

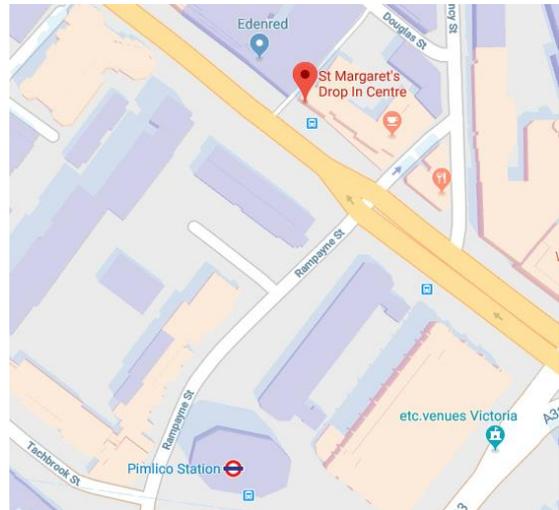
# Churchill Hub Activity Programme

## April 23<sup>rd</sup> – July 21<sup>st</sup> 2019

The Open Age Churchill Hub is located at:  
St Margaret's Activity Centre,  
1 Carey Place, SW1V 2RT

Telephone: 020 7976 6354  
Mobile: 07530 734 489

Hub Manager- Claire Godwin



## LOCAL EVENTS



### PILATES

**Mondays**

**Time: 3-4pm & 4-5pm**

**Cost: £1**

Join this popular exercise class led by Alice at the new venue of Marshall Street Leisure Centre.

Pilates is a great way to improve flexibility and strength. All abilities are welcome!

**Address:**

Marshall Street Leisure Centre, 15  
Marshall St, Soho, W1F 7EL

**Contact:** Claire 07530 734 489



### TRIP TO JOHN SOANE MUSEUM

**Wednesday 15<sup>th</sup> May**

**Time: 11am**

**Cost: FREE**

**Must book!**

Visit the historic house, museum and library of distinguished 19th century architect Sir John Soane. At Soane's request, the house has been left untouched since his death – almost 180 years ago.

**Address:**

13 Lincoln's Inn Fields, London  
WC2A 3BP

**Contact:** Claire 07530 734 489



### VICTORIA 2019 EXHIBITION AT KENSINGTON PALACE

**Friday 15<sup>th</sup> June**

**Time: 11am**

**Cost: FREE**

**Must book!**

To mark the bicentenary of the birth of Queen Victoria, join us as we visit Victoria 2019 a new major exhibition at Kensington Palace.

**Address:**

Kensington Palace, Kensington  
Gardens, London W8 4PX

**Contact:** Claire 07530 734 489

Activities are for Westminster Residents ONLY

| MONDAY's<br>ACTIVITY  | TIME   | PLACE   | BUS                          | COST                         | DETAILS   |
|---|--|---|------------------------------|------------------------------|---|
| <b>Haircuts<br/>(Drop In)</b>   | 10.00-11.30<br>29/04/19 –<br>15/07/19<br><b>Half term</b><br>27/05/19  | St Margaret's<br>Activity Centre,<br>1 Carey Place,<br>SW1V 2RT               | 2,36,<br>185,<br>C10,<br>360 | £5                           | Haircuts from Patsy. No need to book. If you would like to double check Patsy is coming in before you leave home, please call us <b>07530 734 489</b> .   |
| <b>Coffee Morning</b>   | 10.00-12.00<br>29/04/19 –<br>15/07/19<br><b>Half term</b><br>27/05/19  | St Margaret's<br>Activity Centre,<br>1 Carey Place,<br>SW1V 2RT               | 2,36,<br>185,<br>C10,<br>360 | Free<br>donations<br>welcome | A chance to pop in and find out what is happening locally and have a cup of tea and a chat. We also have occasional speakers.   |
| <b>Podiatry<br/>(Monthly)</b><br><br><b>MUST BOOK!</b>  | 10.00-16.00<br>Twice monthly<br>13/05/19<br>03/06/19<br>10/06/19<br>01/07/19<br>08/07/19   | St Margaret's<br>Activity Centre,<br>1 Carey Place,<br>SW1V 2RT               | 2,36,<br>185,<br>C10,<br>360 | £10                          | We are delighted to offer a monthly podiatry service at our coffee morning. To find out more & to book call <b>07530 734 489</b> .  |
| <b>Cycle Smarter<br/>Course</b><br><br><b>MUST BOOK!</b>  | 10.30-12.30<br>and<br>1.00-3.00<br><br>13 <sup>th</sup> May-10 <sup>th</sup> June<br>24 <sup>th</sup> June-15 <sup>th</sup> July<br>29 <sup>th</sup> July-19 <sup>th</sup> Aug<br>2 <sup>nd</sup> Sept-23 <sup>rd</sup> Sept | Paddington<br>Recreation Ground,<br>Randolph Avenue,<br>Maida Vale,<br>W9 1PD | 6, 31,<br>316,<br>328        | Free                         | In partnership with Cycle Confident learn to ride a bike or brush up on your cycling skills with our four week courses led by a qualified instructor who will help you achieve your cycling goals. All equipment provided. Call Tina on <b>020 8962 4537</b> to book. |
| <b>Yoga</b>   | 11.00-12.30<br>29/04/19 –<br>15/07/19<br><b>Half term</b><br>27/05/19  | St Margaret's<br>Activity Centre,<br>1 Carey Place,<br>SW1V 2RT               | 2,36,<br>185,<br>C10,<br>360 | £1.50                        | People differ in the ageing process but oxygen uptake, muscle strength and joint flexibility are all important. Yoga helps encourage these abilities to work together. Great for beginners!   |
| <b>Zumba</b><br>         | 11.15-12.15<br>29/04/19 –<br>15/07/19<br><b>Half term</b><br>27/05/19  | St Stephen with St<br>John Westminster,<br>38-42 Rochester<br>Row, SW1P 1LE   | 507                          | £1                           | Inspired by Latin Dance and music Zumba is a great workout for the whole body. No need to book, just turn up!   |
| <b>Singing Class</b><br> | 12.15-1.45<br>29/04/19 –<br>15/07/19<br><b>Half term</b><br>27/05/19   | St Stephen with St<br>John Westminster,<br>38-42 Rochester<br>Row, SW1P 1LE   | 507                          | £2                           | A fun singing class in the church's main space.   |
| <b>Creative Writing</b>   | 2.00-4.00<br>29/04/19 –<br>15/07/19<br><b>Half term</b><br>27/05/19  | St Margaret's<br>Activity Centre,<br>1 Carey Place,<br>SW1V 2RT               | 2,36,<br>185,<br>C10,<br>360 | £2                           | Classes will help you generate ideas, create characters and put stories together. No experience required.   |
| <b>Phone Club:<br/>Current Affairs</b><br>For the Housebound  | 2.30-3.30  | From the comfort of<br>your own home  | N/A                          | Free                         | Focus on: Current Affairs, Local and International news, sport, interesting facts and articles, topical talks. Phone Hester for more info & to join on <b>020 3713 8736</b>   |

