

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



Westminster Summary Activity Programme

APRIL – JULY 2015

NEED MORE ASSISTANCE CALL 020 8962 4141

MONDAYS

10.00	Walking to Fitness	Meet outside Edward Wilson School
10.00	Third Age Counselling	Ernest Harriss House Book 020 7976 6667
10.30	Monday 50+ Social with Speakers	Juniper House
11.00	Jewellery Making	Open Age Hub: The Beethoven Centre
11.00	T'ai Chi	Warwick Com. Centre
11.30	Beginners Internet & eMail (Queen's Park Library)	Book 020 7266 2776
12.00	Collage Class	Warwick Com. Centre
1.00	Phone Club: Discussion Group	In YOUR own Home. Call Hester 020 8962 5584
1.00	Creative Writing & Play Reading	Warwick Com. Centre
1.00	Steady & Stable	London Jesus Church Book 020 8962 5582
1.00	Creative Non-Fiction Writing	Warwick Community Centre
10.00	Coffee Morning	Glastonbury House
10.00	Haircuts (Drop in)	Glastonbury House
10.00	Meditation NEW VENUE	St Margaret's Activity Centre
11.00	Yoga NEW VENUE	St Margaret's Activity Centre
11.45	Intermediate Pilates No.1	Churchill Gardens Hub
12.45	Intermediate Pilates No.2	Churchill Gardens Hub
1.00	Phone Club: Discussion Group	In YOUR own Home. Call Hester 020 8962 5584

1.00	QP/HR Ward Lunch Club	Book 020 7266 2776
1.30	Physical Theatre NEW	Paddington Arts Centre
1.30	Taiji 18 stance Qigong NEW	Portgate Hall
2.00	Steady & Stable	Barbara Brosnan Crt Book 020 8962 5582
2.00	Advice Plus Information Stall	Open Age Hub: The Beethoven Centre
2.00	Current Affairs	Warwick Com. Centre
2.00	Sewing Group	Warwick Com. Centre
2.30	Phone Club: Creative Writing Group	In YOUR own Home. Call Hester 020 8962 5584
4.00	Phone Club: Discussion Group	In YOUR own Home. Call Hester 020 8962 5584
4.00	1:1 Health Trainer Open Age Hub: Beethoven Ct	Book 07507 938 313
All activities listed in grey are run in SOUTH WESTMINSTER		
2.00	Hub Tea & Cake Catch Up Quarterly Hub Meeting	St Margaret's Activity Centre
2.00	Jewellery Making	Glastonbury House
2.00	Creative Writing	Churchill Gardens Hub
2.30	Phone Club: Creative Writing Group	In YOUR own Home. Call Hester 020 8962 5584
4.00	Monday Movie Night (Monthly)	Glastonbury House
4.00	Phone Club: Discussion Group	In YOUR own Home. Call Hester 020 8962 5584

TUESDAYS

10.00	Beginners Internet & eMail (Paddington Library)	Book 020 7641 1300
10.00	Steady & Stable No.1	Penfold Hub Book 020 8962 5582
10.30	Gardening / Allotment	Meet at the Open Age Hub, The Beethoven Centre
10.30	Simply Art	Portgate Hall Book 020 7266 2776
10.30	Reminiscence at Rayne House	Rayne House
11.00	Information Drop In or Chat & Knit over a Cuppa!	Brunel 50+ Drop In Centre

2.00	Ballroom & Latin Bliss NEW	Portgate Hall
2.00	Chair Exercise*	WECH Community Ctr.
2.00	Sleep: How to Improve It Monthly	Open Age Hub Book 020 7266 2776
2.00	Help to Hear - Here!	Library: Maida Vale
2.00	Beginners Internet/eMail or Intermediate Microsoft Office	Book 020 7641 1300 (Paddington Library)
2.30	Music for All	Ernest Harriss House

