Find Your Flow Art Class	Second Half Centre	020 4516 9971
15:00 - 17:00	IT - How to Use Maps on the Phone <i>*starts 22nd September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
15:00 - 17:00	IT - How to Use Outlook/Hotmail <i>*starts 3rd November</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
15:30 - 17:00	Men Space: Weekly Social and board games Health and Wellbeing Experience (monthly workshops delivered 3 rd Monday of the month)	Second Half Centre	07467 952 564

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Zumba Gold	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - Getting to Know Your Android <i>*starts 23rd September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Italian Beginners 1 <i>*starts 23rd September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
11:15 - 12:00	Community Kitchen Garden	Second Half Centre	020 4516 9971
11:30 - 12:30	Step Up from Steady	Second Half Centre	020 4516 9971
12:15 - 13:15	Outreach Tech Support (own devices) <i>RBKC & WCC residents only</i>	Second Half Centre	020 4516 9977 outreach@openage.org.uk
12:30 - 14:30	Italian Beginners 2 <i>*starts 23rd September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
13:00 - 14:00	Steady & Stable: Falls Prevention Exercise	Second Half Centre	020 4516 9975
13:30 - 14:30	Tai Chi	St George's Church	No booking needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	Second Half Centre	020 4516 9975
15:00 - 17:00	Italian for Absolute Beginners <i>*starts 23rd September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:30	Painting and Drawing	Second Half Centre	020 4516 9971
10:00 - 11:30	Creative Threads	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - Introduction to A.I. <i>*waiting list only</i> <i>*starts 24th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - How to Use NHS & GP Apps <i>*starts 5th November</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
12:00 - 13:00	Chair Exercise	Second Half Centre	020 4516 9971
12:15 - 14:15	Men's Space: Lunch & Cookery (Fortnightly) 1 st & 3 rd Wednesday	Second Half Centre	07467 952 564
13:30 - 15:30	IT - Further Exploration of A.I. <i>*starts 24th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
13:30 - 15:30	Men's Space: Men's IT Group <i>*starts 5th November</i> ACL	Second Half Centre	07467 952 564
13:30 - 15:30	Meditation & Mindfulness for Beginners <i>*starts 24th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
14:30 - 16:30	Poetry <i>*starts 24th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - Further Skills Using Android Devices <i>*starts 25th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Further Skills Using Android Devices <i>*starts 6th November</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Crochet & Knitting - Mixed Level <i>*starts 25th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk

10:15 - 12:15	Mosaics <i>*waiting list only</i> <i>*starts 25th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
11:20 - 12:20	Body Conditioning	Second Half Centre	020 4516 9971
12:30 - 13:30	Chair Exercise	Second Half Centre	020 4516 9971
12:30 - 14:30	Spanish Intermediate <i>*waiting list only</i> <i>*starts 25th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
14:00 - 15:00	Healthy Lungs: Exercise for Lung Health (for Westminster and RBKC residents)	Second Half Centre	020 4516 9973 JBiglari@openage.org.uk
15:00 - 17:00	Spanish Beginners 1 <i>*starts 25th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
15:00 - 17:00	Fashion Knitting Class (Drop In) Come and learn how to knit fashion accessories.	Second Half Centre	020 4516 9971
15:00 - 17:00	IT Tech Support (bring your own devices)	Second Half Centre	07570 428 795

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Second Half Centre	020 4516 9971
10:00 - 12:00	Spanish Beginners 3 <i>*starts 26th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Computer for Beginners (Windows 11) <i>*starts 26th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	Spanish for Absolute Beginners <i>*starts 26th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - Starting to Use Excel <i>*starts 26th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - Microsoft Word & Touch Typing <i>*starts 7th November</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
15:00 - 17:00	Spanish Beginners 2 <i>*starts 26th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk

