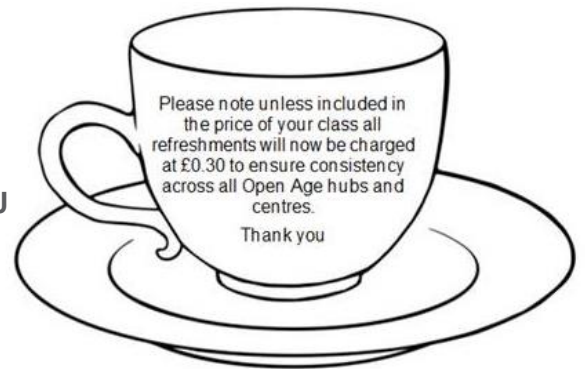


Churchill Hub Activity Programme

January 7th – March 29th

The Churchill Gardens Hub is located in:
Churchill Gardens Youth Club (Please use back door entrance)
Churchill Gardens Road, Churchill Gardens Estate, SW1V 3AJ

Telephone: 020 7976 6354 (Claire Godwin)
Mobile: 07530 734 489



LOCAL EVENTS



TRIP TO HOUSEHOLD CAVALRY MUSEUM

Tuesday 22nd January
Time: 10.30am
Cost: FREE
Must book!

The Museum celebrates the history & accomplishments of the Household Cavalry offering visitors the chance to explore the work that goes into the ceremonial and armoured reconnaissance role of HM The Queen's Mounted Bodyguard. Not to be missed!

Address:

Horse Guards Parade, Whitehall,
London SW1A 2AX

Contact: Claire 07530 734 489



A WORLD IN A SUITCASE

Thursday 14th February
Time: 2.30-4.30pm
Cost: FREE
Must book!

Join artists Tim & Myrna and take part in a creative mixed media art project using iPads. 'A World in a Suitcase' project is inspired by your own memories and experiences.

Address:

St Margaret's Activity Centre, 1
Carey Place, SW1V 2RT

Contact: Claire 07530 734 489



COFFEE MORNING

Every Monday
Time: 10.00am-12.00pm
Cost: FREE

A chance to pop in and find out what is happening locally and have a cup of tea and a chat. This term we also have a range of speakers visiting:



Monday 25th February: Talk on John Wesley

Address:

St Margaret's Activity Centre, 1
Carey Place, SW1V 2RT

Contact: Claire 07530 734 489

Activities are for Westminster Residents ONLY


MONDAY's ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Meditation	10.00-11.00 07/01/19 – 18/03/19 Half term 18/02/19	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£1	Meditation has many physical and mental benefits. A perfect introduction for those who are new to it. Use as a stand-alone or as a warm up for Yoga at 11am.
Haircuts (Drop In)	10.00-11.30 07/01/19 – 18/03/19	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 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 07530 734 489 .
Coffee Morning	10.00-12.00 07/01/19 – 18/03/19 No half term break	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	Free donations 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.
Podiatry (Monthly)	10.00-16.00 Second Monday of the month. 14/01/19 11/02/19 11/03/19	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£10	We are delighted to offer a monthly podiatry service at our coffee morning. To find out more & to book call 07530 734 489 .
Osteo Blast NEW	10.45-11.45 07/01/19 – 01/04/19 No half term break	Jubilee Hall, 30 The Piazza, Covent Garden, London WC2E 8BE	87, 88, 24,	£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 020 8962 4537 .
Yoga	11.00-12.30 07/01/19 – 18/03/19 Half term 18/02/19	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 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!
Zumba 	11.15-12.15 07/01/19 – 18/03/19 Half term 18/02/19	St Stephen with St John Westminster, 38-42 Rochester Row, London 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!
Pilates (Class 1)	11.30-12.30 07/01/19 – 18/03/19 Half term 18/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Pilates focuses on stability, balance, flexibility, posture and wellbeing. A popular activity led by Alice.
Singing Class 	12.15-1.45 07/01/19 – 18/03/19 Half term 18/02/19	St Stephen with St John Westminster, 38-42 Rochester Row, London SW1P 1LE	507	£2	A fun singing class in the church's main space.
Pilates (Class 2)	12.30-1.30 07/01/19 – 18/03/19 Half term 18/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Pilates focuses on stability, balance, flexibility, posture and wellbeing. A popular activity led by Alice.