11.00	Jewellery Making	Hardy House
11.00	Steady & Stable No.2	Penfold Hub Book 020 8962 5582
12.30	Exercise to Music (Women Only)	WECH Community Centre
10.00	Sewing & Craft	Churchill Gardens Hub
10.00	1:1 Health Trainer Sessions with The Rain Trust	Glastonbury House Must Book 07507 938 313
11.00	Walking Group	From Churchill Gardens Hub
12.30	Beginners T'ai Chi	Churchill Gardens Hub
1.30	Weekly Movie Afternoon	Eileen Anderson Court

1.30	Westbourne Ward Lunch Club	Book 020 3713 8737
2.30	Yoga	Open Age Hub: The Beethoven Centre
3.30	Shared Reading Group (Mixed Age)	Queen's Park Library
2.00	Genealogy Drop-in Group	Churchill Gardens Hub
2.00	Chair Exercise	Churchill Gardens Hub
2.15	Chair Yoga NEW	St Margaret's Activity Centre
2.30	Singing for All	Darwin House
4.00	Belly Dancing NEW VENUE	St Margaret's Activity Centre

WEDNESDAYS

Varied	Time for Me: Activities & Relaxation for Carers Call Liz Sowden on 020 8962 4536 for more information	
Various	Third Age Counselling	Brunel 50+ Drop In Centre Book 020 7976 6667
10.00	Intermediate Internet and e mail (Queen's Park Library)	Book 0207 266 2776
10.15	Art for All Morning	Hardy House
10.30	iPad Training Book 020 7266 2776	Open Age Hub: The Beethoven Centre
11.00	Low Impact Aerobics	Juniper House
11.00	Monthly Men's Group	From Stowe Centre
11.00	Westbourne Melody Makers NEW TIME & DAY	Paddington Arts Centre
12.00	My Life's Scrapbook NEW	Paddington Arts Centre
12.00	Art for All Afternoon	Hardy House
12.30	Spanish for All	Warwick Comm. Centre
10.00	Art Class 1	Thamesbank Centre
10.00	Reiki Healing 1:1	Glastonbury House Must Book 020 7976 6354
11.00	Pilates (Class 1)	Churchill Gardens Hub
11.00	Games, Snack & Chat	Eileen Anderson Court
12.30	Pilates 2	Churchill Gardens Hub
1.00	Churchill Ward Lunch Club	Book 020 7976 6354

12.30	Jamming	Room 10c Beethoven Centre
1.00	Zumba Gold	WECH Community Ctr.
1.00	Steady & Stable No.1	Portgate Hall Book 020 8962 5582
1.00	Digital Photography Book 020 7266 2776	Open Age Hub: The Beethoven Centre
2.00	Yoga	Westbourne Ward Hub
2.00	Salsa Dance	Warwick Comm. Centre
2.00	Chair Exercise to Music	Ernest Harriss House
2.00	Wednesday 50+ Social with Speakers	Juniper House
2.00	W9 Monthly Social	Rayne House
2.15	Steady & Stable No.2	Portgate Hall Book 020 8962 5582
3.00	Chi Gong NEW	Dance Studio @ Westbourne Ward Hub
1.45	Computer, iPad & Gadget Drop-In	Churchill Gardens Hub
2.00	Bridge Club NEW	St Margaret's Activity Centre
2.15	Breathing Yoga	Glastonbury House
2.30	1:1 Health Trainer Sessions	Churchill Gardens Hub

THURSDAYS

Varied	Time for Me: Activities & Relaxation for Carers Call Liz Sowden on 020 8962 4536 for more information	
Varied	Trips Around London See Trips Programme: Book on 020 8962 4141	
Various	Munro Health Co-Op Complementary Therapies	Book on 020 7266 2776 Ernest Harriss House
All Day	Third Age Counselling	Brunel 50+ Drop In Centre Book 020 7976 6667
TBC	The Round Table Monthly Think Tank	Open Age Hub: The Beethoven Centre
TBC	American School Lunch / Tea Programme	Book on 020 7266 2776 Meet: Open Age Hub
10.00	Beginners Internet/eMail or Intermediate MS Office	Book 020 7641 1300 (Maida Vale Library)
10.00	Chi Gong	Portgate Hall
10.00	Tai Chi	Amberley Clubroom
10.00	Singing for All	Ernest Harriss House
10.30	Gardening	Juniper House