Activities at New Horizons (Chelsea)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 11:45	Watercolours (All Levels) <i>*waiting list only</i> <i>*starts 29th September</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Computer for Beginners (Windows 11) <i>*starts 22nd September</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Jewellery Making (Advanced)	New Horizons	020 4516 9970
12:00 - 13:00	Pilates	New Horizons	020 4516 9970
12:00 - 14:00	Watercolours (All Levels) <i>*waiting list only</i> <i>*starts 29th September</i> ACL	Ixworth Place	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - Starting to Use Excel <i>*starts 22nd September</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - Microsoft Word & Touch Typing <i>*starts 3rd November</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
13:15 - 14:15	Ballet	New Horizons	020 4516 9970
13:30 - 15:30	Shared Reading	New Horizons	020 4516 9970
14:15 - 16:15	Watercolours (All Levels) <i>*waiting list only</i> <i>*starts 29th September</i> ACL	Ixworth Place	020 4516 9972 aclbookings@openage.org.uk

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Outreach Tech Support (own devices) <i>RBKC and WCC residents only</i>	New Horizons	020 4516 9977 outreach@openage.org.uk
09:45 - 11:45	In the News	New Horizons	020 4516 9970
10:00 - 12:00	Italian Conversation (Advanced)	New Horizons	020 4516 9970
10:00 - 12:00	Creative Writing <i>*starts 23rd September</i> ACL	Response Community Projects	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Mosaics <i>*waiting list only</i> <i>*starts 23rd September</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
11:00 - 13:00	Knitting	New Horizons	020 4516 9970

12:00 - 13:00	Stretch and Tone	New Horizons	020 4516 9970
12:15 - 14:15	Digital Skills Support – Connect More Programme (<i>2nd Tuesday of the month</i>)	New Horizons	020 4516 9970
13:00 - 16:00	Bridge Club - Social (Intermediate)	Ixworth Place	020 4516 9970
13:15 - 14:15	Chair Exercise	New Horizons	020 4516 9970
13:15 - 14:15	Meditation	New Horizons	020 4516 9970
14:00 - 15:00	Dance Exercise	The Community Hub	No booking needed
14:30 - 16:30	Creative Writing <i>*waiting list only</i> <i>*starts 23rd September</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
15:00 – 16:30	*NEW* Recorder Class (all levels) *Starts 16th September	New Horizons	020 4516 9970

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Osteo Blast: Exercise for Bone Health (<i>for Westminster and RBKC residents</i>)	New Horizons	020 4516 9973 JBiglari@openage.org.uk
10:00 - 12:00	Sketching at Holland Park <i>*waiting list only</i> <i>*starts 1st October</i> ACL	Leighton House	020 4516 9972 aclbookings@openage.org.uk
10:55 - 11:55	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
11:00 - 13:00	Open Age Members' Newsletter Group	New Horizons	020 4516 9970
12:00 - 13:00	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
12:15 - 14:15	French Conversation (<i>Upper Intermediate/Advanced</i>)	New Horizons	020 4516 9970
13:15 - 14:15	Chair Exercise	New Horizons	020 4516 9970
14:30 - 16:30	Quiz	New Horizons	020 4516 9970
14:30 - 16:30	Singing	New Horizons	020 4516 9970

