Open Age Programme

Activities for people 50+

Tuesday 1st September to
Friday 18th December 2026

(Half Term: 26th to 30th October 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) - Need to commit to the 5 or 10-week course
- Steady & Stable – requires a 38-week commitment
- Osteo Blast – 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 £3 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 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

Open Age Centres



Open Age - Second Half Centre
(Left at the reception)
Second Half Centre, St Charles Centre for Health & Wellbeing Exmoor Street, London, W10 6DZ
Borough: Kensington & Chelsea (North)
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: 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



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

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Activities at Second Half Centre (SHC) North Kensington

MONDAY

TIME	ACTIVITY	LOCATION	BOOKING INFO
10:00 - 11:00	**Men's Space: Active Exercise Class**	SHC	07467 952 564
10:00 - 12:00	**IT - How to Use Maps** *starts 14th September ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
10:30 - 13:00	**Creative Corner** Self-led art session: practise your observational drawing (still life items provided) *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 - 13:45	**International Cooking** *last Monday of the month	SHC	020 4516 9971

TIME	ACTIVITY	LOCATION	BOOKING INFO
12:15 - 13:45	**Fish & Chips Lunch and Social** *Third Monday of the month	SHC	020 4516 9971
12:30 - 13:30	**Stretch and Tone**	SHC	020 4516 9971
12:30 - 14:30	**IT - Travel Smart: Book Flights, Trains, Stays & Activities** *starts 14th September 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 - Creating Greeting Cards Using A.I.** *starts 14th September ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
15:30 – 17:00	**IT Tech Support** *Starts 28th September *Bi -Weekly	SHC	020 4516 9971
15:30 - 17:00	**Men's Space: Social and Board Games Health and Wellbeing Experience** *3rd Monday of the month	SHC	07467 952 564

TUESDAY

TIME	ACTIVITY	LOCATION	BOOKING INFO
09:45 - 10:45	**Zumba Gold**	SHC	020 4516 9971
10:00 - 12:00	**IT - Computer for Beginners (Windows 11)** *starts 22nd September 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 22nd September 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
12:15 - 13:15	**Outreach Tech Support (own devices)** *RBKC & WCC residents only	SHC	020 4516 9977 outreach@ openage.org.uk
13:00 - 14:00	**Steady & Stable: Falls Prevention Exercise**	SHC	020 4516 9975
13:30 - 14:30	**Tai Chi**	St George's Church	No booking needed

TIME	ACTIVITY	LOCATION	BOOKING INFO
13:30 - 15:30	**IT - Budgeting Using Excel** *starts 22nd September ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
13:30 - 15:30	**IT - Introduction to Android Devices** *starts 3rd November ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
14:15 - 15:15	**Steady & Stable: Falls Prevention Exercise**	SHC	020 4516 9975
14:30 - 16:30	**Introduction to Leather & Cork Crafting** *must contribute £5 for material costs *starts 22nd September ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
14:30 - 16:30	**Introduction to Leather & Cork Crafting** *must contribute £5 for material costs *starts 3rd November 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

TIME	ACTIVITY	LOCATION	BOOKING INFO
10:00 - 12:00	**IT - Using the NHS & GP Apps** *starts 23rd September ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	**IT - Using the Cloud (Storage)** *starts 4th November ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
12:00 - 13:00	**Chair Exercise**	SHC	020 4516 9971
12:15 - 14:15	**Men's Space: Lunch & Cookery** *1st & 3rd Wednesday *starts 16th Sept	SHC	07467 952 564
12:15 - 14:15	**Men's Space: Men's IT Group** *starts 23rd September ACL	SHC	07467 952 564
12:15 - 14:15	**Men's Space: Men's IT Group** *starts 4th November ACL	SHC	07467 952 564
13:30 - 15:30	**Meditation & Mindfulness** *starts 23rd September ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk
14:05 – 15:05	**Steady & Stable: Falls Prevention Exercise**	Westbourne Grove Church	020 4516 9975
14:30 - 16:30	**Poetry** *starts 23rd September ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk

THURSDAY

TIME	ACTIVITY	LOCATION	BOOKING INFO
10:00 - 11:00	**Yoga**	SHC	020 4516 9971
10:00 - 12:00	**Spanish for Absolute Beginners** *starts 1st October ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
10:15 - 12:15	**Mosaics** *starts 8th October ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
11:15 - 12:15	**Body Conditioning**	SHC	020 4516 9971
12:30 - 13:30	**Chair Exercise**	SHC	020 4516 9971
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 24th September ACL	SHC	020 4516 9972 aclbookings@openage.org.uk

TIME	ACTIVITY	LOCATION	BOOKING INFO
15:30-17:00	IT Room Unsupported	SHC	020 4516 9971
15:00 - 17:00	Spanish Beginners 1 *Must have a minimum of 120 hours of tuition *starts 1st October 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 160 hours of tuition *starts 2nd October ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Further Skills Using Computers (Windows 11) *starts 25th September ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
12:15 - 14:15	IT - Introduction to A.I. *starts 25th September ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
12:15 - 14:15	IT - How to Use WhatsApp *starts 6th November ACL	SHC	020 4516 9972 aclbookings@openage.org.uk
12:15 - 14:15	IT - How to Use Social Media *YouTube, Instagram & Facebook *starts 6th November ACL	SHC	020 4516 9972 aclbookings@openage.org.uk

TIME	ACTIVITY	LOCATION	BOOKING INFO
12:30 - 14:30	**Spanish for Beginners** *must have a minimum of 60 hours of tuition *starts 2nd October 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 - 16:00	**The Lounge - A welcoming drop-in space. Enjoy a cuppa, have a chat, read the newspapers or relax with a book from our library** *Fortnightly *Starts 11th September	SHC	020 4516 9971
14:00 - 15:00	**The Creative Makers Social: Hear from Creative speakers and bring your craft projects.** *Last Friday of the month	SHC	020 4516 9971
14:00 - 16:00	**Bi-Weekly Hoarding Workshop and Support Group** *Starts 18th September	SHC	020 4516 9971
15:30- 17:00	**IT Room Unsupported**	SHC	020 4516 9971
15:00 - 17:00	**Spanish Beginners 2** *must have a minimum of 140 hours of tuition *starts 2nd October ACL	SHC	020 4516 9972 aclbookings@ openage.org.uk

Activities at New Horizons (NH) South Kensington

MONDAY

TIME	ACTIVITY	LOCATION	BOOKING INFO
09:45 - 11:45	**Watercolours (All Levels)** *starts 21st September ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	**IT - Computer for Beginners (Windows 11)** *starts 21st September ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	**Jewellery Making (Advanced)**	NH	020 4516 9970
12:00 - 13:00	**Pilates**	NH	020 4516 9970
12:00 - 14:00	**Watercolours (All Levels)** *starts 21st September ACL	Ixworth Place	020 4516 9972 aclbookings@ openage.org.uk
12:30 - 14:30	**IT - Travel Smart: Book Flights, Trains, Stays & Activities** *starts 21st September ACL	NH	020 4516 9972 aclbookings@ openage.org.uk

TIME	ACTIVITY	LOCATION	BOOKING INFO
12:30 - 14:30	**IT - Scam Awareness** *starts 2nd November 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 21st September ACL	Ixworth Place	020 4516 9972 aclbookings@ openage.org.uk

TUESDAY

09:45 - 11:45	**In the News**	NH	020 4516 9970
10:00 - 12:00	**Introduction to Leather & Cork Crafting** *must contribute £5 for material costs *starts 22nd September ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
10:00 - 12:00	**Introduction to Leather & Cork Crafting** *must contribute £5 for material costs *starts 3rd November ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
10:30 – 12:00	**Italian Conversation** *starts 8th September	NH	020 4516 9970