|   |  |  |                   |      |   |
|---|--|--|-------------------|------|---|
| <b>Pilates (Class 1)</b><br><b>NEW VENUE &amp; TIME!</b>        | 3.00-4.00<br>29/04/19 – 15/07/19<br><b>Half term</b><br>27/05/19 | Marshall Street<br>Leisure Centre, 15<br>Marshall St, Soho,<br>W1F 7EL | 12,<br>88,<br>159 | £1   | Pilates focuses on stability, balance, flexibility, posture and wellbeing. A popular activity led by Alice.   |
| <b>Pilates (Class 2)</b><br><b>NEW VENUE &amp; TIME!</b>        | 4.00-5.00<br>29/04/19 – 15/07/19<br><b>Half term</b><br>27/05/19 | Marshall Street<br>Leisure Centre, 15<br>Marshall St, Soho,<br>W1F 7EL | 12,<br>88,<br>159 | £1   | Pilates focuses on stability, balance, flexibility, posture and wellbeing. A popular activity led by Alice.   |
| <b>Phone Club: Creative Writing Group</b><br>For the Housebound | 4.00-5.00  | From the comfort of your own home.                                     | N/A               | Free | Develop your creative writing skills with optional homework activities and opportunity to read work aloud for constructive feedback. Phone Hester for more info & to join on <b>020 3713 8736</b> |

| <b>TUESDAY'S</b>  |  |   |                              |  |   |
|---|--|---|------------------------------|--|---|
| <b>ACTIVITY</b>   | <b>TIME</b>  | <b>PLACE</b>  | <b>BUS</b>                   | <b>COST</b>                            | <b>DETAILS</b>  |
| <b>Knitting, Sewing &amp; Craft</b><br><b>NEW COMBINED CLASS!</b> | 10.00-12.00<br>23/04/19 – 16/07/19<br><b>Half term</b><br>28/05/19 | St Margaret's<br>Activity Centre,<br>1 Carey Place,<br>SW1V 2RT     | 2,36,<br>185,<br>C10,<br>360 | Free<br>donations<br>welcome           | Join this fun and friendly class and learn how to sew, knit or make other crafts such as jewellery or card making. All welcome!   |
| <b>Walking Netball</b>  | 11.00-12.00<br>23/04/19 – 16/07/19                                 | Will to Win Hyde<br>Park, South<br>Carriage Drive,<br>London W2 2UH | 9,10,<br>52,<br>70,<br>452   | Free<br>donations<br>welcome           | Love netball but not sure the fast game is for you anymore? Then come and join our new walking netball class! Suitable for both beginners and experienced players   |
| <b>Tai Chi Qi Gong</b>  | 12.30-1.30<br>23/04/19 – 16/07/19<br><b>Half term</b><br>28/05/19  | St Margaret's<br>Activity Centre,<br>1 Carey Place,<br>SW1V 2RT     | 2,36,<br>185,<br>C10,<br>360 | £1                                     | A gentle, powerful system of exercise which uses healing posture, movement and breathing techniques to promote joint mobility, improve posture and recharge body and mind.  |
| <b>Monthly Movie Afternoon</b>                                    | 1.30-3.30<br>First Tuesday of every month                          | Eileen Anderson<br>Court, Johnson's<br>Place SW1V 3EZ               | 24,<br>C10,<br>360           | £1.50<br>Includes<br>tea and<br>coffee | Join us on the first Tuesday of every month for a mixture of old and new films in our very comfortable lounge.<br>Call Claire to find out more!<br><b>7<sup>th</sup> May - Swimming with Men (2018)</b><br><b>4<sup>th</sup> June - The Post (2018)</b><br><b>2<sup>nd</sup> July - Funny Girl (1968)</b> |