Boxing Fitness NEW TIME & VENUE	2.00-3.00 07/01/19 – 01/04/19 No Half term break	Queen Mother Sports Centre, 223 Vauxhall Bridge Rd, Pimlico, London SW1V 1EL	36, 2, 185, 24, C10, 360	£2	Come and try this fun and interactive boxing fitness class designed to improve your heart health, strength and co-ordination.
Creative Writing	2.00-4.00 07/01/19 – 18/03/19 Half term 18/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£2	Classes will help you generate ideas, create characters and put stories together. No experience required.
Jewellery Making	2.00-4.00 07/01/19 – 18/03/19 Half term 18/02/19	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£2	Jewellery making introduction where you will learn how to work with beading, weaving and wire. Create bracelets, earrings etc. A lovely friendly class where you will be warmly welcomed.
Phone Club: Current Affairs For the Housebound	2.30-3.30	From the comfort of 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 020 3713 8736
Phone Club: Creative Writing Group 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 020 3713 8736

TUESDAY's					
ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Sewing & Craft	10.00-12.00 08/01/19 – 19/03/19 Half term 19/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	A fun and friendly class where you can work on your own sewing projects and much more. With help from our volunteer Angela.
Walking Netball	11.00-12.00 08/01/19 – 02/04/19	Will to Win Hyde Park, South Carriage Drive, London W2 2UH	9,10, 52, 70, 452	Free donations 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
Walking Group	11.00-1.00 08/01/19 – 19/03/19 Half term 19/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	A fun and informal walking group for pleasure and health. Explore the local area and green spaces. Please call Claire for a weekly listing.
Tai Chi Qi Gong	12.30-1.30 08/01/19 – 19/03/19 Half term 19/02/19	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 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.

Guitar Lesson Beginners & Advanced MUST BOOK	1) 1.30-2.20 2) 2.30-3.20 08/01/19 – 19/03/19 Half term 19/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	1.30pm - Beginners class. Learn the basics and kick start your guitar playing in style 2.30pm - Advanced class. Further progress playing with chords, melodies and improvising.
Monthly Movie Afternoon LATER START DATE	1.30-3.30 First Tuesday of every month	Eileen Anderson Court, Johnson's Place SW1V 3EZ	24, C10, 360	£1.50 Includes tea and coffee	Join us on the first Tuesday of every month for a mixture of old and new films in our very comfortable lounge. Call Claire to find out more! 5th February – Roman Holiday (1953) 5th March - The Martian (2016)
Chair Yoga	2.15-3.45 08/01/19 – 19/03/19 Half term 19/02/19	St Margaret's Activity Centre, 1 Carey Place SW1V 2RT	2,36, 185, 436, C10, 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.

WEDNESDAY's ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Mixed Ability Circuits NEW! LATER START DATE	10.00-11.00 23/01/19 – 03/04/19	Queen Mother Sports Centre, 223 Vauxhall Bridge Rd, Pimlico, London SW1V 1EL	36, 2, 185, 24, C10, 360	£2	Join this fun circuits class that is great for improving your cardiovascular fitness and strength! Exercises can be adapted to make them easier or harder so it is suitable to all!
Keep Fit	10.00-11.00 09/01/19 – 20/03/19 Half term 20/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 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.
Knitting Group	10.00-12.00 09/01/19 – 20/03/19 No half term break	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	Free donations welcome	The group has knitted for charities and hospitals and has been involved in many exciting projects. All welcome. Come and get involved!
Art Class	10.00-1.00 09/01/19 – 20/03/19 Half term 20/02/19	Thamesbank Centre, Peabody Avenue, Turpentine Lane SW1V 4BD	24, C10, 360	£1 per hour	The class will explore various topics using watercolour, graphite pencil, charcoal, pastels, gouache, ink and collage. All abilities welcome.
Chi Gong NEW	10.30-11.30 09/01/19 – 03/04/19 No half term break	Jubilee Hall, 30 The Piazza, Covent Garden, London WC2E 8BE	87, 88, 24,	Free	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.
Pilates	11.30-12.30 09/01/19 – 20/03/19 Half term 20/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Pilates focuses on stability, balance, flexibility, posture and wellbeing. A popular activity led by Christine.