TIME	ACTIVITY	LOCATION	BOOKING INFO
10:30 - 12:30	**Creative Writing** *starts 22nd September ACL	Response Community Projects	020 4516 9972 aclbookings@openage.org.uk
11:00 - 13:00	**Knitting**	NH	020 4516 9970
12:00 - 13:00	**Stretch and Tone**	NH	020 4516 9970
12:15 - 14:15	**Digital Skills Support – Connect More Programme** *2nd Tuesday of the month	NH	020 4516 9970
13:00 - 16:00	**Bridge Club** *Intermediate	Ixworth Place	020 4516 9970
13:15 - 14:15	**Chair Exercise**	NH	020 4516 9970
13:15 - 14:15	**Meditation**	NH	020 4516 9970
13:30 - 15:00	**Recorder Class: Intermediate** *No class 2nd Tuesday of the month	NH	020 4516 9970
14:00 - 15:00	**Dance Exercise** * Starts 8 Sep and ends 29 Sept, continuation from Oct to Dec is subject to funding.	The Community Hub	No booking needed
14:30 - 16:30	**Creative Writing** *starts 29th September ACL	NH	020 4516 9972 aclbookings@openage.org.uk
15:00 - 16:30	**Recorder Class: Beginners**	NH	020 4516 9970

WEDNESDAY

TIME	ACTIVITY	LOCATION	BOOKING INFO
09:45 - 10:45	**Osteo Blast: Exercise for Bone Health** *for Westminster and RBKC residents	NH	020 4516 9973 JBiglari@openage .org.uk
10:00 - 12:00	**Sketching at Holland Park** *starts 23rd September ACL	Holland Park	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	**Mosaics** *starts 7th October ACL	NH	020 4516 9972 aclbookings@openage.org.uk
10:00 – 12:00	**IT Tech Support** *fortnightly *starting 16th Sep	NH	020 4516 9970
10:55 - 11:55	**Steady & Stable: Falls Prevention Exercise**	NH	020 4516 9975
11:00 - 13:00	**Open Age Members' Newsletter Group**	NH	020 4516 9970
12:00 - 13:00	**Steady & Stable: Falls Prevention Exercise**	NH	020 4516 9975

TIME	ACTIVITY	LOCATION	BOOKING INFO
13:00 – 14:00	Social Crafts	NH	020 4516 9970
12:15 - 14:15	French Conversation *Upper Intermediate/Advanced	NH	020 4516 9970
13:15 - 14:15	Chair Exercise	NH	020 4516 9970
14:30 - 16:30	Quiz	NH	020 4516 9970
14:30 - 16:30	Singing	NH	020 4516 9970
14:30 – 16:30	Men's Space: Games Afternoon *14th & 28th Oct, 11th & 25th Nov, 9th Dec	NH	07570 433 741

THURSDAY

09:45 - 10:45	Chair Exercise	NH	020 4516 9970
10:00 - 12:00	Literature & Poetry	NH	020 4516 9970
10:30 - 12:30	Art Class (Advanced)	Ixworth Place	020 4516 9970
11:00 - 12:00	Yoga	NH	020 4516 9970
12:00 - 14:00	Supported IT Drop-In	NH	020 4516 9970

TIME	ACTIVITY	LOCATION	BOOKING INFO
12:30 - 14:00	**Arts & Crafts**	NH	020 4516 9970
13:00 - 14:00	**Tai Chi** *Starts 10 Sep and ends 24 Sep, continuation from Oct to Dec is subject to funding	The Community Hub	No booking needed
14:00 – 15:30	**IT Tech Support** *Fortnightly *starts 10th September	NH	020 4516 9970
14:15 - 16:15	**Social Board Games**	NH	020 4516 9970
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 24th September ACL	NH	020 4516 9972 aclbookings@openage.org.uk