|   |   |   |                              |    |  |
|---|---|---|------------------------------|----|--|
| <b>Chair Yoga</b><br><br><b>NEW TIME!</b> | 2.00–3.00<br>23/04/19 –<br>16/07/19<br><b>Half term</b><br>28/05/19 | St Margaret's<br>Activity Centre,<br>1 Carey Place,<br>SW1V 2RT | 2,36,<br>185,<br>C10,<br>360 | £1 | Chair based yoga with Sahara. Open to all abilities but good for people who find it difficult to work on the floor. Stretching, strengthening, breathing and meditation techniques. Stay for a cup of tea and a chat with your friends afterwards. |
|---|---|---|------------------------------|----|--|

| <b>WEDNESDAY's</b><br><b>ACTIVITY</b>                                       | <b>TIME</b>  | <b>PLACE</b>  | <b>BUS</b>                               | <b>COST</b>                            | <b>DETAILS</b>  |
|---|--|---|--|--|---|
| <b>Osteoblast</b><br><br><b>MUST BOOK!</b>                                  | 10.00-11.00<br>24/04/19 –<br>07/08/19<br><b>No half term</b><br><b>break</b> | Marshall Street<br>Leisure Centre, 15<br>Marshall Street,<br>W1F 7EL  | 88,<br>94,<br>159,<br>453,<br>C2,<br>390 | £1                                     | A 16 week exercise programme involving balance exercises, floor based strengthening exercises and weight bearing exercises. You will also learn how to exercise safely and effectively for overall bone health. To book, please call Jade on <b>020 8962 4537</b> . |
| <b>Keep Fit</b>   | 10.00-11.00<br>24/04/19 –<br>17/07/19<br><b>Half term</b><br>29/05/19        | St Margaret's<br>Activity Centre,<br>1 Carey Place,<br>SW1V 2RT       | 2,36,<br>185,<br>C10,<br>360             | £1                                     | A gentle exercise class that works on strengthening your posture and balance, great for preventing falls. You will learn simple breathing techniques which focus on calming the mind.   |
| <b>Art Class</b>  | 10.00-1.00<br>01/05/19 –<br>17/07/19<br><b>Half term</b><br>29/05/19         | Thamesbank<br>Centre, Peabody<br>Avenue, Turpentine<br>Lane SW1V 4BD  | 24,<br>C10,<br>360                       | £1 per<br>hour                         | The class will explore various topics using watercolour, graphite pencil, charcoal, pastels, gouache, ink and collage. All abilities welcome. <b>Please note the later start date of this class!</b>  |
| <b>Chair Based<br/>Exercise for<br/>Coordination</b><br><br><b>NEW DAY!</b> | 11.00-12.00<br>24/04/19 –<br>17/07/19<br><b>Half term</b><br>29/05/19        | Victoria Medical<br>Centre, 29 Upper<br>Tachbrook Street,<br>SW1V 1SN | 2,36,<br>185,                            | £1                                     | Join us in improving your balance, strength and coordination through a variety of exercises and fun ball games!   |
| <b>Men's Only<br/>Yoga</b><br><br><b>NEW TIME!</b>                          | 11.30-12.30<br>24/04/19 –<br>17/07/19<br><b>Half term</b><br>29/05/19        | St Margaret's<br>Activity Centre,<br>1 Carey Place,<br>SW1V 2RT       | 2,36,<br>185,<br>C10,<br>360             | <b>Free</b><br>donations<br>welcome    | Join this brand new yoga class that's just for men! Led by Sahara, yoga will help to improve oxygen intake, muscle strength, joint flexibility and more!  |
| <b>Film Club</b>  | 1.30-3.30<br><b>29/05/19</b><br><b>Only</b>                                  | St Margaret's<br>Activity Centre,<br>1 Carey Place,<br>SW1V 2RT       | 2,36,<br>185,<br>C10,<br>360             | £1.50<br>Includes<br>tea and<br>coffee | Join us for our quarterly film club at St Margaret's:<br><b>29<sup>th</sup> May – Bohemian Rhapsody (2018)</b>  |
| <b>Bridge Club</b>  | 2.00-4.15<br>08/05/19 –<br>17/07/19<br><b>Half term</b><br>29/05/19          | St Margaret's<br>Activity Centre,<br>1 Carey Place,<br>SW1V 2RT       | 2,36,<br>185,<br>C10,<br>360             | £7                                     | A well-established Bridge class for those of you who already know the basics of Bridge and wish to improve your game. <b>Please note the later start date of this class!</b>  |