Men's Only Yoga 	12.30-1.30 09/01/19 – 20/03/19 Half term 20/02/19	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	Free donations 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!
Film Club	1.30-3.30	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£1.50 includes tea and coffee	Join us for our quarterly film club at St Margaret's: 20th Feb – The Guernsey Literary & Potato Peel Pie Society (2018)
Bridge Club EARLIER START DATE	2.00-4.15 02/01/19 – 20/03/19 Half term 20/02/19	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£7	A well-established Bridge class for those of you who already know the basics of Bridge and wish to improve your game.
Breathing Yoga	2.15-4.15 09/01/19 – 03/04/19 Half term 20/02/19	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	Free	A relaxing, gentle yoga class that will leave you feeling calm and happy!

THURSDAY'S ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Trips around London	See Trips Programme	See Trips Programme	N/A	Varied	See trips programme. Must have a travel card. Call Open Age head office on 020 8962 4141 for more information and to book a place.
Yoga	10.00-11.30 10/01/19 – 21/03/19 Half term 21/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1.50	Gentle yoga class to help improve oxygen intake, muscle strength, joint flexibility and more. Great for beginners. Led by Laura.
Coffee Morning & Computer Drop In	10.30-12.30 10/01/19 – 21/03/19 Half term 21/02/19	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	Free 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.
Yoga for Low Mood	12.30-2.00 10/01/19 – 21/03/19 Half term 21/02/19	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£1.50	Yoga exercises for all levels, relaxation & breathing techniques, ends with tea or coffee so we can develop support networks to help each other over challenging times
Beauty Therapy	12.30-3.30 10/01/19 – 21/03/19 Half term 21/02/19	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	£5 suggested donation	Mini facial & massage, manicures & pedicures. To book an appointment please call Rima on 07944 502 950 .
Steady & Stable MUST BOOK	1.00-2.00 10/01/19 – 04/04/19 Half term 21/02/19 at St Margaret's	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free	Fun evidence based programme shown to improve balance, reduce falls and ensure you can keep living independently for longer. Call Deryn on 020 8962 5582 to book.
A World in a Suitcase NEW!	2.00 – 4.00 14/02/19 – 18/04/18 No half term break	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	Free donations welcome	A creative mixed media art project using iPads. MUST BOOK!

Chair Based Exercise for Coordination (Positively Physical)	2.15-3.15 10/01/19 – 21/03/19 Half term 21/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Join us in improving your balance, strength and coordination through a variety of exercises and fun ball games!
Book Talk: Phone Discussion Group 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 020 3713 8736
Phone Club: Discussion Groups 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 020 3713 8736

FRIDAY'S ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Shiatsu MUST BOOK	10.00-4.00 11/01/19 – 22/03/19 Half term 22/02/19	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	24, C10, 360	£10 per session	Gentle Japanese massage that treats a range of physical problems to leave you stress free. Must Book on 020 8687 6950 .
Zumba	10.00-11.00 11/01/19 – 22/03/19 Half term 22/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Not just a dance class but a party atmosphere! Have a 10 minute break and join us for Latin Dance afterwards.
Latin Dance	11.10-12.10 11/01/19 – 22/03/19 Half term 22/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Learn some new dance moves in this fun and energetic class.
Table Tennis	1.00-3.00 11/01/19 – 22/03/19 Half term 22/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	Join us every Friday for a friendly game. All levels and experience are welcome! Equipment is also provided.
Games & Social Afternoon	1.00-3.00 11/01/19 – 22/03/19 Half term 22/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	Drop into the Churchill Hub for some fun and games. Card and board games available to play or just drop in for tea and a chat!
Computer Drop In	1.00-3.00 11/01/19 – 22/03/19 Half term 22/02/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	A chance to practice your computer skills, check your emails or get some guidance. Lars is here every week for all your IT needs!
Easter End of Term Party ONE OFF EVENT	1.00-3.00 Friday 22 nd March Only!	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	Come and celebrate the end of term and the Christmas holidays with food, live music and a raffle!
Craft Afternoon	1.30-3.30 11/01/19 – 22/03/19 Half term 22/02/19	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10	Free donations welcome	Come and get creative. All materials provided. Bring your own project or get inspiration from Angela.