FRIDAY

TIME	ACTIVITY	LOCATION	BOOKING INFO
10:00 - 12:00	**Book Club** *last Friday of the month	NH	020 4516 9970
10:00 - 12:00	**IT - Getting Started with Your iPad/iPhone** *starts 18th September ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
10:15 - 12:15	**Drawing at the V&A Museum** *starts 25th September ACL	V&A Museum	020 4516 9972 aclbookings@ openage.org.uk
10:30 - 12:30	**Beginner's Crochet**	NH	020 4516 9970
10:45 - 11:45	**Pilates**	St. Mary The Boltons	No booking needed
11:00 - 12:00	**Tai Chi**	NH	020 4516 9970
12:00 - 13:00	**Chair Exercise**	St. Mary The Boltons	No booking needed

TIME	ACTIVITY	LOCATION	BOOKING INFO
12:00 - 14:00	**Creative Writing** *starts 25th September ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
12:15 - 13:15	**Pilates**	NH	020 4516 9970
12:15 - 14:15	**Drawing at the V&A Museum** *starts 25th September ACL	V&A Museum	020 4516 9972 aclbookings@ openage.org.uk
13:00 - 14:00	**Glass Class - Craft Session** *fortnightly	NH	020 4516 9970
13:00 - 15:00	**IT - Introduction to A.I.** *starts 18th September ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
13:00 - 15:00	**IT - How to Use WhatsApp** *starts 6th November ACL	NH	020 4516 9972 aclbookings@ openage.org.uk

TIME	ACTIVITY	LOCATION	BOOKING INFO
13:00 - 15:00	**IT - How to Use Social Media** *YouTube, Instagram & Facebook *starts 6th November ACL	NH	020 4516 9972 aclbookings@ openage.org.uk
13:30 - 14:30	**Keep Fit**	NH	020 4516 9970
14:00 - 16:00	**Cryptic Crossword** *last Friday of the month	NH	020 4516 9970
14:30 - 16:00	**Philosophy** - in partnership with the Royal Institute of Philosophy *fortnightly *starting 11th Sep	NH	020 4516 9970
14:00 - 16:00	**Beginner's Mahjong**	NH	020 4516 9970
14:30 - 16:30	**Watercolours (All Levels)** *starts 25th September ACL	Ixworth Place	020 4516 9972 aclbookings@ openage.org.uk

Activities at Avenues (AVES) North Westminster

MONDAY

TIME	ACTIVITY	LOCATION	BOOKING INFO
10:00 - 11:00	Ballet	AVES	020 3713 8737
10:00 - 11:30	Creative Threads	AVES	020 3713 8737
10:00 - 12:00	Bowls * 7 Sep, 5 Oct, 2 Nov, 7 Dec	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 *starts 14th September	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
13:15 – 15:15	Digital Support *Fortnightly *Starts 21st September	AVES	020 3713 8737
14:30 - 15:30	Keep Fit	Little Venice Sports Centre	No booking needed

TUESDAY

TIME	ACTIVITY	LOCATION	BOOKING INFO
10:00 - 11:00	**Pilates**	AVES	020 3713 8737
10:00 - 11:30	**Simply Art**	AVES	020 3713 8737
10:30 - 11:30	**Dance Exercise** *Starts 8th Sep	Fitzrovia Community Centre	No booking needed
11:00 – 12:00	**Men's Space: Keep Active, Stay Healthy 1** *8th, 15th & 22nd Sep, 13th Oct until 8th Dec	WECH Woodfield Road	07570 433 741
11:15 - 12:15	**Chair Exercise** *starts 8th Sep	AVES	020 3713 8737
11:30 - 12:30	**Pilates**	The Exchange	No booking needed
11:45 – 13:15	**Improv Club: Express yourself through unscripted theatre and storytelling** *No class 22nd Sep *Ends 20th Oct	AVES	020 3713 8737
12:00 – 13:00	**Men's Space: Keep Active, Stay Healthy 2** *8th, 15th & 22nd Sep, 13th Oct until 8th Dec	WECH Woodfield Road	07570 433 741
12:30 - 13:30	**Exercise to Music** *starts 8th Sep	AVES	020 3713 8737