| THURSDAY'S<br>ACTIVITY   | TIME   | PLACE   | BUS                          | COST                      | DETAILS  |
|--|--|---|------------------------------|---------------------------|--|
| <b>Trips Around London</b>   | See Trips Programme  | See Trips Programme   | N/A                          | Varied                    | See Trips Programmes!<br>To book please contact Open Age on <b>020 8962 4141</b> .   |
| <b>Yoga</b>  | 10.00-11.30<br>25/04/19 – 18/07/19<br><b>Half term</b><br>30/05/19 | St Margaret's Activity Centre<br>1 Carey Place,<br>SW1V 2RT     | 2,36,<br>185,<br>C10,<br>360 | £1.50                     | Gentle yoga class to help improve oxygen intake, muscle strength, joint flexibility and more. Great for beginners. Led by Laura.   |
| <b>Steady &amp; Stable</b><br><br><b>NEW TIME!</b><br><b>MUST BOOK</b> | 10.00-11.00<br>25/04/19 – 08/08/19<br><b>No half term break</b>    | Victoria Medical Centre, 29 Upper Tachbrook Street,<br>SW1V 1SN | 2,36,<br>185,                | Free                      | Fun evidence based programme shown to improve balance, reduce falls and ensure you can keep living independently for longer. Call Deryn on <b>020 8962 5582</b> to book. |
| <b>Coffee Morning &amp; Computer Drop In</b>                           | 10.30-12.30<br>25/04/19 – 18/07/19<br><b>Half term</b><br>30/05/19 | Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT     | C10                          | Free<br>donations welcome | Pop in and find out what's happening in the world. Practise your computer skills, access the web, check your emails or get some help/guidance.                           |
| <b>Beauty Therapy</b>  | 12.30-3.30<br>25/04/19 – 18/07/19<br><b>Half term</b><br>30/05/19  | Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT     | C10                          | £5<br>suggested donation  | Mini facial & massage, manicures & pedicures. To book an appointment please call Rima on <b>07944 502 950</b> .  |
| <b>Book Talk: Phone Discussion Group</b><br>For the Housebound         | 2.30-3.30  | From the comfort of your own home.                              | N/A                          | Free                      | Discuss a different book each month delivered by home library service - from Crime to Historical Fiction. Call Hester for info on <b>020 3713 8736</b>                   |
| <b>Phone Club: Discussion Groups</b><br>For the Housebound             | 4.00-5.00  | From the comfort of your own home.                              | N/A                          | Free                      | Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Hester for more info & to join on <b>020 3713 8736</b>  |

| FRIDAY'S<br>ACTIVITY                                     | TIME   | PLACE  | BUS                  | COST                      | DETAILS   |
|--|--|--|----------------------|---------------------------|---|
| <b>Bokwa</b>   | 10.00-11.00<br>26/04/19 – 19/07/19<br><b>Half term</b><br>31/05/19 | St Margaret's Activity Centre,<br>1 Carey Place,<br>SW1V 2RT | 2,36,<br>185,<br>C10 | £1                        | NEW! A lively energizing cardio workout routine based around drawing letters and numbers in the air.  |
| <b>Summer of Term Party</b><br><br><b>ONE OFF EVENT!</b> | 1.00-3.00<br><b>Friday 19<sup>th</sup> July only</b>               | St Margaret's Activity Centre,<br>1 Carey Place,<br>SW1V 2RT | 2,36,<br>185,<br>C10 | Free<br>donations welcome | Come and celebrate the end of term and the Summer holiday with food, live music and games!            |
| <b>Craft Afternoon</b>                                   | 1.30-3.30<br>26/04/19 – 12/07/19<br><b>Half term</b><br>31/05/19   | St Margaret's Activity Centre,<br>1 Carey Place,<br>SW1V 2RT | 2,36,<br>185,<br>C10 | Free<br>donations welcome | Come and get creative. All materials provided. Bring your own project or get inspiration from Angela. |

|   |  |   |                          |    |   |
|---|--|---|--------------------------|----|---|
| <b>Osteo Blast</b><br><b>MUST BOOK!</b> | 2.30-3.30<br>26/04/19 –<br>09/08/19<br><b>No half term break</b> | The Abbey Centre,<br>34 Great Smith<br>Street, SW1P 3BU | 11,<br>24,<br>88,<br>148 | £1 | A 16 week exercise programme involving balance exercises, floor based strengthening exercises and weight bearing exercises. You will also learn how to exercise safely and effectively for overall bone health. To book, please call Jade on <b>020 8962 4537</b> . |
|---|--|---|--------------------------|----|---|

| SATURDAY'S ACTIVITY                               | TIME      | PLACE  | BUS | COST | DETAILS   |
|---|-----------|--|-----|------|---|
| <b>Third Age Counselling</b><br><b>MUST BOOK!</b> | 9.00-6.00 | Glastonbury House<br>Abbots Manor<br>Estate, Warwick<br>Way SW1V 4NT | C10 | Free | Third Age Counselling Saturday's service of free confidential counselling for those over 50. Please call Claire on <b>07530 734 489</b> for more information. |

