



# Winter Programme 2024

**Monday 8<sup>th</sup> January - Thursday 28<sup>th</sup> March 2024**

**(Half Term: 12<sup>th</sup> to 16<sup>th</sup> February)**

Charity number: 1160125



## Centre & Online Programme

**Monday 8<sup>th</sup> January - Thursday 28<sup>th</sup> March 2024**

**(Half Term: 12<sup>th</sup> to 16<sup>th</sup> February)**

Welcome to the new term **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'. **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. 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 donate via our website, [www.openage.org.uk](http://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. 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.

## Contents

Activities at Second Half Centre .....	3
Activities at New Horizons (Chelsea).....	7
Activities at Avenues (North Westminster).....	11
Activities at St Margaret's (South Westminster).....	14
Activities in Hammersmith & Fulham .....	16
Online Activities & Phone Groups.....	18
Trips & Events.....	20
Time for Me Programme for Unpaid Carers .....	21
Activities Outside Open Age.....	21
Locations of Open Age centres.....	21
Locations of Community Venues .....	24

## Activities at Second Half Centre (North Kensington)

**The Second Half Art Exhibition will take place from Wednesday afternoon 20<sup>th</sup> March and finish on Friday 22<sup>nd</sup> March 2024. Please note there will be no classes in the Second Half Centre on these days and we apologise for any inconvenience.**

### 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 - How to Use WhatsApp *starts 15 <sup>th</sup> January	Second Half Centre ACL	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

10:00 - 12:00	IT - How to be Safe Using the Internet <b>*starts 26<sup>th</sup> February</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
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 - Further Skills Using iPad/iPhone <b>*starts 15<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
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) <b>*starts 22<sup>nd</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
15:30 - 17:00	Men Space: Social & Health and Wellbeing Experience <i>(monthly workshops delivered 3<sup>rd</sup> Monday of the month)</i>	Second Half Centre	07467 952 564

## Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Zumba	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - Further Skills with Computers (Windows) <b>*starts 16<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:30 - 12:30	Italian Beginners Plus <i>(need approx. 120 hours of prior tuition)</i> <b>*starts 16<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:00 - 12:00	Community Garden Kitchen Group on Zoom <b>(until March when the sessions continue in the garden)</b> <b>*12<sup>th</sup> Dec, Jan 9<sup>th</sup> &amp; 23<sup>rd</sup> Feb 6<sup>th</sup> &amp; 20<sup>th</sup></b>	Second Half Centre	020 4516 9971

12:15 - 13:15	Outreach Tech Support (own devices) <i>RBKC &amp; WCC residents only</i>	Second Half Centre	020 4516 9977 <a href="mailto:outreach@openage.org.uk">outreach@openage.org.uk</a>
13:00 - 14:00	Steady & Stable: Falls Prevention Exercise	Second Half Centre	020 4516 9975
13:00 - 15:00	Italian for Beginners <i>(need approx. 20 hours of prior tuition)</i> <b>*starts 16<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
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 - 11:30	Creative Threads	Second Half Centre	020 4516 9971
10:00 - 12:00	Lip-reading & Managing Hearing Loss <b>*starts 17<sup>th</sup> January</b> <b>ACL</b>	Morley College	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:30 - 12:30	Time for Me - IT for Carers <b>*starts 10<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	07437 913 154
10:30 - 12:30	IT - Organising Your Gmail <b>*starts 21<sup>st</sup> February</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:00 - 13:00	Chair Exercise	Second Half Centre	020 4516 9971
12:15 - 14:15	Eating Healthily on a Budget (Fortnightly) <b>*starts 24<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:15 - 14:15	Men's Space: Lunch & Cookery (Fortnightly) 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday	Second Half Centre	07467 952 564
13:30 - 15:30	Men's Space: IT Group <b>*starts 10<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	07467 952 564

13:30 - 15:30	IT - Further Skills with Android Devices <b>*starts 21<sup>st</sup> February</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:30 - 15:30	Meditation & Mindfulness for Beginners <b>*starts 17<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:30 - 15:30	Dance Exercise	Meeting Room under Kensington Central Library	No booking required
14:30 - 16:30	Poetry <b>*starts 17<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972