12.30	Pilates	Open Age Hub: The Beethoven Centre
1.00	Phone Club: Discussion Group	In YOUR own Home. Hester 020 8962 5584
1.00	Women's Social Group For Arabic & Kurdish Speakers	WECH Community Ctr
1.30	W2 Active Citizens Chair Exercise	St Stephen's Church Hall
1.30	Sketching at Museums & Galleries	Various: Book 020 7266 2776
1.30	Steady & Stable	SoHo Medical Centre Must Book 020 8962 5582
2.30	Book Talk: Phone Discussion Group	In YOUR own Home. Hester 020 8962 5584
2.30	W2 Active Citizens 50+: Social Group & Speakers	St Stephen's Church Hall
2.30	Ukulele Lesson	Warwick Comm. Centre
2.30	Amberley Film Club NEW	Amberley Clubroom
3.00	Pilates	Westbourne Ward Hub

11.00	Mindfulness Meditation	Portgate Hall
11.00	Chair Exercise	Hardy House
11.00	Chair Exercise	Rayne House
11.00	Men's Monthly Health Session	Westbourne Ward Hub at Paddington Arts Centre
12.00	Stretch & Revive Gentle Chair Yoga	Warwick Comm. Centre
12.30	Guitar Lessons NEW	Open Age Hub: The Beethoven Centre

Varied	Time for Me: Activities & Relaxation for Carers Call Liz Sowden on 020 8962 4536 for more information	
Varied	Trips Around London See Trips Programme: Book on 020 8962 4141	
10.00	Yoga	Churchill Gardens Hub
10.30	Coffee Morning & Computer Drop-in	Glastonbury House
12.00	Upperdeckers	Westminster Boating Base
12.30	Guitar Lessons 1 from Musicus	Churchill Gardens Hub
12.30	Beauty Therapy	Glastonbury House
1.00	Steady & Stable	Churchill Gardens Hub Must Book 020 8962 5582

3.30	Chair Yoga	Juniper House
3.30	We Click! Intergenerational Mobile Phone & Computers	Westminster Academy Book 020 8962 4141
4.00	Phone Club: Discussion Group	In YOUR own Home. Hester 020 8962 5584
5.00	Boules, Badminton, Table Tennis & More	Academy Sports Ctr
5.00	Mixed Dance & Exercise	Academy Sports Ctr

1.00	Phone Club: Discussion Group	In YOUR own Home. Hester 020 8962 5584
1.00	Steady & Stable	Churchill Gardens Hub Book 020 8962 5582
1.30	Guitar Lessons 2 from Musicus	Churchill Gardens Hub
2.00	Yoga for Depression NEW	St Margaret's Activity Centre
2.30	Book Talk: Phone Discussion Group	In YOUR own Home. Hester 020 8962 5584
2.30	Guitar Lessons 3 from Musicus	Churchill Gardens Hub
3.30	Conversational English	Glastonbury House
4.00	Phone Club: Discussion Group	In YOUR own Home. Hester 020 8962 5584

FRIDAYS

10.00	Chair Exercise to Music	WECH Community Ctr
10.00	Board Games	Portgate Hall
10.00	Coffee Morning	Portgate Hall
10.00	Knit, Crochet & Natter	Portgate Hall
10.00	Hair Dressing in The Groom Room	Ernest Harriss House Book 020 7289 3931
10.30	T'ai Chi	Westbourne Ward Hub at Paddington Arts Centre
11.00	Monthly Trips MONTHLY Third Friday of the month	Westbourne Ward Hub at Paddington Arts Centre
12.00	Hub Users' Steering Group (Monthly)	Westbourne Ward Hub at Paddington Arts Centre
11.30	Intermediate Computers	Glastonbury House Must Book 020 7976 6354
9.30	Beginners Computers	Glastonbury House Must Book 020 7976 6354
10.00	1:1 Shiatsu:	Glastonbury House Book 020 8687 6950
1.00	Games & Social Afternoon	Churchill Gardens Hub