| SUNDAY'S ACTIVITY                                | TIME   | PLACE  | BUS                  | COST                         | DETAILS   |
|--|--|--|----------------------|------------------------------|---|
| <b>Free Gym</b>                                  | 10.00-5.00   | Jubilee Hall, 30 The<br>Piazza, Covent<br>Garden, London<br>WC2E 8BE | 87,<br>88,<br>24,    | Free<br>donations<br>welcome | Drop in between 10am and 5pm any Sunday and you can exercise in the gym for free! This is available to anyone of any age so why not bring a friend. Classes and gym inductions are available throughout the day. A membership form will need to be completed on your first session. |
| <b>Monthly Sunday Lunch</b><br><b>MUST BOOK!</b> | 10.30-3.00<br>12 <sup>th</sup> May<br>9 <sup>th</sup> June<br>7 <sup>th</sup> July | St Margaret's<br>Activity Centre,<br>1 Carey Place,<br>SW1V 2RT      | 2,36,<br>185,<br>C10 | £5.50                        | Enjoy a home cooked Sunday Roast in a warm & friendly atmosphere. We serve roast beef, roast chicken or vegetarian (if pre-booked) option. Late arrivals can be accommodated if there is availability. To book call <b>020 7976 6354</b> .  |



## Regent Street Cinema

Every Wednesday

Regent Street Classic

Matinees- £1.75

12.00-2.00pm OR 3.30-5.00pm

Weekly matinee film screening at the newly renovated Regent Street Cinema

For details of films call: 0207 911 5050 (Cinema)  
or 0208 962 4141 (Open Age)

Or visit: [www.regentstreetcinema.com/programme/](http://www.regentstreetcinema.com/programme/)

**Regent Street Ballroom**  
**Dancing- Free**

2.15-3.00pm

Join us in the bar, after the matinee, for a free informal ballroom dance class - doesn't matter if you haven't got a partner!



307 Regent St, Marylebone,  
London, W1B 2HW



## Trips and Events

**FREE Creative Writing Workshops, Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> April, 12.00-4.00pm @ Tate Modern's Blavatnik Building** - Come to the Open Age Creative Writing workshops to enjoy writing stories that investigate change and ageing in people, places and things as they move through time. For more information call The Second Half Centre on **0208 962 5500**.

**FREE Choral Concerts** - Join us for these free concerts throughout May and June. Free transport provided to and from the venue from New Avenues, 3-7 Third Avenue, W10 4RS or make your own way there! Transport leaves 90 mins before the concert begins. To book call **07717201791 or 0203 713 8737**.

**3<sup>rd</sup> May at Southwark Cathedral, 3.00-4.00pm**  
**31<sup>st</sup> May at Southwark Cathedral, 3.00-4.00pm**  
**13<sup>th</sup> June at St James' Piccadilly, 7.30-9.00pm**

**£7- Westminster Mile, Sunday 26<sup>th</sup> May, Time TBC**

Come and join Open Age in the Westminster Mile. You can walk, jog or run this route which starts right outside Buckingham Palace. Following the event there will be plenty of activities in Green Park. Anyone of any age is welcome to join the Open Age team! Please call Jade on **0208 962 4537** to register your interest or to find out further info. £7 for Westminster residents, £8 for non-Westminster residents (includes medal & goodie bag!)

**FREE Secret City Gardens Walk, Tuesday 18<sup>th</sup> June, 10.30am-12.30pm** - Enjoy a walk through the City of London's hidden gardens, taking in the sights and finding history as far back as 2000 years! From The Postman's Park, Barbican complex to The Barber-Surgeons Garden! We'll be starting from St Pauls Station (Central Line) and the walk will last Approximately 2 Hours (With a Break) at a medium pace. To book call **07717201791 or 0203 713 8737**.

**FREE Explore and Discover @ The Science Museum, Tuesday 9<sup>th</sup> July, 2.00-4.30pm** - Come and explore the Science Museum collection and discover more about space as we celebrate the 50<sup>th</sup> Anniversary of the first human landing on the moon. To get your ticket please book from the 1<sup>st</sup> May 2019 by calling **020 7942 4000** between 8.30 and 6.00 OR you can book online here [sciencemuseum.org.uk/exploreapollo](http://sciencemuseum.org.uk/exploreapollo).

## North Westminster Activities

Please note term start dates for the activities below may differ from the other activities in this programme so please call **07717201791 or 0203 713 8737** for more details on how to book.

