

Time for Me Programme December 2023

**Health, leisure and learning for unpaid carers over 50
in Westminster and Kensington and Chelsea**

For further details and to book please

Email: carerstimeforme@openage.org.uk or Call: 020 4516 9976

Week Commencing: Monday 27th November

- ACL: Social Media Course **Friday 1st December** 10:30am – 12:30pm Second Half Centre

Week Commencing: Monday 4th December

- Creative Writing with Poonam **Wednesday 6th December** 10am – 12pm Online on Zoom
- Opera Holland Park Concert **Wednesday 6th December** 1:15 – 3:30pm Clore Learning Centre, Kensington Palace
- ACL: Social Media Course **Friday 8th December** 10:30am – 12:30pm Second Half Centre
- Horizon 22 **Saturday 9th December** 1:00 – 2:30pm 22 Bishopsgate, London EC2N 4AJ
- Sir Simon Milton Dance (Westminster Residents) **Sunday 10th December** 2:00 – 4:00pm JW Marriott Grosvenor House

Week Commencing: Monday 11th December

- Christmas Party **Monday 11th December** 10:00am – 3:30pm Second Half Centre
- Women's Spa Visit **Thursday 14th December** 10am – 12pm Porchester Spa (must book on)
- ACL: Social Media Course **Friday 15th December** 10:30am – 12:30pm Second Half Centre

Week Commencing: Monday 18th December

- Men's Spa Visit **Wednesday 20th December** 10am – 12pm Porchester Spa (must book on)
- Christmas Carols **Thursday 21st December** 11:00am – 1:00pm approx. Royal Albert Hall