12.00	Water Splash	Jubilee Sport Centre
1.00	Bingo (Ernest Harriss House)	Phone 020 7289 3931
2.00	Line Dancing	The Beethoven Centre
2.00	Sewing Class	Open Age Hub: The Beethoven Centre
2.30	First Friday Film Club (Monthly)	Westminster Academy
2.30	Phone Club: Monthly Book Group	In YOUR own Home. Hester 020 8962 5584
3.00	Monthly Social	St Jude's Hall

1.30	Craft Afternoon NEW VENUE	St Margaret's Activity Centre
4.30	Fish 'n' Chip Tea NEW	St Margaret's Activity Centre

SATURDAY & SUNDAYS

From 9.00	Third Age Counselling	Glastonbury House Book 07738 904 294
11.00	Keep Fit / Get Strong (Sat)	Academy Sports Ctr.
12.00	Stretch & Relax (Sat)	
1.00	Saturday Social Shape-Up (Sat)	St Augustine's Hall
3.00	Badminton (Sat)	

10.30	Sunday Roast (Monthly) NEW	St Margaret's Activity Centre
2.00	Ballroom & Latin Dance (Sun)	Academy Sports Ctr.
4.00	Yogalates (Sun)	

VENUE ADDRESSES & TRANSPORT DETAILS

Academy Sports Centre	Torquay Street, W2 5EZ (<i>opposite Health @ Stowe</i>)	Buses: 18, 36; Tube: Royal Oak
Amberley Clubroom	Amberley Estate, W9 2JZ (<i>Sign: bus stop Formosa St/Sutherland Ave</i>)	Buses: 6, 187, 414; Tube: Warwick Avenue
Barbara Brosnan Court	46, Grove End Road, NW8 9NP	Buses: 13, 46, 82, 113, 187, 189; Tube: St John's Wood
Brunel 50+ Drop In Centre	Housing Office 1 Sunderland House, Brunel Estate, W2 5UX	Buses: 28, 31, 328; Tube: Westbourne Park
Churchill Gardens Hub for Churchill Ward Tel: 020 7976 6354	Churchill Gardens Youth Club, Churchill Gardens Rd, SW1V 3AL	Buses: C10, 24, 360; Tube: Pimlico Station
Darwin House	104 Grosvenor Road, Churchill Gardens Estate, London, SW1V 3DH	Buses: 24 Tube: Pimlico
Edward Wilson School	Bourne Terrace W2 5TL (<i>Meeting point outside School</i>)	Buses: 18, 36 Tube: Royal Oak
Eileen Anderson Court	Johnson's Place, SW1V 3EZ	Buses: C10, 24, 360 Tube: Pimlico Station
Ernest Harriss House	61, Elgin Avenue, London W9 2BX	Buses: 31, 36, 187, 228, 328, 414; Tube: No Tube Near
Glastonbury House	Ground Floor, Abbots Manor Estate, Warwick Way, London SW1V 4NT	Buses: C10, 11, 24 Tube: Victoria Station
Hardy House	64, Great Western Road, W11 1AA	Buses: 28, 31, 328 Tube: Westbourne Park
Jubilee Sport Centre	Caird Street, London, W10 4RR	Buses 18, 28, 228 Tube: No Tube Near
Juniper House	Avenue Gardens, Droop Street, W10 4QX (<i>behind Queens Park Library, Harrow Rd</i>)	Buses: 18, 28, 228 Tube: No Tube Near
London Jesus Church	Terrace Room, 83 Margaret Street, W1W 8TB (<i>entrance in Marylebone Passage</i>)	Buses: C2, 7, 8, 10, 25, 55, 73, 88, 98, 189, 312, 390, 453 Tube: Oxford Circus