| North Westminster:<br>07717201791 or 0203 713 8737 |             |       | Steady and Stable: 020 8962 5582<br>Osteoblast: 020 8962 4537                 |
|--|-------------|-------|---|
| MONDAY   |             |       |   |
| <b>Step up from Steady</b>                         | 9.45-10.45  | £2    | All Saints, 7 Margaret St, Fitzrovia, W1W 8JG                                 |
| <b>Pilates</b>                                     | 10.00-11.00 | £1    | Dance Studio at Paddington Arts, 32 Woodfield Rd, W9 2BE                      |
| <b>Ballet Fitness</b>                              | 10.00-11.00 | £1    | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS   |
| <b>T'ai Chi</b>                                    | 10.30-11:30 | £1    | Warwick Community Hall, 300 Harrow Road, W2 5HG                               |
| <b>Monday Social with Speakers</b>                 | 10.30-12.00 | FREE  | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                     |
| <b>Monthly Bowls</b>                               | 10.30-12.30 | FREE  | <b>MUST BOOK!</b> Paddington Sports Club, Castellain Road, Maida Vale, W9 1HQ |
| <b>Steady &amp; Stable- High</b>                   | 10.45-11.45 | FREE  | <b>MUST BOOK!</b> All Saints, 7 Margaret St, Fitzrovia, W1W 8JG               |
| <b>Steady and Stable- High</b>                     | 11.00-12.00 | FREE  | <b>MUST BOOK!</b> Barbara Brosnan Court, 46 Grove End Road, NW8 9NP           |
| <b>Boxing Fitness</b>                              | 11.30-12.30 | £1    | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS   |
| <b>Brain Boost</b>                                 | 12.00-1.00  | £1    | Warwick Community Hall, 300 Harrow Road, W2 5HG                               |
| <b>Collage Class</b>                               | 12.00-1.30  | £1.50 |   |
| <b>Soca Fit Licks</b>                              | 12.30-1.30  | £1    | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS   |
| <b>Step Up from Steady</b>                         | 12.45-1.45  | £2    | Barbara Brosnan Court, 46 Grove End Road, NW8 9NP                             |
| <b>Osteo Pro</b>                                   | 1.00-2.00   | £1    | Seymour Leisure Centre, Seymour Place, W1H 5TJ                                |

|  |             |             |  |
|--|-------------|-------------|--|
| Play Reading                             | 1.00-2.00   | £1          | Warwick Community Hall, 300 Harrow Road, W2 5HG                                |
| Drop in and Draw                         | 1.00-3.00   | £1 p/h      |  |
| Chi Gong                                 | 1.30-2.30   | £1          | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                      |
| Osteo Blast                              | 2.00-3.00   | £1          | <b>MUST BOOK!</b> Seymour Leisure Centre, Seymour Place, W1H 5TJ               |
| Steady and Stable- Low                   | 2.00-3.00   | FREE        | <b>MUST BOOK!</b> Barbara Brosnan Court, 46 Grove End Road, NW8 9NP            |
| Current Affairs                          | 2.00-3.00   | £1          | Warwick Community Hall, 300 Harrow Road, W2 5HG                                |
| Sew, Knit and Chat Group                 | 2.00-3.00   | £1          |  |
| Film Festival                            | 2.00-3.30   | £1          | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                      |
| Begin to Gym                             | 2.30-3.30   | £3          | Porchester Leisure Centre, Queensway, Bayswater, W2 5HS                        |
| Mindfulness Meditation                   | 2.30-3.30   | £1          | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                      |
| <b>TUESDAY</b>                           |             |             |  |
| Strictly Open Age                        | 10.00-11.00 | £1          | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS    |
| Steady & Stable- High                    | 10.00-11.00 | FREE        | <b>MUST BOOK!</b> Penfold Com. Hub, 60 Penfold St, NW8 8PJ                     |
| Book Break                               | 10:30-12:00 | FREE        | Hardy House, 64 Great Western Road, W11 1AA                                    |
| Simply Art 1                             | 10.30-12.30 | £2          | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                      |
| Creative Writing                         | 10.30-12.30 | £2          | St Mary Magdalene's Church, Paddington Rowington Close, W2 5TF                 |
| Zumba Gold                               | 11.00-12.00 | £1          | Fitzrovia Centre, 2 Foley Street, W1W 6DL                                      |
| Walking Netball                          | 11.00-12.00 | FREE        | Will to Win Hyde Park, South Carriage Drive, W2 2UH                            |
| Stretch and Tone                         | 11.15-12.15 | £1          | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS    |
| Steady & Stable- Low                     | 11.15-12.15 | FREE        | <b>MUST BOOK!</b> Penfold Com. Hub, 60 Penfold St, NW8 8PJ                     |
| Walking Football                         | 11.15-12.15 | TBC         | The Hub, Regents Park, Inner Circle, London, NW1 4RU                           |
| Men's Space: "Active Men"                | 12.30-1.30  | FREE        | Hardy House, 64 Great Western Road, W11 1AA                                    |
| Exercise to Music                        | 12.30-1.30  | £1          | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS    |
| Beginners French                         | 1.00-2.00   | £1          | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                      |
| Intermediate IT                          | 1.00-3.00   | £2          | <b>MUST BOOK!</b> Paddington Library, Porchester Rd, W2 5DU                    |
| Beginners IT                             | 1.00-3.00   | £2          |  |
| Lunch Club                               | 1.00 Sharp! | £9 - to £12 | Westbourne Grove area restaurants.   |
| Table Tennis                             | 1.30-2.30   | FREE        | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                      |
| T'ai Chi                                 | 2.00-3.00   | £3          | Paddington Rec Ground, Randolph Avenue, Maida Vale W9 1PD                      |
| Beginners French Plus                    | 2.00-3.00   | £1          | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                      |
| 'Help to Hear' Learn to Lip Read!        | 2.00-3.00   | £2          | Warwick Community Hall, 300 Harrow Road, W2 5HG                                |
| Yoga                                     | 2.30-3.30   | £1          | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS    |
| Keep Fit, Get Strong and Stay Balanced   | 5.30-6.30   | FREE        | 1 Frith St, Soho, London, W1D 3HZ  |
| <b>WEDNESDAY</b>                         |             |             |  |
| Singing for Pleasure                     | 10:30-11:45 | £1          | St Paul's Church Marylebone, 5 Rossmore Rd, NW1 6NJ                            |
| Simply Art 2                             | 10.30-12.00 | £1.50       | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                      |
| Art for All                              | 10.30-12:30 | £2          | Hardy House, 64 Great Western Road, W11 1AA                                    |
| Men's Monthly Social Lunch               | 11.00-1.00  | £1.50       | <b>MUST BOOK!</b> Depart 11.30 Stowe Community Centre, 258 Harrow Road, W2 5ES |
| Bolder Not Older Dance Class (60+ only!) | 11.45-12.45 | £1          | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS    |
| Gentle Zumba                             | 12.00-1.00  | £1          | St Paul's Church Marylebone, 5 Rossmore Rd, NW1 6NJ                            |
| Steady & Stable- High                    | 1.15-2.15   | FREE        | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS    |
| Yoga                                     | 2.00-3.00   | £1          | Dance Studio at Paddington Arts, 32 Woodfield Rd, W9 2BE                       |
| Sketching at Museums & Galleries         | 2.00-4.00   | £2          | <b>MUST BOOK!</b> Various Museums or Galleries                                 |
| W9 Monthly Social at Rayne House         | 2.00-4.00   | £2          | Rayne House, 170 Delaware Road, W9 2LW   |
| Steady & Stable- Low                     | 2.15-3.15   | FREE        | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS    |
| Begin to Gym                             | 2.30 - 3.30 | £3          | Porchester Leisure Centre, Queensway, Bayswater, W2 5HS                        |
| Wednesday Social with Speakers           | 2.30-4.00   | FREE        | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                      |