TIME	ACTIVITY	LOCATION	BOOKING INFO
13:45 - 15:15	Table Tennis	AVES	020 3713 8737
14:00 - 15:00	Tai Chi (£3)	EveryOne Active Paddington Recreation Grounds	Pay & register at reception in the pavilion
14:00 - 15:00	Chi Gong in the park	Porchester Square Gardens	No booking needed

WEDNESDAY

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

TIME	ACTIVITY	LOCATION	BOOKING INFO
13:00 – 15:00	**Rummikub Club**	AVES	020 3713 8737
14:30 - 15:30	**Osteo Blast: Exercise for Bone Health** *for Westminster and RBKC residents	AVES	020 4516 9973 JBiglari@openage.org.uk

THURSDAY

10:00 - 11:00	**Tai Chi**	AVES	020 3713 8737
10:00 - 11:00	**Exercise to Music**	The Exchange	No booking needed
10:15 - 11:45	**Singing for All**	AVES	020 3713 8737
11:15 - 12:15	**Chair Exercise**	AVES	020 3713 8737
11:30 - 12:30	**Walking Football**	The Hub, Regents Park	No booking needed
12.00 – 14:00	**Men's Space: Tai Chi & Social** *starts 17th Sep until 10th Dec	WECH Woodfield Road	07570 433 741
12:45 - 13:45	**SOCA Dance** *starts 17th September	AVES	020 3713 8737

TIME	ACTIVITY	LOCATION	BOOKING INFO
13:30 - 14:30	**Steady & Stable: Falls Prevention Exercise**	Penfold Community Hub	020 4516 9975
13:45 - 15:15	**Watercolours** *all abilities welcome	AVES	020 3713 8737
14:00 - 15:00	**Chair Yoga**	AVES	020 3713 8737

FRIDAY
(Avenues Centre is closed)

11:00 - 13:00	**Men's Space: Walking Football** *Starts 18th Sept	Westminster Academy	07467 952 564
12:00 - 12:45	**Aqua Aerobics**	Moberly Sports Centre	No booking needed

SATURDAY

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

Activities at St Margaret's (St. M) South Westminster

MONDAY

11:00 - 12:00	Chair Exercise	Victoria Med. Centre	No booking needed
12:15 - 13:15	Social Singing	St. M	No booking needed
13:30 - 14:30	Dance Exercise	St Stephen's Church	No booking needed
14:00 - 16:00	Creative Writing	St. M	No booking needed
13:45 -14:45	Osteo Blast: Exercise for Bone Health *for Westminster and RBKC residents	Victoria Med. Centre	020 4516 9973 JBiglari@openage.org.uk
15:00 - 16:00	Pilates	Victoria Med. Centre	No booking needed Max 15 spaces

TUESDAY

TIME	ACTIVITY	LOCATION	BOOKING INFO
10:30 - 12:00	**Social Coffee Morning**	St. M	No booking needed
12:00 - 13:00	**Shared Reading**	St. M	No booking needed
15:00 – 16:00	**Astronomy Talks** *monthly *see weekly bulletin for dates	St. M	020 4516 9969

WEDNESDAY

10:00 - 11:00	**Keep Fit**	St. M	020 4516 9969
11:15 - 12:15	**Gentle Chair & Chat**	St. M	020 4516 9969
12:30 - 13:30	**Pilates** *Starts 7th Oct	St. M	020 4516 9969
14:00 - 16:00	**Bridge Club: Intermediate**	St. M	020 4516 9969