Maida Vale Library	Sutherland Avenue, W9 2QT	Buses: 6, 187, 414 Tube: Warwick Avenue
OPEN AGE – Main Office Tel: 020 8962 4141	St Charles' Centre for Health & Wellbeing, Exmoor Street, London, W10 6DZ	7, 23, 52, 70, 228, 295, 452
Open Age Hub: The Beethoven Centre for Queen's Park & Harrow Road Wards Tel: 020 7266 2776	Room 9b, The Beethoven Centre, Third Avenue, Queen's Park, W10 4JL	Buses: 6, 187, 316; Tube: No Tube Near
Paddington Library	Porchester Road, W2 5DU	Buses: 7, 18, 23, 27, 36 Tube: Royal Oak / Bayswater
Penfold Hub	60 Penfold Street, NW8 8PJ	Buses: 7, 18, 23, 27; Tube: Edgware Road (<i>not that close</i>)
Portgate Hall	19 Portgate Close, Lydford Estate, W9 3DL (<i>off Ashmore Rd, 3rd Right from Harrow Rd End</i>)	Buses: 6, 18, 28, 31, 36, 228, 328, 414; Tube: No Tube Near
Queen's Park Court Community Hall	Queen's Park Court Estate, Ilbert Street, London W10 4QA	Buses: 28, 52, 316, 452; Tube: No Tube Near
Queen's Park Library	666 Harrow Road, W10 4NE	Buses: 18, 28, 228 Tube: No Tube Near
Rayne House	170 Delaware Road, W9 2LW (<i>next to BBC music studios</i>)	Buses: 6, 187, 414; Tube: Maida Vale
SoHo Medical Centre	1 Frith Street, W1D 3HZ	Buses: 7, 10, 14, 19, 24, 25, 29, 38, 73, 98, 390; Tube: Tottenham Crt Rd
St Augustine's Hall	Oxford Road, NW6 5SN	Buses: 6, 16, 31, 36, 98, 187, 228, 316, 328, 332, 414; Tube: Kilburn Park
St Jude's Hall	Ilbert St, W10 (<i>near Juniper House</i>)	Buses: 18, 28, 228; Tube: No Tube Near
St Margaret's Activity Centre Tel: 020 7976 6354	Anchor Court, 40-44 Vauxhall Bridge Rd (1 Carey Place), SW1V 2RT	Buses: 2, 36, 185, 436, C10, 360; Tube: Pimlico Station
St Stephen's Church Hall	Talbot Road, London, W2 5QT	Buses: 7, 18, 23, 27, 28, 31, 36, 70, 328; Tube: Royal Oak
Stowe Centre	258, Harrow Road, London W2 5ES, (<i>next to Health@Stowe</i>)	Buses: 18, 36; Tube: Royal Oak
Thamesbank Centre	Peabody Avenue, Turpentine Lane, London SW1V 4AR	Buses: C10, 24, 360; Tube: Pimlico / Victoria
Warwick Community Centre	300 Harrow Road, W2 5HG	Buses: 18, 36; Tube: Royal Oak
WECH Community Centre	Chantry Close, Elgin Estate, W9 3RT	Buses: 18, 28, 31, 36, 228, 328; Tube: Westbourne Park
Westbourne Ward Hub at Paddington Arts Tel: 020 3713 8737	32 Woodfield Rd, W9 2BE	Buses: 18, 28, 31, 36, 228, 328; Tube: Westbourne Park
Westminster Academy	255 Harrow Road, W2 5EZ	Buses: 18, 36; Tube: Royal Oak
Westminster Boating Base	136 Grosvenor Road, SW1V 3JY	Buses: 24 Tube: Pimlico