Osteo Blast MUST BOOK	2.30-3.30 07/09/18 – 05/04/18 No half term break	The Abbey Centre 34 Great Smith Street SW1P 3BU	11, 24, 88, 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 020 8962 4537 .
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SATURDAY & SUNDAY'S ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Third Age Counselling MUST BOOK! 	9.00-6.00 Saturday's only.	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	Free	Third Age Counselling Saturday's service of free confidential counselling for those over 50. Please call Claire on 07530 734 489 for more information.
Free Gym	10.00-5.00	Jubilee Hall, 30 The Piazza, Covent Garden, London WC2E 8BE	87, 88, 24,	Free donations 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.
Monthly Sunday Lunch	10.30-3.00 13/01/19 03/02/19 03/03/19	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10	£5.50	Enjoy a fabulous 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 but only if there is availability. MUST BOOK!

The Positively Physical Programme is a project led by Open Age and funded by Public Health. For more information call **Jade on 0208 962 4537**.

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**.

Need Help With Transport? Westway Community Transport Service is for those who have difficulties accessing public transport. It is FREE to register then members pay a standard rate of £1.10 per mile. You can book a car & volunteer driver to go to a variety of destinations. To register and for more information call: **020 8964 1114** between 1pm and 4pm on weekdays or email info@westwayCT.org.uk.

DATES FOR YOUR DIARY

Please note we will be taking bookings for trips from Monday 7th January 2019
Please call Claire Godwin on 020 7976 6354 or 07530 734 489

FREE trip to London Mithraeum – Tuesday 15th January, 11am

Visit the London Mithraeum, also known as the Temple of Mithras; a Roman mithraeum that was discovered in the City of London in 1954. Must book!

FREE Trip to the Household Cavalry Museum – Tuesday 22nd January, 10.30am

The Museum celebrates the history & accomplishments of the Household Cavalry offering visitors the chance to explore the work that goes into the ceremonial and armoured reconnaissance role of HM The Queen's Mounted Bodyguard. Must book!

FREE Diana: Her Fashion Story at Kensington Palace – Wednesday 30th January, 2pm

Last chance to see this beautiful exhibition at Kensington Palace. Must book!

FREE Trip to Banqueting House – Friday 8th February, 11am

Explore this historic building, discovering its royal origins and architectural design. Must book!



Churchill Hub Film Festival

Monday 25th – Friday 29th March
at St Margaret's Activity Centre, 1 Carey
Place, SW1V 2RT
1.30pm / £1.50 per film



Monday 25th March

An Affair to Remember (1957)

A man and a woman have a romance while on a cruise from Europe to New York. Despite being engaged to other people, both agree to reunite at the top of the Empire State Building in six months. However, an unfortunate accident keeps her from the reunion, and he fears that she has married or does not love him anymore.



Tuesday 26th March

Finding Your Feet (2018)

When "Lady" Sandra Abbott discovers that her husband of 40 years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister Bif. The two could not be more different - Sandra is a fish out of water next to her outspoken, serial dating, free-spirited sibling. But different is just what Sandra needs at the moment, and she reluctantly lets Bif drag her along to a community dance class, where she starts finding her feet.



Friday 29th March

Mamma Mia! Here We Go Again (2018)

In 1979 young Donna, Tanya and Rosie graduate from Oxford University -- leaving Donna free to embark on a series of adventures throughout Europe. On her journeys, she makes the acquaintances of Harry, Bill and Sam -- the latter whom she falls in love with, but he's also the man who breaks her heart. In the present day, Donna's pregnant daughter, Sophie, dreams of renovating a taverna while reuniting with her mother's old friends and boyfriends on the Greek island of Kalokairi.

DIRECTIONS TO CHURCHILL HUB:

From **Pimlico Underground Station** (which is at the end of Lupus St), walk down Lupus Street towards the big school and turn left down **Claverton Street** (next to Pimlico Library). Halfway down Claverton Street, take a right onto **Churchill Gardens Road**. The youth club is a few minutes along on your left hand side, between Keats House and Shelley House.

From the **Grosvenor Road end of Lupus St**, walk along Lupus Street and take a right turn down **Johnson's Place** (just before Churchill Gardens Primary School). Walk all the way down Johnson's Place; cross over Churchill Gardens Road and the Youth Club is directly in front of you!



Other Activities in Westminster: QPHR Hub

Please note term start dates for the activities below may differ from the other activities in this programme so please call for a full QPHR Programme or more details on how to book.

