



Autumn Programme 2023

Monday 4th September - Friday 15th December

(Half Term: 23rd - 27th October)





Open Age

Centre & Online Programme

Monday 4th September - Friday 15th December 2023

(Half Term: 23rd - 27th October)

Welcome to our new centre and online programme. You will find enclosed all relevant contact details for each activity.

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'. **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. At the moment Open Age does not have the ability to take payments online, therefore we kindly ask those members who attend online activities to make a donation via our website, www.openage.org.uk or pop into one of your nearest centres to contribute.

Adult Community Learning (ACL)



Classes annotated with '**ACL**' next to them means that they are Adult Community Learning courses. ACL offers a number of courses and they need to be booked 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.

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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	020 4516 9971
10:00 - 12:00	IT - Computer for Beginners <i>*starts 25th September</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 - 14:30	IT - How to Use WhatsApp *starts 25th September ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - Getting the Most from Microsoft Word *starts 6th November ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
12:30 - 13:30	Stretch and Tone	Second Half Centre	020 4516 9971
13:45 - 15:15	Singing for All	Second Half Centre	020 4516 9971
14:15 - 15:45	Still Life & Life Drawing	Second Half Centre	020 4516 9971
15:00 - 17:00	IT - Build Your Own Website (Using WordPress) *starts 25th September ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Zumba	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - Getting Started with Your iPhone/iPad *starts 26th September ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:30 - 12:30	Italian Beginners Plus <i>(need approx. 100 hours of prior tuition)</i> *starts 26th September ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
11:00 - 12:00	Community Garden Kitchen Group <i>*for the new or experienced in growing vegetables</i>	Second Half Centre	020 4516 9971

12:15 - 1:15	Outreach Tech Support (own devices) <i>RBKC & WCC residents only</i>	Second Half Centre	020 4516 9977 outreachbookings@openage.org.uk
13:00 - 14:00	Steady & Stable: Falls Prevention Exercise	Second Half Centre	020 4516 9975
13:00 - 15:00	Italian for Absolute Beginners *starts 26th September ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
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
15:30 - 17:00	Men Space: The Magic of Music	Second Half Centre	07467 952 564

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:30	Painting and Drawing	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - Using the Cloud *starts 27th September ACL <i>*waiting list only</i>	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Organising Your GMAIL *starts 8th November ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 11:30	Creative Threads	Second Half Centre	020 4516 9971
12:00 - 13:00	Chair Exercise	Second Half Centre	020 4516 9971
12:15 - 14:15	Eating Healthily on a Budget (Fortnightly) *starts 27th September ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
12:15 - 14:15	Men Space: Lunch & Cookery (Fortnightly)	Second Half Centre	07467 952 564
13:30 - 15:30	IT - Men's Group *starts 27th September ACL	Second Half Centre	07467 952 564
13:30 - 15:30	IT - Further Skills with Android Devices *starts 8th November ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk

13:30 - 15:30	Meditation & Mindfulness for Beginners <i>*starts 27th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
14:30 - 15:30	Dance Exercise	Meeting Room under Kensington Central Library	No booking required
14:30 - 16:30	Poetry <i>*starts 27th 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	Speaking English with Confidence <i>*starts 28th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Getting to Know Your Android Smartphone <i>*starts 28th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:15 - 12:15	Mosaics <i>*starts 28th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
11:15 - 12:15	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 - Next Step 2 (<i>need approx. 140 hours of prior tuition</i>) <i>*starts 28th September</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
13:45 - 14:45	Healthy Lungs: Exercise for Lung Health (<i>for Westminster and RBKC residents</i>)	Second Half Centre	020 4516 9973 tmayley-james@openage.org.uk

15:00 - 17:00	Spanish Beginners Plus (need approx. 100 hours of prior tuition) *starts 28th September ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
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Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 – 11:00	Pilates	Second Half Centre	020 4516 9971
11:00 - 12:00	Dance to the Stars	Second Half Centre	020 4516 9971
10:00 - 12:00	Spanish - Next Step 1 (need approx. 120 hours of prior tuition) *starts 29th September ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:30 - 12:30	IT - How to be Safe Using the Internet *starts 29th September ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:30 - 12:30	Time for Me - IT for Carers *starts 17th November ACL	Second Half Centre	020 4516 9976 carerstimeforme@openage.org.uk
12:30 - 14:30	Spanish for Absolute Beginners *starts 29th September ACL <i>*waiting list only</i>	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
13:00 - 14:45	IT - Excel for Beginners *starts 29th September ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
15:00 - 17:00	Spanish Beginners 2 (need approx. 60 hours of prior tuition) *starts 29th September ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
15:15 - 16:45	Mathletics: <i>Strengthening memory through number exercises and games!</i> *starts 29th September ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk

Activities at New Horizons (Chelsea)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
9:45 - 11:45	Watercolours (All Levels) *starts 25th September ACL <i>*waiting list only</i>	New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Getting to Know Your Android Smartphone *starts 25th September ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Jewellery Making (Advanced)	New Horizons	020 4516 9970
10:00 - 16:00	Third Age Counselling	New Horizons	01476 564 515 enquiries@thirdagecounselling.com
12:00 - 13:00	Pilates	New Horizons	020 4516 9970
12:00 - 14:00	Watercolours (All Levels) *starts 25th September ACL <i>*waiting list only</i>	Ixworth Place	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - Computer for Beginners *starts 25th September ACL <i>*waiting list only</i>	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
14:00 - 16:00	Social – Monday Board Games	New Horizons	020 4516 9970
14:15 - 16:15	Watercolours (All Levels) *starts 25th September ACL <i>*waiting list only</i>	Ixworth Place	020 4516 9972 aclbookings@openage.org.uk
14:30 - 16:30	Pranayama Yoga	New Horizons	020 4516 9970
14:45 - 16:30	Mathletics - <i>strengthening memory through number exercises and games!</i> *starts 25th September ACL	New Horizons	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 outreachbookings@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 *starts 26th September <i>*waiting list only</i>	ACL Response Community Projects	020 4516 9972 aclbookings@openage.org.uk
11:00 - 13:00	Speaking English with Confidence *starts 26th September <i>*waiting list only</i>	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk
11:30 - 12:30	Dance Mix	Mary Smith Court	No booking needed
12:00 - 13:00	Stretch and Tone	New Horizons	020 4516 9970
13:00 - 16:00	Bridge Club – Social (Intermediate)	Ixworth Place	020 4516 9970
13:15 - 14:15	Dance Exercise	New Horizons	020 4516 9970
13:30 - 14:30	Meditation	New Horizons	020 4516 9970
13:30 - 14:30	Dance Exercise	The Community Hub	No booking needed
14:30 - 16:30	Creative Writing *starts 26th September <i>*waiting list only</i>	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk
14:30 - 16:30	Drama *starts 26th September	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
10:00 - 16:00	Third Age Counselling	New Horizons	01476 564 515 enquiries@thirdagecounselling.com
10:50 - 11:50	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
11:00 - 13:00	Open Age Members' Newsletter Group	New Horizons	020 4516 9970
11:00 - 13:00	French Conversation (Upper Intermediate/Advanced)	New Horizons	020 4516 9970
12:00 - 13:00	Osteo Blast: Exercise for Bone Health <i>(for Westminster and RBKC residents)</i>	New Horizons	020 4516 9973 tmayley-james@openage.org.uk
12:00 - 15:00	RBKC Community Participant Team Drop In (third Wednesday of the month) <i>*20th September, 18th October, 15th November, 20th December</i>	New Horizons	Zino.khalifaoui@rbkc.gov.uk
13:15 - 14:15	Chair Exercise	New Horizons	020 4516 9970
14:15 - 16:15	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 Yoga	New Horizons	020 4516 9970
10:00 - 12:00	Literature & Poetry	New Horizons	020 4516 9970