### 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 <b>*starts 18<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - Getting Started with Your iPad/iPhone <b>*starts 18<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:15 - 12:15	Mosaics <b>*starts 18<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
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. 160 hours of prior tuition)</i> <b>*starts 18<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:45 - 14:45	Healthy Lungs: Exercise for Lung Health <i>(for Westminster and RBKC residents)</i>	Second Half Centre	020 4516 9973 <a href="mailto:ktyagi@openage.org.uk">ktyagi@openage.org.uk</a>
15:00 - 17:00	Spanish Beginners Plus <i>(need approx. 120 hours of prior tuition)</i> <b>*starts 18<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>



## Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Second Half Centre	020 4516 9971
10:00 - 12:00	Spanish - Next Step 1 <i>(need approx. 140 hours of prior tuition)</i> <b>*starts 12<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:30 - 12:30	IT - Getting Started with Your Android Smartphone <b>*starts 12<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:15 - 12:15	Dance to the Stars	Second Half Centre	020 4516 9971
12:30 - 14:30	Spanish for Beginners <i>(need approx. 20 hours of prior tuition)</i> <b>*starts 12<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:00 - 15:00	IT - Using Google Drive & Apps <b>*starts 12<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:00 - 15:00	IT - Organising Your Hotmail/Outlook <b>*start date tbc</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
15:00 - 17:00	Spanish Beginners 2 <i>(need approx. 80 hours of prior tuition)</i> <b>*starts 12<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
15:15 - 16:45	Mathletics - <i>Strengthening memory through number exercises and games!</i> <b>*starts 12<sup>th</sup> January</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## Activities at New Horizons (Chelsea)

### Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 11:45	Watercolours (All Levels) <b>*starts 15<sup>th</sup> January</b> <b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - How to Use WhatsApp	New Horizons	020 4516 9972

	<b>*starts 15<sup>th</sup> January</b>	<b>ACL</b>		<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - How to be Safe Using the Internet <b>*starts 26<sup>th</sup> February</b>	<b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	Jewellery Making (Advanced)		New Horizons	020 4516 9970
10:00 - 16:00	Third Age Counselling		New Horizons	01476 564 515 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagecounselling.com</a>
12:00 - 13:00	Pilates		New Horizons	020 4516 9970
12:00 - 14:00	Watercolours (All Levels) <b>*starts 15<sup>th</sup> January</b>	<b>ACL</b>	Ixworth Place	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:30 - 14:30	IT - Using Google Drive & Apps <b>*starts 15<sup>th</sup> January</b>	<b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:30 - 14:30	IT - Introduction to Social Media <b>*starts 26<sup>th</sup> February</b>	<b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:15 - 14:15	Ballet <b>*starts 15<sup>th</sup> January</b>		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) <b>*starts 15<sup>th</sup> January</b>	<b>ACL</b>	Ixworth Place	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
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> <b>*starts 15<sup>th</sup> January</b>	<b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## 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 <a href="mailto:outreach@openage.org.uk">outreach@openage.org.uk</a>
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 <b>*starts 16<sup>th</sup> January</b>	<b>ACL</b> Response Community Projects	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:00 - 13:00	Speaking English with Confidence <b>*starts 16<sup>th</sup> January</b>	<b>ACL</b> New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>



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
13:15 - 14:15	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 16 <sup>th</sup> January	ACL New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:30 - 16:30	Drama *starts 16 <sup>th</sup> January	ACL New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

### 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 <a href="mailto:ktyagi@openage.org.uk">ktyagi@openage.org.uk</a>
10:00 - 16:00	Third Age Counselling	New Horizons	01476 564 515 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagecounselling.com</a>
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	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
12:00 - 15:00	RBKC Community Participant Team Drop In (3 <sup>rd</sup> Wednesday of the month)	New Horizons	<a href="mailto:Zino.khalfaoui@rbkc.gov.uk">Zino.khalfaoui@rbkc.gov.uk</a>
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
14:30 - 16:30	Lip-reading & Managing Hearing Loss *starts 17 <sup>th</sup> January	ACL New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## 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
12:30 – 14:30	Play Workshops (in partnership with Finborough Theatre)	Response Community Projects	020 4516 9970
10:00 - 16:00	Third Age Counselling	New Horizons	01476 564 515 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagecounselling.com</a>
10:30 - 12:30	Art Class (Advanced)	Ixworth Place	020 4516 9970
11:00 - 12:00	Yoga	New Horizons	020 4516 9970
11:00 - 12:30	Men Space: Reminiscence & Social Bi-weekly 1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays	Chelsea Theatre	07467 952 564
12:00 - 14:00	Supported IT Drop-In	New Horizons	020 4516 9970
12:30 - 14:00	Arts & Crafts	New Horizons	020 4516 9970
13:00 - 14:00	Tai Chi	Community Hub	No booking needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	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 Computers (Windows) <b>*starts 18<sup>th</sup> January</b>	New Horizons <b>ACL</b>	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:30 - 16:30	Life Stories <b>*starts 18<sup>th</sup> January</b>	Chelsea Theatre <b>ACL</b>	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Book Club (4 <sup>th</sup> Friday of the month) <b>*26<sup>th</sup> Jan, 23<sup>rd</sup> Feb, 22<sup>nd</sup> Mar</b>	New Horizons	020 4516 9970
10:00 - 12:00	IT - Microsoft Word & Touch Typing <b>*starts 12<sup>th</sup> January</b>	New Horizons <b>ACL</b>	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