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Chair Exercise	New Horizons	020 4516 9970
10:00 - 12:00	Literature & Poetry	New Horizons	020 4516 9970
10:30 - 12:30	Art Class (Advanced)	Ixworth Place	020 4516 9970
11:00 - 12:00	Yoga	New Horizons	020 4516 9970
12:00 - 14:00	Supported IT Drop-In <i>*starting 23rd October</i>	New Horizons	020 4516 9970
12:30 - 14:00	Arts & Crafts	New Horizons	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	New Horizons	0208 102 5494
14:30 - 16:30	Life Stories <i>*starts 25th September</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Book Club (<i>4th Friday of the month</i>)	New Horizons	020 4516 9970
10:00 - 12:00	IT - Getting Started with Your iPad/iPhone <i>*waiting list only</i> <i>*starts 26th September</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Further Skills with Android Devices <i>*starts 7th November</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:15 - 12:15	Drawing at the V&A Museum <i>*waiting list only</i> <i>*starts 3rd October</i> ACL	V&A Museum	020 4516 9972 aclbookings@openage.org.uk
10:15 - 11:15	Zumba Gold	New Horizons	020 4516 9970
10:30 - 12:30	Beginner's Crochet <i>*starts 19th September*</i>	New Horizons	020 4516 9970
10:45 - 11:45	Pilates	St. Mary The Boltons	No booking needed
12:00 - 13:00	Chair Exercise	St. Mary The Boltons	No booking needed
12:00 - 14:00	Creative Writing <i>*starts 26th September</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
12:15 - 13:15	Pilates	New Horizons	020 4516 9970
12:15 - 14:15	Drawing at the V&A Museum <i>*waiting list only</i> <i>*starts 3rd October</i> ACL	V&A Museum	020 4516 9972 aclbookings@openage.org.uk
13:00 - 14:00	Glass Class - Craft Session (<i>fortnightly – starts 26th September</i>)	New Horizons	020 4516 9970
13:00 - 15:00	IT - Introduction to A.I. <i>*waiting list only</i> <i>*starts 26th September</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
13:00 - 15:00	IT - How to Use the NHS & GP Apps <i>*starts 7th November</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk

13:30 - 14:30	Keep Fit	New Horizons	020 4516 9970
14:00 - 16:00	Cryptic Crossword (<i>4th Friday of the month</i>)	New Horizons	020 4516 9970
14:30 - 16:00	Philosophy (fortnightly) - <i>in partnership with the Royal Institute of Philosophy (starts 12th September)</i>	New Horizons	020 4516 9970
14:00 - 16:00	Beginner's Mahjong	New Horizons	020 4516 9970
14:30 - 16:30	Watercolours (All Levels) <i>*waiting list only</i> <i>*starts 3rd October</i> ACL	Ixworth Place	020 4516 9972 aclbookings@openage.org.uk

Activities at Avenues (North Westminster)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Ballet	Avenues	020 3713 8737
10:00 - 11:30	Patchwork Making and more	Avenues	020 3713 8737
10:00 - 12:00	Bowls <i>*Sept 8th, Oct 6th, Nov 3rd, Dec 1st</i>	Paddington Sports Club	No booking needed
11:15 - 12:15	Zumba Gold	Avenues	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	Avenues	020 3713 8737
13:15 - 14:15	Osteo Pro	Little Venice Sports Centre	No booking needed
13:30 - 15:00	Guest Speaker & Social (<i>last Monday of each month - See in centre for details</i>)	Avenues	020 3713 8737
13:45 - 15:30	Film Festival (<i>see in-centre noticeboard for film listing</i>)	Avenues	020 3713 8737
14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones (<i>for Westminster and RBKC residents</i>)	Little Venice Sports Centre	020 4516 9973 JBiglari@openage.org.uk

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Avenues	020 3713 8737
10:00 - 11:30	Simply Art <i>*starts 30th September</i>	Avenues	020 3713 8737

10:30 - 11:30	Dance Exercise	Fitzrovia Community Centre	No booking needed
11:15 - 12:15	Chair Exercise	Avenues	020 3713 8737
11:30 - 12:30	Pilates	The Exchange	No booking needed
12:30 - 13:30	Exercise to Music	Avenues	020 3713 8737
12:45 - 13:45	Keep Fit	The Exchange	No booking needed
13:00 - 15:00	Day-to-day IT Drop-In (<i>2nd Tuesday of the month</i>) <i>*starts 14th October</i>	Avenues	020 3713 8737
13:30 - 15:00	Social - Table Tennis	Avenues	020 3713 8737
14:00 - 15:00	Tai Chi (£3) <i>*starts 16 Sept</i>	Paddington Recreation Ground	Pay & register at reception in the pavilion
14:00 - 15:00	Chi Gong in the park <i>*starts 16 Sept</i>	Porchester Square Gardens	No booking needed