|                                     |                           |       |   |
|-------------------------------------|---------------------------|-------|---|
| Tennis                              | 5.30-6.30                 | FREE  | Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW       |
| <b>THURSDAY</b>                     |                           |       |   |
| Complementary Therapy               | Half hour or hourly slots | £12   | Ernest Harriss House, 61 Elgin Avenue, W9 2BX                               |
| T'ai Chi                            | 10.00-11.00               | £1    | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W104RS  |
| Singing For All                     | 10.15-11.45               | £1.50 | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                   |
| Walking Football                    | 10.30-12.00               | £1    | Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW       |
| Ukulele Lessons                     | 10.30-12.00               | £1.50 | Warwick Community Hall, 300 Harrow Road, W2 5HG                             |
| Osteoblast                          | 11.15-12.15               | £1    | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Intermediate Guitar Lessons         | 12.15-1.45                | £1.50 |   |
| Pilates                             | 12.30-1.30                | £1    |   |
| W2 Chair Exercise                   | 1.30-2.30                 | £1    | St Stephen's Church Hall, Talbot Rd, W2 5QT                                 |
| Arabic Women's Social Group         | 1.30-3.30                 | FREE  | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                   |
| Beginners Women's English Lessons   | 1.45-2.45                 | £1    |   |
| Beginners Guitar Lessons            | 1.45-3.15                 | £1.50 |   |
| W2 Social Refreshments & Talks      | 2.30-3.30                 | £1    | St Stephen's Church Hall, Talbot Rd, W2 5QT                                 |
| Chair Yoga                          | 3.00-4.00                 | £1    | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| <b>FRIDAY</b>                       |                           |       |   |
| Chair Exercise to Music- High Level | 10.00-11.00               | £1    | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Simply T'ai Chi                     | 10.00-11.00               | £1    | Warwick Community Hall, 300 Harrow Road, W2 5HG                             |
| Drop In Games Cafe                  | 10.00-12.00               | FREE  | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                   |
| Exercise to Music 2                 | 11.30-12.30               | £1    | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Fortnightly Play Reading            | 11.00-12.00               | £1    | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                   |
| Water Splash                        | 12.00-1.00                | £1    | Moberley Sports Centre, 25 Chamberlayne Rd, London, NW10 3NB                |
| Monthly Fish N' Chip Fridays        | 12.15-1.30                | £5    | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Circuit Training Class              | 12.30-1.30                | £1    |   |
| Monthly Social                      | 1.30-3.30                 | £1    | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS                   |
| Line Dancing                        | 2.00-3.00                 | £1    | <b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Tennis                              | 5.30-6.30                 | FREE  | Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW       |
| <b>SATURDAY</b>                     |                           |       |   |
| Badminton                           | 9.00-10.00                | FREE  | Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW       |
| Keep Fit / Get Strong               | 11.00-12.00               | £1.50 |   |
| Pilates                             | 12.00-1.00                | £1.50 |   |
| Saturday Shape-Up Multi Sports      | 1.00-3.00                 | £2    | St Augustine's Hall, Oxford Road, London NW6 5SN                            |
| Badminton                           | 3.00-4.00                 | £1    |   |
| <b>SUNDAY</b>                       |                           |       |   |
| Zumba Gold                          | 9.00-10.00                | £1.50 | Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW       |
| Ballroom & Latin Dancing            | 2.00-4.00                 | £3    |   |

### As part of Dementia Action Week 2019

(Monday 20<sup>th</sup> May-Sunday 26<sup>th</sup> May)

Open Age will be hosting activities to raise awareness across the organisation.