10:15 - 12:15	Drawing at the V&A Museum (All Levels) *starts 12 <sup>th</sup> January ACL	V&A Museum	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:45 - 11:45	Pilates	St. Mary The Boltons	No booking needed
11:00 - 12:00	Zumba	New Horizons	020 4516 9970
12:00 - 13:00	Chair Exercise	St. Mary The Boltons	No booking needed
12:00 - 14:00	Creative Writing *starts 12 <sup>th</sup> January ACL	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:15 - 13:15	Pilates	New Horizons	020 4516 9970
12:30 - 14:30	Drawing at the V&A Museum (All Levels) *starts 12 <sup>th</sup> January ACL	V&A Museum	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:00 - 15:00	IT - Build Your Own Website (Using WordPress) *starts 12 <sup>th</sup> January ACL	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:30 - 14:30	Keep Fit	New Horizons	020 4516 9970
14:00 - 16:00	Cryptic Crossword (4 <sup>th</sup> Friday of the month) *26 <sup>th</sup> Jan, 23 <sup>rd</sup> Feb, 22 <sup>nd</sup> Mar	New Horizons	020 4516 9970
14:30 - 16:30	Philosophy (fortnightly) (in partnership with the Royal Institute of Philosophy)	New Horizons	020 4516 9970
14:45 - 16:45	Watercolours *starts 12 <sup>th</sup> January ACL	Ixworth Place	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## Activities at Avenues (North Westminster)

### PLEASE NOTE:

Due to refurbishment taking place at The Avenues,  
the centre will not reopen to members until  
**Monday 15<sup>th</sup> January 2024.**

**We sincerely apologise for any inconvenience.**

## Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Ballet Fitness <i>*starts 15<sup>th</sup> January</i>	Avenues	020 3713 8737
10:00 - 11:30	Patchwork Making and more	Avenues	020 3713 8737
10:00 - 12:00	Bowls <i>*8<sup>th</sup> Jan, 5<sup>th</sup> Feb, 4<sup>th</sup> Mar</i>	Paddington Sports Club	No booking needed
10:00 - 12:00	Walking Cricket <i>*starts 8<sup>th</sup> January</i>	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 <i>*starts 15<sup>th</sup> January</i>	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
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)</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 <a href="mailto:ktyagi@openage.org.uk">ktyagi@openage.org.uk</a>
13:45 - 15:30	Film Festival	Avenues	020 3713 8737

## Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates <i>*starts 16<sup>th</sup> January</i>	Avenues	020 3713 8737
10:00 - 11:30	Simply Art	Avenues	020 3713 8737
10:30 - 11:30	Dance Exercise <i>*starts 16<sup>th</sup> January</i>	Fitzrovia Community Centre	No booking needed
11:15 - 12:15	Chair Exercise <i>*starts 16<sup>th</sup> January</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
14:00 - 15:00	Chi Ghong in the park *starts 16 <sup>th</sup> January	Porchester Square Gardens	No booking needed

### Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga *starts 17 <sup>th</sup> January	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	Drama: Play Reading	Avenues	020 3713 8737
12:30 - 13:30	Dance Exercise	St Paul's Church	No booking needed
12:30 - 13:30	Steady & Stable: Falls Prevention Exercise	Avenues	020 4516 9975
13:15 - 15:15	Social - Knit & Natter (2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday of the month)	Avenues	020 3713 8737
14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones (for Westminster and RBKC residents)	Avenues	020 4516 9973 ktyagi@openage.org.uk

### Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Tai Chi *starts 18 <sup>th</sup> January	Avenues	020 3713 8737
10:15 - 11:45	Singing for All	Avenues	020 3713 8737
11:15 - 12:15	Exercise to Music *starts 18 <sup>th</sup> January	Avenues	020 3713 8737
12:00 - 13:30	Guitar for All	Avenues	020 3713 8737
12:45 - 13:45	Pilates	Avenues	020 3713 8737

	<b>*starts 18<sup>th</sup> January</b>		
13:00 - 14:00	Walking Football	The Hub, Regents Park	No booking needed
13:30 - 14:30	Steady & Stable: Falls Prevention Exercise	Penfold Community Hub	020 4516 9975
14:00 - 15:00	Chair Yoga <b>*starts 18<sup>th</sup> January</b>	Avenues	020 3713 8737

**Friday**  
*(Avenues Centre is closed)*

TIME	CLASS	LOCATION	BOOKING DETAILS
10:45 - 12:45	Men's Space: Walking Football	Westminster Academy	07467 952 564
12:00 - 12:45	Aqua Aerobics	Moberly Sports Centre	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
10:00 - 12:00	Monday Morning Chit Chat & Coffee	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
14:30 - 16:30	Creative Writing	St Margaret's	020 4516 9969
15:00 - 16:00	Pilates	Victoria Medical Centre	No booking needed Max 15 Members

## 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	Victoria Medical Centre	No booking needed - Max 14 spaces.
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
11:30 - 12:30	Healthy Lungs: Exercise for Lung Health <i>(for Westminster and RBKC residents)</i>	Victoria Medical Centre	020 4516 9973 <a href="mailto:ktyagi@openage.org.uk">ktyagi@openage.org.uk</a>
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 <b>*not an IT class but we are on hand to help with your IT questions</b>	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 of the month - enquire for details)	St Margaret's	020 4516 9969

13:30 - 15:30	Art Class	St Margaret's	020 4516 9969
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## Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Exercise	St Margaret's	No booking needed
11:30 - 12:30	Yoga	Victoria Medical Centre	No booking needed Max 15 spaces
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
10:15 - 11:15	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
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10:00 - 11:00	Steady & Stable: Falls Prevention Exercise	The Creighton Centre	020 4516 9975
11:00 - 12:00	Steady & Stable: Falls Prevention Exercise	The Creighton Centre	020 4516 9975
12:00 - 13:30	Still Life & Life Drawing <i>Starts 9<sup>th</sup> January</i> <i>Please note new time!</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

### 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
13:00 - 14:00	Tai Chi	Community Hub	No booking needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	Community Hub	020 4516 9975

### Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
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10:00 - 11:00	Dance Exercise (£2)	St Andrew's Church	No booking needed
11:00 - 12:00	Pilates	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	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:00	Osteo Blast: Exercise for Healthy Bones (for Westminster and RBKC residents)	Zoom	<a href="mailto:ktyagi@openage.org.uk">ktyagi@openage.org.uk</a>
11:15 - 12:15	Healthy Lungs: <i>Exercise for Lung Health</i> (for Westminster and RBKC residents)	Zoom	<a href="mailto:ktyagi@openage.org.uk">ktyagi@openage.org.uk</a>
11:00 - 12:00	Monday Phone Group	Phone Group	020 3713 8736
11:00 - 12:30	Shared Reading (with Ghada)	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:00 - 13:00	Advanced Spanish Chat	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
14:00 - 15:00	Local History (monthly)	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
15:30 - 17:00	Mindfulness & Relaxation <b>*starts 8<sup>th</sup> January</b>	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

### Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
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10:00 - 11:00	Pilates	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
11:00 - 12:30	Open Science: <i>What's stretching the Universe?</i> <b>*22<sup>nd</sup> January*</b>	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:00 - 12:30	Open Science: <i>in partnership with Imperial College, London</i> Details of talks in February and March will feature in our weekly emails nearer the time	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:30 - 13:30	Chair Exercise	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
14:15 - 15:15	Open Space Talks <i>(1<sup>st</sup> Tuesday of the month)</i>	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
14:30 - 15:30	Steady & Stable: Falls Prevention Exercise	Zoom	020 4516 9975
15:00 - 16:00	Yoga <b>*starts 16<sup>th</sup> January</b>	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>

### Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
10:00 - 12:00	Sketching in Sculpture Parks <b>*starts 17<sup>th</sup> January</b>	ACL Zoom	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	Time for Me Carers: Creative Writing <i>(Twice a month: 1st &amp; 3rd Wednesday)</i>	Zoom	020 4516 9976 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
11:00 - 12:00	Shared Reading <i>(with Ewa)</i>	Zoom	020 3713 8736
11:00 - 12:30	Greek Mythology & Ancient Stories <i>(with Ghada)</i>	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
13:00 - 15:00	Italian - Next Step 2 <i>(need approx. 160 hours of prior tuition)</i> <b>*starts 17<sup>th</sup> January</b>	ACL Zoom	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:00 - 15:00	Chair Exercise	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
14:30 - 15:30	Campden Ward Social Group	Phone Group	020 3713 8736
16:00 - 17:45	Meditation & Mindfulness (Non-Beginner) <b>*starts 17<sup>th</sup> January</b>	ACL Zoom	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

### Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 11:30	Box Fit	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
11:00 - 12:00	The Archaeology of Ancient Greece & Near East (fortnightly)	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:00 - 13:00	Pilates	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
14:00 - 15:00	Chi Gong	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
14:00 - 15:00	Shared Reading (with Ewa)	Phone Group	020 3713 8736
15:30 - 16:30	Conversational French	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
16:00 - 17:00	Topical Hour	Phone Group	020 3713 8736

## Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Stretch and Tone	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
10:30 - 11:30	Monthly Quiz (First Friday of each month)	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:30 - 11:30	Philosophy	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
13:00 - 14:00	History of Art (fortnightly)	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
13:30 - 14:30	Friday Social Quiz	Phone Group	07741 656 478
13:30 - 15:30	1970's Disco Fever <b>*starts 12<sup>th</sup> January</b>	Zoom	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:30 - 15:30	Step Up from Steady	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>

## Trips & Events

All trips and events will be advertised in our centres and in the member's emailed bulletin, sent weekly to your email address. If you are not receiving this email, please speak to a member of the team.

TIME	EVENT	LOCATION	BOOKING DEATAIL
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13:00 - 15:00 <b>27<sup>th</sup> of February</b>	Legacy Q & A with legal expert from Taylor Rose MW	New Horizons	<a href="mailto:ebudai@openage.org.uk">ebudai@openage.org.uk</a>
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## Time for Me Programme for Unpaid Carers

Please email [carerstimeforme@openage.org.uk](mailto:carerstimeforme@openage.org.uk) or call 0204 516 9976 to receive the carers full list of activities and outings.

## Activities Outside Open Age

### THERAPIES:

Shiatsu Massage and Reflexology are available on alternate Fridays between 10am and 4pm 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

### BEAUTY TREATMENTS:

Facials, massages, pedicures, manicures, and much more on Thursdays between 10am and 4pm at Anchor Court, 2 Carey Place, SW1V 2RT.

**To book call:** Rima - 07459 712 302

### MONDAY MATINEES

**REGENT  
STREET  
CINEMA**

- £6 per ticket
- 307 Regent St, London, W1B 2HW
- You can book the films here:  
<https://www.regentstreetcinema.com>
- Or doors open at 12.30pm to buy tickets (card only)

Any queries contact the cinema directly 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](mailto:acarrington@openage.org.uk)  
 Second Half Centre, left at Reception