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Avenues	020 3713 8737
10:00 - 12:00	Social - Games Café	Avenues	020 3713 8737
11:30 - 13:00	Shared Reading <i>*Starts 24th September</i>	Avenues	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	Avenues	020 4516 9975
12:30 - 13:30	Chair Exercise	The Exchange	No booking needed
13:15 - 14:15	Healthy Lungs: Exercise for Lung Health (<i>for Westminster and RBKC residents</i>)	Avenues	020 4516 9973 JBiglari@openage.org.uk
13:45 - 15:00	Social - Quiz (<i>Every fortnight. Starting on 17th September</i>)	Avenues	020 3713 8737
14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones (<i>for Westminster and RBKC residents</i>)	Avenues	020 4516 9973 JBiglari@openage.org.uk

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Tai Chi <i>*starts 18 September</i>	Avenues	020 3713 8737
10:00 - 11:00	Exercise to Music	The Exchange	No booking needed
10:15 - 11:45	Singing for All	Avenues	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	The Hub, Regents Park	No booking needed
12:00 - 13:00	Step Up from Steady	The Exchange	No booking needed
12.00 – 1.30	Men' Space: Tai Chi <i>*starts 25th Sept</i>	WECH	07570 433 741
12:00 - 13:30	Cinema Club	Avenues	020 3713 8737
12:45 - 13:45	Pilates	Avenues	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	Avenues	020 3713 8737
14:00 - 15:00	Chair Yoga	Avenues	020 3713 8737
14:00 - 15:30	Men's Space: Gardening	WECH	07570 433 741

Friday (Avenues Centre is closed)

TIME	CLASS	LOCATION	BOOKING DETAILS
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
11:00 - 12:00	Yoga	The Exchange Hub	No booking needed

12:00 - 12:45	Aqua Aerobics	Moberly Sports Centre	No booking needed
13:30 - 14:30	Stretch and Tone	The Exchange Hub	No booking needed

Saturday

TIME	CLASS	LOCATION	BOOKING DETAILS
13:00 - 15:00	Multi Sports Table Tennis, Short Tennis & Badminton	St Augustine's Sports Centre	No booking needed

Activities at St Margaret's (South Westminster)

Monday

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

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 12:00	Crafty Social coffee morning (bring your own craft projects!)	St Margaret's	No booking needed
12:00 - 13:00	Shared Reading	St Margaret's	No booking needed

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
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10:00 - 11:00	Keep Fit	St Margaret's	020 4516 9969
11:15 - 12:15	Gentle Chair & Chat	St Margaret's	020 4516 9969
13:00 - 14:30	Secret London Walks (Fortnightly) <i>*see weekly email for details - starts 17th September*</i>	St Margaret's	020 4516 9969
14:00 - 16:00	Bridge Club – Intermediate level	St Margaret's	020 4516 9969

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	IT support Drop-In <i>(not an IT class but we are on hand to help with your IT questions)</i>	St Margaret's	020 4516 9969
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
13:30 - 15:30	Art Class <i>(please note that there will be no tutor until 2 October)</i>	St Margaret's	No booking needed

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Exercise	St Margaret's	020 4516 9969
11:30 - 12:30	Yoga	Victoria Med. Centre	No booking needed Max 15 spaces
11:45 - 13:15	Table Tennis	St Margaret's	No booking needed
13:30 - 15:30	Friday Games and Social	St Margaret's	No booking needed

Activities in Hammersmith & Fulham

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
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

TIME	CLASS	LOCATION	BOOKING DETAILS
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
12:30 - 14:00	Still Life & Art <i>*Starts 29th April</i>	Edward Woods Community Centre	No booking needed
14:00 - 15:00	Dance Exercise	The Community Hub	No bookings needed
14:00 - 15:00	Chair Exercise	Age UK	No bookings needed