Queens Park and Harrow Road Hub: 07717201791			Steady and Stable: 020 8962 5582 Osteoblast: 020 8962 4537
MONDAY			
Ballet Fitness	10.00-11.00	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Social with Speakers	10.30-12.00	FREE	
A World in a Suitcase	10.30-12.30	FREE	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Steady and Stable	11.00-12.00	FREE	MUST BOOK! Barbara Brosnan Court, 46 Grove End Road, NW8 9NP
Boxing Fitness	11.30-12.30	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Beginners Internet	11.30-1.30	£2	MUST BOOK! Queen's Park Library, 666 Harrow Road, W10 4NE
Soca Fit Licks	12.30-1.30	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Step Up from Steady	12.45-1.45	£2	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP
Chi-Gong	1.30-2.30	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Steady and Stable	2.00-3.15	FREE	MUST BOOK! Barbara Brosnan Court, 46 Grove End Road, NW8 9NP
Weekly Film Festival	2.00-4.00	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Mindfulness Meditation	2.30-3.30	£1	
TUESDAY			
Strictly Open Age	10.00-11.00	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Simply Art 1	10.30-12.30	£2	
Stretch and Tone	11.15-12.15	£1	
Exercise to Music	12.30-1.30	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Table Tennis	1.30-2.30	FREE	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Beginners French	1.40-2.40	£1	
Yoga	2.30-3.30	£1	
Beginners French Plus	2.40-3.40	£1	
WEDNESDAY			
Simply Art 2	10.30-12.00	£1.50	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
National Theatre Project	10.30-12.30	FREE	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Intermediate Computers	10.30-12.30	£2	MUST BOOK! Queen's Park Library, 666 Harrow Road, W10 4NE
Steady & Stable - High	1.00-2.00	FREE	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Sketching at Museums & Galleries	2.00-4.00	£2	MUST BOOK! Various Museums or Galleries
Wednesday Social with Speakers	2.00-4.00	FREE	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Steady & Stable - Low	2.15-3.15	FREE	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
THURSDAY			
Complementary Therapy	½ hour slots	£12	MUST BOOK! Ernest Harriss House, 61 Elgin Avenue, W9 2BX
Singing For All	10.15-11.45	£1.50	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Osteoblast	11.30-12.30	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Intermediate Guitar Lessons	12.15 -1.45	£1.50	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Pilates	12.30-1.30	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Beginners Guitar Lessons	1.45 -3.15	£1.50	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Arabic Women's Social	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	FREE	
Chair Yoga	3.00-4.00	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
FRIDAY			
Chair Exercise to Music -High Level	10.00-11.00	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Games Cafe	10.00 -12.00	FREE	
Exercise to Music 2	11.30 -12.30	£1	
Monthly Play Reading	11.30 -12.30	£1	
Water Splash	12.00 -1.00	£1	Meet in Pool, Moberley Sports Centre, 25 Chamberlayne Road, NW10 3NB
Monthly Fish N' Chips	12.00 -1.30	£5	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Circuit Training Class	12.30 -1.30	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Monthly Social	1.30-3.30	£1	
Line Dancing	2.00-3.00	£1	

Other Activities in Westminster: Westbourne Hub

Please note term start dates for the activities below may differ from the other activities in this programme so please call for a full Westbourne Programme or more details on how to book.