THURSDAY

TIME	ACTIVITY	LOCATION	BOOKING INFO
10:00 - 12:00	IT support Drop-In *not an IT class but we are on hand to help with your IT questions	St. M	020 4516 9969
10:20 - 11:20	Steady & Stable: Falls Prevention Exercise	Victoria Med. Centre	020 4516 9975
11:00 - 12:00	Tai Chi *New class	St. M	020 4516 9969
11:30 - 12:30	Steady & Stable: Falls Prevention Exercise	Victoria Med. Centre	020 4516 9975
13:30 - 15:30	Art Class	St. M	No booking needed

FRIDAY

10:30 - 11:30	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	Games Afternoon	St. M	No booking needed

Activities in Hammersmith & Fulham

MONDAY

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

TUESDAY

TIME	ACTIVITY	LOCATION	BOOKING INFO
10:00 - 11:00	**Steady & Stable: Falls Prevention Exercise**	The Creighton Centre	020 4516 9975
11:05 - 12:05	**Steady & Stable: Falls Prevention Exercise**	The Creighton Centre	020 4516 9975
13:00 - 14:30	**Watercolours class – all abilities welcome** *starts 8th Sep	Edward Woods Community Centre	No booking needed
14:00 - 15:00	**Dance Exercise** *Starts 8th Sep and Ends 29th Sep, continuation from Oct to Dec is subject to funding	The Community Hub	No booking needed
14:00 - 15:00	**Chair Exercise**	Age UK	No booking needed

WEDNESDAY

11:30 - 12:30	**Pilates** *Bring own yoga mat *Ends 30 Sep, continuation from Oct to Dec is subject to funding	Fulham Broadway Methodist Church	No booking needed
13:00 - 14:00	**Tai-Chi** *Ends 30 Sep, continuation from Oct to Dec is subject to funding	Fulham Broadway Methodist Church	No booking needed

THURSDAY

TIME	ACTIVITY	LOCATION	BOOKING INFO
13:00 - 14:00	**Tai Chi** *starts 10th Sep and ends 24th Sep, continuation from Oct to Dec is subject to funding	The Community Hub	No booking needed
13:30 - 14:30	**Chair Exercise** *ends 24th Sep, continuation from Oct to Dec is subject to funding	Edward Woods Community Centre	No bookings needed
14:15 - 15:15	**Steady & Stable: Falls Prevention Exercise**	The Community Hub	020 4516 9975

Activities outside of RBKC and 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

TIME	ACTIVITY	LOCATION	BOOKING INFO
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 Group

MONDAY

09:45 - 11:15	**Intermediate Italian with Giulio** *starts 14th Sep	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

TIME	ACTIVITY	LOCATION	BOOKING INFO
11:00 - 12:30	**Shared Reading (with Ghada)**	Zoom	via the member portal

TUESDAY

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
14:00 - 15:00	**Open Space Talks** *See weekly newsletter for more details	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

TIME	ACTIVITY	LOCATION	BOOKING INFO
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 23rd September ACL	Zoom	via the Member Portal

THURSDAY

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

FRIDAY

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

Location of Community Venues

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
Everyone Active Paddington Recreation Ground	Randolph Avenue	W9 1PD	North Westminster
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
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 The Boltons	St Mary 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

Bishop Creighton House

Brent Hub Community Enterprise Centre

Central London Community Healthcare

Chalkhill Community Centre

City Bridge Foundation

City of Westminster

Everyone Active

Everyone Active: Porchester Leisure Centre

Julia Rausing Trust

Liberal Jewish Synagogue

Lilestone Street Community Hub

Little Venice Sports Centre

Mayor of London

North West London ICB

Paddington Recreation Ground

Paddington Sports Club

Penfold Community Hub

Public Health Brent

Second Half Foundation

Southern Housing

Suez Communities Fund

The Community Hub

The D'Oyly Carte Charitable Trust

The Exchange Hub

The Henry Smith Charity

The Hyde Park Place Estate Charity

The Invesco Cares Foundation

The Pepperpot Centre

The Royal Borough of Kensington & Chelsea

The Royal Institute of Philosophy

Victoria Medical Centre

WECH

Westbourne Grove Church


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