10:00 - 12:00	Play Workshops (in partnership with Finborough Theatre)	Response Community Projects	020 4516 9970
10:00 - 12:00	Art Class (Advanced)	Ixworth Place	020 4516 9970
10:00 - 16:00	Third Age Counselling	New Horizons	020 7976 6667 enquiries@thirdagecounselling.com
11:00 - 12:00	Yoga	New Horizons	020 4516 9970
11:00 - 12:30	Men Space: Reminiscence & Social	Chelsea Theatre	07467 952 564
12:00 - 14:00	Supported IT Drop-In <i>*from 19th 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
13:45 – 15:45	TFM Beginners Crochet 6-week Course <i>(weekly & starts 14th Sept must book)</i>	New Horizons	020 4516 9976 carerstimeforme@openage.org.uk <i>(6 places for unpaid carers & 4 places open to all members)</i>
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	One You Clinic: Healthy Lifestyle, Weight Loss & Exercise program	New Horizons	0203 434 2500
14:30 - 16:30	IT - Further Skills with Android Devices *starts 28th September ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
14:30 - 16:30	How to Use WhatsApp *starts 16th November ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
14:30 - 16:30	Life Stories *starts 28th September ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Book Club (once a month) <i>*22nd September, 24th November</i>	New Horizons	020 4516 9970
10:00 - 12:00	IT - Getting Started with Your iPhone/iPad <i>*starts 29th September</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:15 - 12:15	Drawing at the V&A Museum (All Levels) <i>*starts 29th September</i> ACL <i>*waiting list only</i>	V&A Museum	020 4516 9972 aclbookings@openage.org.uk
11:00 - 12:00	Zumba	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
12:15 - 13:15	Pilates	New Horizons	020 4516 9970
12:30 - 14:30	Drawing at the V&A Museum (All Levels) <i>*starts 29th September</i> ACL <i>*waiting list only</i>	V&A Museum	020 4516 9972 aclbookings@openage.org.uk
13:00 - 15:00	IT - Organising Your GMAIL <i>*starts 29th September</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
13:00 - 15:00	IT - How to Use Instagram <i>*starts 29th September</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
13:00 - 15:00	IT - Practice Your Touch Typing <i>*starts 29th September</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
13:30 - 14:30	Chi Gong	New Horizons	020 4516 9970
15:00 - 16:00	NH Open Space talks <i>*last Friday of the month</i>	New Horizons	020 4516 9970
14:00 - 16:00	Cryptic Crossword (once a month)	New Horizons	020 4516 9970

Activities at Avenues (North Westminster)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Ballet Fitness	Avenues	020 3713 8737
10:00 - 11:30	Patchwork Making and more	Avenues	020 3713 8737
10:00 - 12:00	Bowls <i>11 Sept, 2 Oct, 6 Nov, 4 Dec</i>	Paddington Sports Club	No booking needed
10:00 - 12:00	Walking Cricket	Lord's Cricket Ground	No booking needed
10:15 - 11:15	Step Up from Steady	Liberal Jewish Synagogue	No booking needed
11:15 - 12:15	Zumba	Avenues	020 3713 8737
11:30 - 12:30	Steady & Stable: Falls Prevention Exercise	Liberal Jewish Synagogue	020 4516 9975
12:00 - 13:00	Social - Brain Training: Challenge & Improve Your Thinking	Avenues	020 3713 8737
12:45 - 13:45	Osteo Pro	Seymour Leisure Centre	No booking needed
13:45 - 15:45	TFM Intermediate 6-week Crochet Course <i>(weekly & starts 11th Sept must register in advance)</i>	Avenues	020 4516 9976 carerstimeforme@openage.org.uk <i>(6 places for unpaid carers & 4 places open to all members)</i>
14:00 - 15:00	Osteo Blast: Exercise for Healthy Bones <i>(for Westminster and RBKC residents)</i>	Seymour Leisure Centre	020 4516 9973 tmayley-james@openage.org.uk
14:00 - 15:30	Film Festival	Avenues	020 3713 8737

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Avenues	020 3713 8737
10:00 - 11:30	Simply Art	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
14:45-15:45	Chi Gong in the park	Porchester Square Gardens	No booking needed
12:00 - 14:00	Guest Speaker & Social <i>(last Tuesday of each month)</i>	Avenues	020 3713 8737
12:30 - 13:30	Exercise to Music	Avenues	020 3713 8737
13:30 - 15:00	Social - Table Tennis	Avenues	020 3713 8737
14:00 - 15:00	Tai Chi (£3)	Paddington Recreation Ground	Pay and register at reception in the pavilion
14:30 – 16:00	Sketching at Museums <i>(every fortnight)</i>	Various Locations	020 3713 8737