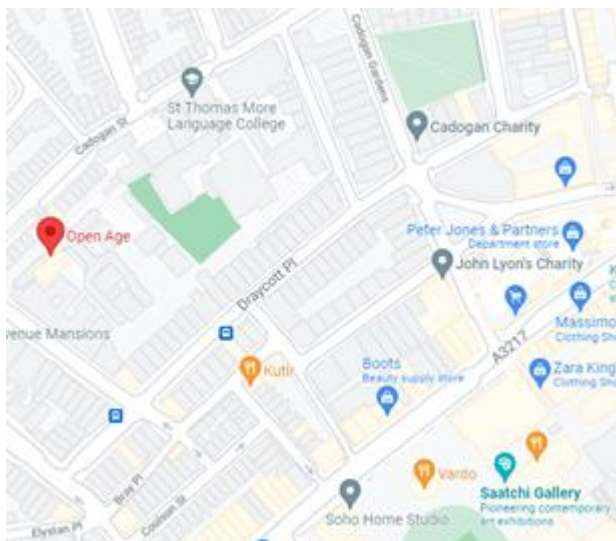
**Open Age – Avenues**

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

**Telephone:** 020 3713 8737  
**Email:** [m Laurent@openage.org.uk](mailto:m Laurent@openage.org.uk)

**B** Bus stops  
 Buses: 18, 28, 228

**E** Entrance to New Avenues / Open Age QPHR Hub

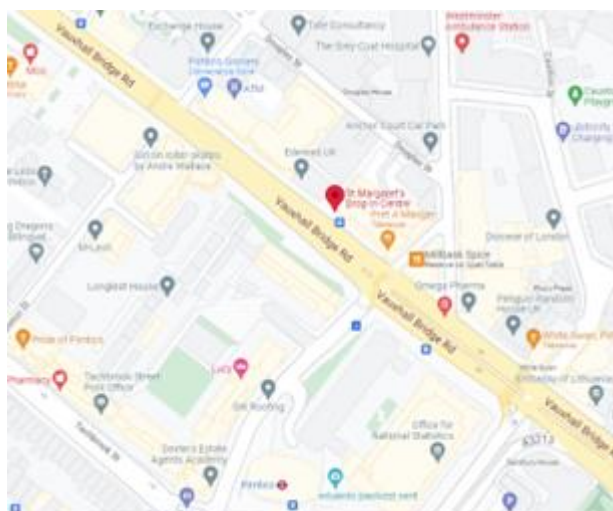


### Open Age - New Horizons

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

**Telephone:** 020 4516 9970

**Email:** [fkorenica@openage.org.uk](mailto: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](mailto: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
Chelsea Theatre	7 World's End Place	SW10 0DR	South RBKC
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
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
Little Venice Sports Centre	10 Crompton Street	W2 1ND	Westminster
Mary Smith Court	17-23 Trebovir Road	SW5 9NF	South 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

<b>Reed Centre, The</b>	<b>28 Convent Gardens</b>	<b>W11 1NJ</b>	<b>North RBKC</b>
<b>Response Community Projects</b>	<b>300 Old Brompton Road</b>	<b>SW5 9JF</b>	<b>South RBKC</b>
<b>St Andrew's Church</b>	<b>Greyhound Road</b>	<b>W14 9SA</b>	<b>H&amp;F</b>
<b>St Augustine's Sports Centre</b>	<b>Oxford Street, North Maida Vale</b>	<b>NW6 5AW</b>	<b>North Westminster</b>
<b>St Mary's The Boltons</b>	<b>St Mary's Church, The Boltons</b>	<b>SW10 9TB</b>	<b>South RBKC</b>
<b>St George's Church</b>	<b>Aubrey Walk, Camden Hill</b>	<b>W8 7JG</b>	<b>North RBKC</b>
<b>St Paul's Church</b>	<b>5 Rossmore Road</b>	<b>NW1 6NJ</b>	<b>North Westminster</b>
<b>St Stephen's Church</b>	<b>38-42 Rochester Row</b>	<b>SW1P 1LE</b>	<b>South Westminster</b>
<b>Stoll</b>	<b>Sir Oswald Stoll Mansions, Fulham Road</b>	<b>SW6 1DT</b>	<b>H&amp;F</b>
<b>The Community Hub</b>	<b>1A Aisgill Avenue, West Kensington</b>	<b>W14 9NF</b>	<b>H&amp;F</b>
<b>The Creighton Centre</b>	<b>374-380 Lillie Road</b>	<b>SW6 7PH</b>	<b>H&amp;F</b>
<b>The Hub, Regents Park</b>	<b>Regent's Park Road</b>	<b>NW1 4NU</b>	<b>Westminster</b>
<b>Victoria &amp; Albert Museum</b>	<b>Exhibition Road</b>	<b>SW7</b>	<b>South RBKC</b>
<b>Victoria Medical Centre</b>	<b>29 Upper Tachbrook Street</b>	<b>SW1V 1SN</b>	<b>South Westminster</b>
<b>Westminster Academy</b>	<b>255 Harrow Road</b>	<b>W2 5EZ</b>	<b>North Westminster</b>
<b>White City Community Centre</b>	<b>India Way</b>	<b>W12 7QT</b>	<b>H&amp;F</b>