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
11:30 - 12:30	Pilates <i>*Bring own yoga mat</i>	Fulham Broadway Methodist Church	No Booking Needed
13:00 - 14:00	Tai-Chi / Chi-Gong	Fulham Broadway Methodist Church	No Booking Needed

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
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

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Exercise	St Andrew's Church	No booking needed
13:30 - 14:30	Pilates <i>*Bring own yoga mat</i>	St Andrew's Church	No booking needed

Activities outside of RBKC and Westminster Brent

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 11:30	Step Up from Steady (<i>for Brent residents</i>)	Chalkhill Community Centre	JBiglari@openage.org.uk 020 8143 9259
11:45 - 12:45	Steady & Stable: Falls Prevention Exercise (<i>for Brent residents</i>)	Chalkhill Community Centre	JBiglari@openage.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

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 11:15	Intermediate Italian with Giulio	Zoom	via the Member Portal
10:00 - 11:00	Osteo Blast: Exercise for Healthy Bones (<i>for Westminster and RBKC residents</i>)	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 (<i>with Ghada</i>)	Zoom	via the Member Portal
12:00 - 13:00	Advanced Spanish Chat <i>*Starts 22nd September*</i>	Zoom	via the Member Portal
15:30 - 17:00	Mindfulness for Wellbeing <i>*starts 15th September*</i>	Zoom	via the Member Portal

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Zoom	via the Member Portal
11:00 - 12:30	Open Science: in partnership with Imperial College London, we bring you talks on the latest Science research (<i>see weekly emails for dates and subject</i>).	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 (<i>1st Tuesday of the month - See weekly newsletter for more details</i>)	Zoom	via the Member Portal
14:30 - 15:30	Steady & Stable: Falls Prevention Exercise	Zoom	via the Member Portal

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
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
14:00 - 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) <i>*starts 24th September</i> ACL	Zoom	via the Member Portal

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Healthy Lungs: <i>Exercise for Lung Health (for Westminster and RBKC residents)</i>	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

TIME	CLASS	LOCATION	BOOKING DETAILS
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 (<i>fortnightly – contact Second Half centre for dates</i>)	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.

Time for Me Programme for Unpaid Carers

Please email carerstimeforme@openage.org.uk or call 0204 516 9976 to receive the carers full list of activities and outings.

Activities Outside Open Age

THIRD AGE COUNSELLING:

Third Age offers psychodynamic counselling for clients over the age of 50 in London. These sessions are delivered at our New Horizons centre.

If you would like to find out more, or refer yourself to their services, please contact 01476 564 515 or email 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

Locations of Open Age centres



Open Age - St Charles Centre for Health & Wellbeing

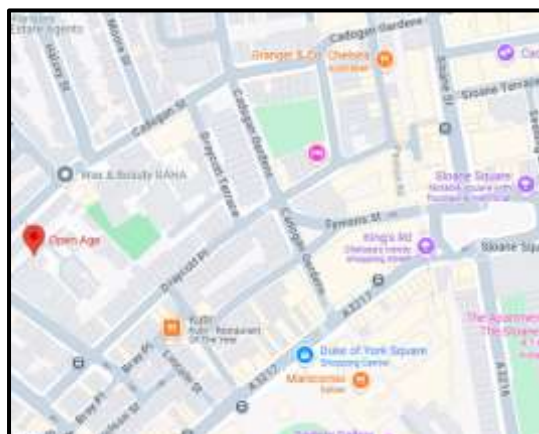
Second Half Centre
Exmoor Street London
W10 6DZ
Borough - Kensington & Chelsea (North)

Second Half Centre, left at Reception

Telephone: 020 4516 9971

Email: 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

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



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

Locations 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
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
Westminster Academy	255 Harrow Road	W2 5EZ	North Westminster
West London Bowling Club	112a Highlever Road	W10 6PL	North RBKC
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:



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MAYOR OF LONDON



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AND CHELSEA**

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