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Avenues	020 3713 8737
10:00 - 11:30	Drama: Play Workshops	Avenues	020 3713 8737
10:00 - 12:00	Social - Games Café	Avenues	020 3713 8737
11:15 - 12:15	Steady & Stable: Falls Prevention Exercise	Avenues	020 4516 9975
12:00 - 13:00	Dance Exercise	St Paul's Church	No booking needed
12:00 - 13:00	Drama: Play Reading	Avenues	020 3713 8737
12:30 - 13:30	Steady & Stable: Falls Prevention Exercise	Avenues	020 4516 9975
13:15 - 15:15	Social - Knit & Natter <i>(2nd & 4th Wednesday of the month)</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 tmayley-james@openage.org.uk
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Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Tai Chi	Avenues	020 3713 8737
10:15 - 11:45	Singing for All	Avenues	020 3713 8737
13:00 - 14:00	Walking Football	The Hub, Regents Park	No booking needed
11:15 - 12:15	Exercise to Music	Avenues	020 3713 8737
12:00 - 12:45	Zumba Gold - Outside (£3.45)	Academy Sport	No booking needed
12:00 - 13:00	Guitar for All	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
14:00 - 15:00	Chair Yoga	Avenues	020 3713 8737

Friday

(Avenues Centre is closed)

TIME	CLASS	LOCATION	BOOKING DETAILS
10:45 - 12:45	Men Space: Walking Football	Westminster Academy	07467 952 564
12:00 - 13:00	Aqua Aerobics	Moberly Sports Centre	No booking needed

Saturday

TIME	CLASS	LOCATION	BOOKING DETAILS
13:00 - 15:00	Multi Sports Table Tennis, Short Tennis and Badminton	St Augustine's Sports Centre	Call 07799 369 741 to find out how to book.

Activities at St Margaret's (South Westminster)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 11:30	Wildlife hour	St Margaret's	No booking needed
11:00 - 12:00	Chair Exercise	Victoria Medical Centre	No booking needed
12:15 - 13:15	Social Singing	St Margaret's	No booking needed
13:30 - 14:30	Zumba	St Stephen's Church	No booking needed
15:00 - 16:00	Pilates	Churchill Gardens Youth Club	No booking needed
14:30 - 16:30	Creative Writing	St Margaret's	020 4516 9969

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:30	Morning Coffee and Crafts	St Margaret's	020 4516 9969
11:15 - 12:15	Tai Chi	St Margaret's	020 4516 9969
14:00 - 15:00	Chair Yoga	St Margaret's	020 4516 9969

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Keep Fit	St Margaret's	020 4516 9969
12:30 - 13:30	Men's Yoga	St Margaret's	020 4516 9969
14:00 - 16:00	Bridge Club	St Margaret's	020 4516 9969

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Computer Drop-In	St Margaret's	020 4516 9969

10:30 - 11:30	Steady & Stable: Falls Prevention Exercise	Victoria Medical Centre	020 4516 9975
11:00 - 12:30	Food for Thought with Manju (Second Thursday a Month enquire for details)	St Margaret's	020 4516 9969
13:30 - 15:30	Art Class	St Margaret's	020 4516 9969
14:30 - 15:30	Yoga	Churchill Gardens Youth Club	No booking needed

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Exercise	Churchill Gardens Youth Club	No booking needed
11:45 - 13:15	Table Tennis	St Margaret's	020 4516 9969
13:30 - 15:30	Games & Crafts Fridays	St Margaret's	020 4516 9969

Activities in Hammersmith & Fulham

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 11:30	Yoga	Edward Woods Community Centre	No booking needed
10:30 - 11:30	Steady & Stable: Falls Prevention Exercise	White City Community Centre	020 4516 9975
11:15 - 12:15	Pilates	Stoll	No Booking Needed
11:45 - 12:45	Steady & Stable: Falls Prevention Exercise	White City Community Centre	020 4516 9975

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Steady & Stable: Falls Prevention Exercise	Bishop Creighton House	020 4516 9975
11:00 - 12:00	Steady & Stable: Falls Prevention Exercise	Bishop Creighton House	020 4516 9975
12:30 - 14:00	Still Life & Life Drawing <i>Starts 12th September (no class - 17th & 24th October)</i>	Edward Woods Community Centre	No booking needed
13:30 – 14:30	Dance Exercise	The Community Hub	No bookings needed
14:00 - 15:00	Chair Based Exercise	Age UK	No booking needed
14:15 - 15:15	Chair Exercise <i>Starts 19 Sept and Ends 28 Nov 2023</i>	All Saints, Pryors Bank Pavilion	No booking needed