This week unites people, workplaces, schools and communities to take **action** and improve the lives of people living with **dementia**. Almost all of us know someone affected by **dementia**, so join us to help raise awareness!

Check out what's happening in your nearest Open Age venue!

### Time For Me Carers Project

**Time for Me** is a programme dedicated to people who look after a family member or friend as an unpaid carer. It offers support & advice from like-minded people in a similar situation, and the opportunity to have some fun! Activities, trips out, relaxation sessions and talks are all decided by this lovely group. Activities take place on Wednesdays and Thursdays. For more information call **Zannah Cooper on 020 8962 4536**.

**ADULT COMMUNITY LEARNING in SOUTH KENSINGTON**

**MUST BOOK BEFORE YOU START – For courses at New Horizons, please call: 020 7590 8970**

**For other ACL classes in North Kensington call Maude on 0208 962 5590**

**Bookings Open 25<sup>th</sup> March 2019**

They are different from the standard Open Age drop-in classes. We are required to meet certain conditions to receive the funds to deliver these classes and must ask you to complete an enrolment form at the start of each academic year (September to August), provide specific ID, national insurance number and proof of benefits if applicable. If we do not meet these conditions we will not receive the funds to deliver the classes. Please help us by doing the following:

- Ask questions about the class before you join to be sure it is the right class and level for you
  - Do not book the class if you know you have planned holidays. Absence and irregular attendance affects our funding and prevents other members from joining classes.
    - Please arrive on time, at least 5 minutes before class starts.
  - Do let us know if you will be absent, late, or need to withdraw from the class for any reason
- Finally, we want you to enjoy the class and recommend Open Age to your friends.

**If you have any suggestions, we'll be happy to hear from you.**

**Angela 020 8962 5590 / asharkey@openage.org.uk**

**Maude 020 8962 5594 / mchinery@openage.org.uk**

**Simon 020 7590 8974 / sshum@openage.org.uk**

**COURSES ARE FREE IF YOU ARE ELIGIBLE OR £3 PER SESSION**

**MONDAY**

|  |   |  |
|--|---|--|
| 10.00-12.00<br>Starts April 29 <sup>th</sup> | Poetry For You: Today (10 week course)  | New Horizons Centre, Guinness Trust Estate, Cadogan Street SW3 2PF |
| 1.00-3.00<br>Starts April 29 <sup>th</sup>   | Build Your Own Website (10 week course) |  |

**TUESDAY**

|  |   |  |
|--|---|--|
| 10.00-12.00<br>Starts April 23 <sup>rd</sup> | Conversational English Beginners (10 week course) | New Horizons Centre, Guinness Trust Estate, Cadogan Street SW3 2PF |
| 10.00-12.00<br>Starts April 30 <sup>th</sup> | Creative Writing (10 week course)                 |  |
| 2.00-4.00<br>Starts April 23 <sup>rd</sup>   | Creativity in Writing (10 week course)            |  |
| 2.00-4.00<br>Starts April 23 <sup>rd</sup>   | Drama Skills (10 weeks)                           |  |

**WEDNESDAY**

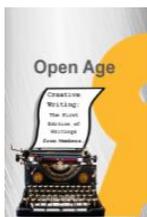
|   |   |   |
|---|---|---|
| 1.00-3.00<br>Starts April 24 <sup>th</sup>  | Social Media (10 week course)               | New Horizons, Guinness Trust Estate, Cadogan Street SW3 2PF |
| 2.00- 4.00<br>Starts April 24 <sup>th</sup> | Lip Reading & Hearing Loss (10 week course) |   |
| 2.00-4.00<br>Starts April 24 <sup>th</sup>  | Sketching at the V&A II (10 week course)    | V&A Museum, Cromwell Road Entrance, SW7 2RL                 |

**THURSDAY**

|  |                               |  |
|--|-------------------------------|--|
| 2.00-4.00<br>Starts April 25 <sup>th</sup> | Life Stories (10 week course) | New Horizons Centre, Guinness Trust Estate, Cadogan Street SW3 2PF |
|--|-------------------------------|--|

**FRIDAY**

|  |   |  |
|--|---|--|
| 2.00-4.00<br>Starts April 26 <sup>th</sup> | Computers for Absolute Beginners (10 week course) | New Horizons Centre, Guinness Trust Estate, Cadogan Street SW3 2PF |
|--|---|--|



**Another way to support Open Age:**

The first ever anthology written by Open Age members. By purchasing a paperback copy for £5 will give Open Age £1 per copy sold; by purchasing an eBook for £3.50 will give Open Age £2 per copy sold. It's a great read, so please make an order through [www.Amazon.co.uk](http://www.Amazon.co.uk)

**Thank you**