Westbourne Hub: 020 3713 8737			Steady and Stable: 020 8962 5582 Osteoblast: 020 8962 4537
MONDAY			
T'ai Chi	10.30-11.30	£1	Warwick Community Hall, 300 Harrow Road, W2 5HG
Brain Boost!	12.00-1.00	£1	
Collage Class	12.00-1.30	£1.50	
Sketching Still Life	1.00-2.00	£1	
Play Reading	1.00-2.00	£1	
Current Affairs	2.00-3.30	£1.50	
Sew, Knit & Chat Group	2.00-3.30	£1	
Step up from Steady	9.45 -10.45	£2	All Saints, 7 Margaret Street, Fitzrovia, W1W 8JG
Pilates	10.00-11.00	£1	Dance Studio at Paddington Arts, 32 Woodfield Road, W9 2BE
Monthly Bowls	10.30-12.30	FREE	Paddington Sports Club, Castellain Road, Maida Vale, W9 1HQ
Table Tennis	10.30-12.00	£2.50	Greenhouse Sports, 35 Cosway Street, NW1 5NS
Monthly Cricket & Bowls	10.30-12.30	FREE	Lord's Cricket Ground, St John's Wood Road, NW8 8QN
Osteo Blast	10.45-11.45	£1	Jubilee Hall Trust, 30 The Piazza, Covent Garden, WC2E 8BE
Steady & Stable	10.45-11.45	FREE	MUST BOOK! All Saints, 7 Margaret Street, Fitzrovia, W1W 8JG
Osteo Pro	1.00-2.00	£1	Seymour Leisure Centre, Seymour Place, W1H 5TJ
Osteoblast	2.00-3.00	£1	MUST BOOK! Seymour Leisure Centre, Seymour Place, W1H 5TJ
Begin to Gym	2.30-3.30	TBC	Porchester Leisure Centre, Queensway, W2 5HS
TUESDAY			
Steady & Stable 1	10.00-11.00	FREE	MUST BOOK! Penfold Community Hub, 60 Penfold Street, NW8 8PJ
Book Break	10:30 -12:00	FREE	Hardy House, 64 Great Western Road, W11 1AA
Creative Writing Course	10.30-12.30	£2	Warwick Community Hall, 300 Harrow Road, W2 5HG
Monthly Reminiscence	10.30-12.30	£2	Rayne House, 170 Delaware Road, W9 2LW
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
Steady & Stable 2	11.15-12.15	FREE	MUST BOOK! Penfold Community Hub, 60 Penfold Street, NW8 8PJ
Men's Space	12.30 -1.30	FREE	Hardy House, 64 Great Western Road, W11 1AA
Men's Month Health Talk	12.30-1.30	£1	
Intermediate IT Course	1:00-3:00	£2	MUST BOOK! Paddington Library, Porchester Road, W2 5D
Beginners IT Course	1:00-3:00	£2	
Lunch Club	1.00 Sharp!	£9-£12	Westbourne Grove area restaurants.
T'ai Chi	2.00-3.00	£3	Bowls Pavilion, Paddington Recreation Ground, Randolph Avenue, W9 1PD
Improve English Improve Health	2.00-4.30	FREE	Paddington Library, Porchester Road, W2 5DU
Help to Hear	2.00-4.00	£1	Warwick Community Hall, 300 Harrow Road, W2 5HG
Keep Fit, Get Strong	5.30-6.30	FREE	1 Frith Street, Soho, W1D 3HZ
WEDNESDAY			
Walking this way	10.30-11.30	FREE	Paddington Recreation Ground, Randolph Avenue, Maida Vale, W9 1PD
Art for All	10.30-12:30	£2	Hardy House, 64 Great Western Road, W11 1AA
Men's Monthly Social	11.00 -1.00	£2	Stowe Community Centre, 258 Harrow Road, W2 5ES
Singing for Pleasure	10:30-11:30	£1	St Paul's Church, Marylebone, 5 Rossmore Road, NW1 6NJ
Gentle Zumba	12:00-1:00	£1	
Classic Matinees	12.00 or 3.30	£1.75	Regent Street Cinema, 309 Regent Street, W1B 2UW
Ballroom Dancing	2.00-3.00	FREE	
Yoga	2.00-3.00	£1	Dance Studio at Paddington Arts, 32 Woodfield Road, W9 2BE
W9 Monthly Social	2.00-4.00	£2	Rayne House, 170 Delaware Road, W9 2LW
Tennis	5.30-6.30	FREE	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
THURSDAY			
T'ai Chi	10.00-11.00	£1	Amberley Clubroom, Amberley Estate, Shirland Road, W9 2JZ
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
W2 Chair Exercise	1.30-2.30	£1	St Stephen's Church Hall, Talbot Road, W2 5QT
W2 Social	2.30-3.30	£1	
FRIDAY			
Simply Tai Chi	10.00-11.00	£1	Warwick Community Hall, 300 Harrow Road, W2 5HG
Chair Yoga	10.30-11.30	£1	Amberley Clubroom, Amberley Estate, Shirland Road, W9 2JZ
Monthly Film Club	2.00	£1	Westminster Academy, 255 Harrow Road, W2 5EZ
Tennis	5.30-6.30	FREE	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
SATURDAY			
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	
SUNDAY			
Zumba Gold	9.00-10.00	£1.50	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
Ballroom & Latin Dance	2.00-4.00	£3	
FREE GYM	ALL DAY	FREE	Jubilee Hall Trust, 30 The Piazza, Covent Garden, WC2E 8BE