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
11:30 - 12:30	Chair Exercise	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
11:00 - 12:00	Dance Mix <i>Starts 21 Sept and Ends 30 Nov 2023</i>	Fulham Broadway Methodist Church	No Booking Needed
12:30 - 13:30	Pilates <i>Starts 21 Sept and Ends 30 Nov 2023</i>	Sands End Community Centre	No Booking Needed
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

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Exercise (£2)	St Andrew's Church	No booking needed
11:00 - 12:00	Pilates	The Community Hub	No booking needed
12:30 - 13:30	Pilates (£2)	St Andrew's Church	No booking needed
12:30 - 13:30	Chair Exercise	Edward Woods Community Centre	No booking needed

Online Activities & Phone Groups

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 – 11:15	Intermediate Italian (with Giulio)	Zoom	bookings@openage.org.uk
10:00 - 11:00	Osteo Blast: Exercise for Healthy Bones (for Westminster and RBKC residents)	Zoom	020 4516 9973 tmayley-james@openage.org.uk
10:30 - 11:30	Steady & Stable: Falls Prevention Exercise	Zoom	020 4516 9975
11:00 - 12:00	Monday Phone Group	Phone Group	020 3713 8736
11:00 - 12:30	Shared Reading (with Ghada)	Zoom	bookings@openage.org.uk
12:00 - 13:00	Advanced Spanish Chat	Zoom	bookings@openage.org.uk
14:30 - 15:30	Local History (monthly)	Zoom	bookings@openage.org.uk
15:30 - 17:00	Mindfulness & Relaxation (starts 11 th September)	Zoom	bookings@openage.org.uk

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Zoom	physicalactivitybookings@openage.org.uk
10:30 - 11:30	Healthy Lungs: <i>Exercise for Lung Health</i> (for Westminster and RBKC residents)	Zoom	020 4516 9973 tmayley-james@openage.org.uk
10:30 - 11:30	Time for Me for carers weekly Yoga & Stretching (includes breath work) Email for carers programme for confirmed dates.	Zoom	020 4516 9976 carerstimeforme@openage.org.uk
11:00 - 12:30	Open Science: <i>Do low traffic neighbourhoods benefit the health of local people?</i> *19 th September* (In partnership with Imperial College, London)	Zoom	bookings@openage.org.uk
11:00 - 12:30	Open Science:	Zoom	bookings@openage.org.uk

	The Alcohol Hangover: the short- & long-term effects of alcohol on health <i>*17th October*</i> <i>(In partnership with Imperial College, London)</i>		
11:00 - 12:30	Open Science: Towards smarter surgery with hyperspectral imaging <i>*14th November*</i> <i>(In partnership with Imperial College, London)</i>	Zoom	bookings@openage.org.uk
11:00 - 12:30	Open Science: How can data improve public health: a case study <i>*12th December*</i> <i>(In partnership with Imperial College, London)</i>	Zoom	bookings@openage.org.uk
12:30 - 13:30	Chair Exercise	Zoom	physicalactivitybookings@openage.org.uk
14:15 - 15:15	Open Space Talks <i>(1st Tuesday of the month)</i>	Zoom	bookings@openage.org.uk
15:00 - 16:00	Yoga	Zoom	physicalactivitybookings@openage.org.uk

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Zoom	physicalactivitybookings@openage.org.uk
10:00 - 12:00	Time for Me Carers: Creative Writing (with Poonam) (Once a month: 13th Sept, 4th Oct, 1st Nov)	Zoom	020 4516 9976 carerstimeforme@openage.org.uk
10:00 - 12:00	Sketching in Sculpture Parks *starts 27th September ACL	Zoom	aclbookings@openage.org.uk
11:00 - 12:00	Shared Reading (with Ewa)	Zoom	020 3713 8736
11:00 - 12:30	Greek Mythology (with Ghada)	Zoom	bookings@openage.org.uk
11:30 - 13:00	Italian - Next Step 2 <i>(need approx. 140 hours of prior tuition)</i> *starts 27th September ACL	Zoom	aclbookings@openage.org.uk
14:00 - 15:00	Chair Exercise	Zoom	physicalactivitybookings@openage.org.uk

14:30 - 15:30	Campden Ward Social Group	Phone Group	020 3713 8736
16:00 - 17:45	Meditation & Mindfulness (Non-Beginner) <i>*starts 27th September</i> ACL	Zoom	aclbookings@openage.org.uk

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 11:30	Boxing Fitness (TBC)	Zoom	physicalactivitybookings@openage.org.uk
11:00 - 12:00	The Archaeology of Ancient Greece & Near East <i>*fortnightly from 21st September</i>	Zoom	bookings@openage.org.uk
12:00 - 13:00	Pilates	Zoom	physicalactivitybookings@openage.org.uk
14:00 - 15:00	Chi Gong	Zoom	physicalactivitybookings@openage.org.uk
14:00 - 15:00	Shared Reading (with Ewa)	Phone Group	020 3713 8736
15:30 - 16:30	Conversational French	Zoom	bookings@openage.org.uk
16:00 - 17:00	Topical Hour	Phone Group	020 3713 8736

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Stretch and Tone (TBC)	Zoom	physicalactivitybookings@openage.org.uk
10:30 - 11:30	Monthly Quiz <i>(First Friday of each month)</i>	Zoom	bookings@openage.org.uk
10:30 - 11:30	Philosophy	Zoom	bookings@openage.org.uk
13:30 - 14:30	Friday Social Quiz	Phone Group	07741 656 478
13:00 – 14:00	History of Art (every fortnight)	Zoom	Bookings@openage.org.uk
14:30 - 15:30	Step Up from Steady (TBC)	Zoom	physicalactivitybookings@openage.org.uk

Trips & events

All trips and events will be advertised in our centres and in the member news 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 for Unpaid Carers

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

Activities Outside of Open Age

THERAPIES:

Shiatsu Massage and Reflexology are available on alternate Fridays between 10.00am and 4.00pm 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 080969

Paula Kent, Shiatsu Massage – 07715 512703

BEAUTY TREATMENTS:

Facials, massages, pedicures, manicures, and much more on Thursdays between 10:00am and 4:00pm at Anchor Court, 2 Carey Place.

To book call:

Rima Alsouss – 07944 502950

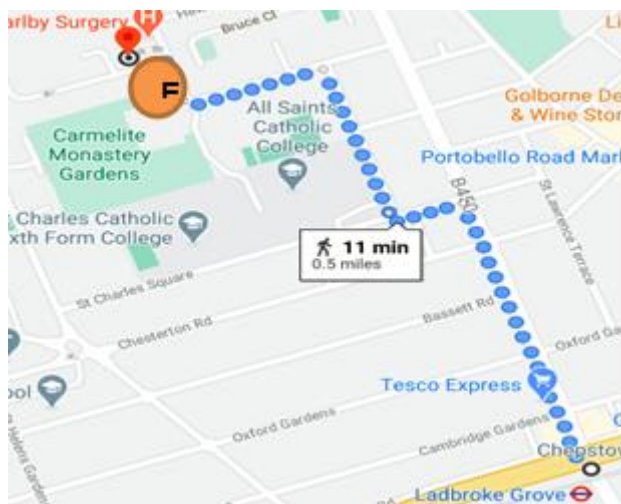
Regency seniors: Monday Matinees for the over 55s



REGENT STREET CINEMA

- £5 per ticket
- 307 Regent St, London, W1B 2HW
- You can book the films here:
- <https://www.regentstreetcinema.com/regency-seniors/>
- Or contact the cinema directly between 5.00pm and 10.00pm on 020 7911 5050.

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)

Telephone: 020 4516 9971

Email: acarrington@openage.org.uk

Second Half Centre, left at Main
Reception



B Bus stops
Buses: 18, 28, 228

E Entrance to New Avenues / Open Age QPHR Hub

Open Age – Avenues

New Avenues
3-7 Third Avenue
London W10 4RS
Borough – Westminister (North)

Telephone: 0203 713 8737
Email: Nehemen@openage.org.uk

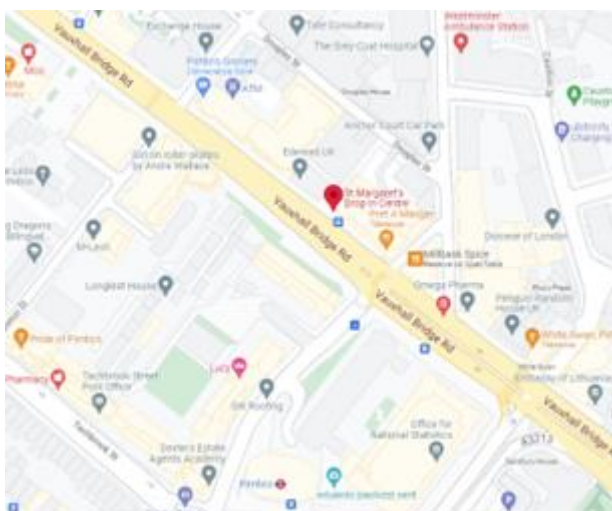


Open Age - New Horizons

Guinness Trust Estate Cadogan Street
London SW3 2PF
Borough - Kensington and Chelsea (South)

Telephone: 020 4516 9970
Email: fkorenica@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: hmunns@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
Al Manaar, Muslim Cultural Heritage Centre	244 Acklam Road	W10 5YG	North Westminster
All Saints	Pryors Bank Pavilion Bishops Park	SW6 3LA	H&F
Barbara Brosnan Court	46 Grove End Road	NW8 9NN	North Westminster
Bishop Creighton House	374-380 Lillie Road	SW6 7PH	H&F
Chelsea Theatre	7 World's End Place	SW10 0DR	South RBKC
Churchill Gardens Youth Club	Churchill Gardens Road, Pimlico	SW1V 3JA	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
Fulham Palace Gardens	Bishop's Avenue	SW6 6EA	H&F
Holland Park	Ilchester Place	W8 6LU	North RBKC
Ixworth Place Community Centre	2 Kimbolton Row, Samuel Lewis Trust Dwelling	SW3 6RQ	South RBKC
Kensington Central Library	Phillimore Walk Meeting Room Under Library	W8 7RX	North RBKC
Liberal Jewish Synagogue	28 St John's Wood Road	NW8 7HA	North Westminster
Lords Cricket Ground	St John's Wood Road	NW8 8QN	Westminster
Mary Smith Court	17-23 Trebovir Road	SW5 9NF	South RBKC
Marshall Street Leisure Centre	Marshall Street	W1F 7EL	South Westminster
Moberley Sports Centre	25 Chamberlayne Road, Ladbroke Grove	NW10 3NB	North Westminster
Morley College North Kensington Centre	Wornington Road	W10 5QQ	North RBKC
Normand Park	84 Bramber Road	W14 9PB	H&F
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 Centre	Queensway	W2 5HS	North Westminster
Porchester Square Gardens	Porchester Square	W2 6AN	North Westminster
Pryor's Bank Pavilion	Bishops Park, London	SW6 3LA	H&F

Queen Mother Sports Centre	23 Vauxhall Bridge Road, Pimlico	SW1V 1EL	South Westminster
Reed Centre, The	28 Convent Gardens	W11 1NJ	North RBKC
Regents Park (The Hub)	Regent's Park Road	NW1 4NU	Westminster
Response Community Projects	300 Old Brompton Road	SW5 9JF	South RBKC
Riverside Studios	101 Queen Caroline Street	W6 9BN	H&F
Sands End Arts & Community Centre	Peterborough Road	SW6 3EZ	H&F
Seymour Leisure Centre	Seymour Place	W1H 5TJ	North Westminster
St Andrew's Church	Greyhound Road	W14 9SA	H&F
St Augustine's	Oxford Street, North Maida Vale	NW6 5AW	North Westminster
St George's Church	Aubrey Walk, Camden Hill	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
Stoll	Sir Oswald Stoll Mansions, Fulham Road	SW6 1DT	H&F
The Community Hub	1A Aisgill Avenue, West Kensington	W14 9NF	H&F
Victoria & Albert Museum	Exhibition Road	SW7	South RBKC
Victoria Medical Centre	29 Upper Tachbrook Street	SW1V 1SN	South Westminster
West London Bowling Club	112a Highlever Road	W10 6PL	North RBKC
Westminster Academy	255 Harrow Road	W2 5EZ	North Westminster
White City Community Centre	India Way	W12 7QT	H&F

