

Queen's Park & Harrow Road Activity Programme

September 3rd – December 15th 2018

Open Age QPHR Hub
New Avenues
3-7 Third Avenue
London, W10 4RS

Telephone:
07717201791

Email:
choggan@openage.org.uk
gbrown@openage.org.uk
acarrington@openage.org.uk

Half term will be Monday 22nd October -
Friday 26th October 2018 There will be no
classes this week unless stated inside.



B Bus stops
Buses: 18, 28, 228

E Entrance to New Avenues / Open Age QPHR Hub



Silver Sunday

This year to celebrate Silver Sunday Open Age activities at New Avenues will be **FREE during Silver Sunday week (8th- 12th October)**.

We will also be hosting dance themed events throughout the week culminating in our second step-tacular **Dance-athon on Friday 12th October** featuring 5 hours of dancing, refreshments, a quiz and a raffle! Please see the back of the programme for more details!



Beginner's French

**Every Tuesday, £1
1.40pm-2.40pm**

Have you always wanted to learn the language of love or do you just love learning a new skill? Join this beginner's class & learn the basics of communicating simply & effectively. Don't be shy, everyone is welcome!

**Open Age QPHR Hub, New
Avenues, 3-7 Third Avenue,
W10 4RS**



Email Bulletin

The Queens Park & Harrow Road Hub now has a weekly members email bulletin keeping you informed of all the new exciting activities and events, plus any additional trips we are able to organise throughout the term to ensure you don't miss a thing!

If you would like to receive this please email
[**gbrown@openage.org.uk**](mailto:gbrown@openage.org.uk) and we will add you to the list!

MONDAY CHOICES

Activities are for Westminster residents ONLY

Open Age has instigated a pricing structure of £1 per hour. With no obligation however to do so, it is our hope that those who are in a position to pay a higher fee of £3 per hour & £5 for a 2 hour class will do so. Thank-you!

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Ballet Fitness (Positively Physical)	10.00-11.00 Starts 10 th Sept	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Improve mobility, posture, balance and coordination. Have fun and move to music. All abilities welcome!
Monday Social with Speakers	10.30-12.00 Starts 10 th Sept No class 15 th Oct	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Join this friendly social group for a range of interesting and stimulating talks and workshops with speakers from museums, local organisations and charities. Please speak to Geoff for the schedule of speakers!
Bowls at Paddington Sports Club NEW CLASS!!	10.30-12.30 First Monday of Every Month	Paddington Sports Club, Castellain Road, Maida Vale W9 1HQ (Entrance next to Bon Appetit)	6, 18, 36, 187, 228	FREE	A great chance for you to learn Lawn Bowls. No experience needed. A great activity for everyone! Refreshments will be provided. Call Jade to book on 0208 962 4537 .
Cricket and Bowls NEW CLASS!!	11.00-12.00 17 th Sept 15 th Oct 12 th Nov 10 th Dec	Lords Cricket Ground, St John's Wood Rd, London NW8 8QN	16, 18, 98, 139, 187, 189, 414	FREE	Come down to Lords where you will get the chance to play Cricket and Lawn Bowls in an amazing sporting venue! Cricket coaches will be on hand to develop your cricket skills.
Steady and Stable MUST BOOK	11.00-12.00 Starts 3 rd Sept	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187, 189	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility. To book please contact Open Age on 020 8962 5582 .
Boxing Fitness (Positively Physical)	11.30-12.30 Starts 3 rd Sept	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Come and try this fun and interactive boxing fitness class designed to improve your heart health, strength and co-ordination.
Beginners Internet & Email (7 week courses!) MUST BOOK	11.30-1.30 Starts 3 rd Sept and 29 th Oct	Queen's Park Library, 666 Harrow Road, W10 4NE	18,28, 228	£2	Sign up for this friendly, supportive class that helps beginners get started on computers, learning how to use the internet and send emails. For more information or to book a place, please phone the Hub on 07717201791 .
Soca Fit Licks	12.30-1.30 Starts 24 th Sept	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Fun, Smiles, Giggles and Wiggles. A stress-free way to keep fit by moving your body to the sounds of the Caribbean!

Step Up from Steady	12.45-1.45 Starts 10 th Sept	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187	£2	This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.
Chi-Gong	1.30-2.30 Starts 3 rd Sept No class 15 th Oct	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Improve your health and wellbeing, give your energy levels a boost and reduce stress in this class which focuses on a range of posture, exercise, meditation and breathing techniques. Suitable for all abilities.
Steady and Stable MUST BOOK	2.00-3.15 Starts 3 rd Sept	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187, 189	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility. To book please contact Open Age on 020 8962 5582 .
Film Festival NOW WEEKLY!!!	2.00-4.00 Starts 10 th Sept No class 15 th Oct	Open Age QPHR Hub, New venues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Join us for a variety of old classics and new favourites in our weekly Film Festival. Includes a hot drink! No need to book just turn up! See the back of the programme for full listings!
Phone Club: Current Affairs Talk For the Housebound	2.30-3.30	In 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 .
Mindfulness Meditation	2.30-3.30 Starts 3 rd Sept No class 15 th Oct	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Join this class which helps to induce relaxation by focusing awareness on breathing and encouraging positive attitudes to achieve a healthy, balanced mental state.
Phone Club: Creative Writing Group For the Housebound	4.00-5.00	In 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 CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Strictly Open Age	10.00-11.00 Starts 4 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Calling all dancers! Join our new class with Armand to learn a range of Ballroom and Latin dances in this supportive and fun session! All abilities welcome!
Simply Art 1	10.30-12.30 Starts 11 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue,	18,28, 228	£2	Join this exciting art course and bring out your artistic flair! Begin to look at objects in a new way as you

		W10 4RS			learn how to sketch, draw, collage, paint & more! All abilities welcome! To book call 07717201791 .
Stretch and Tone	11.15-12.15 Starts 4 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Strengthen your muscles, increase flexibility, improve posture and balance while reducing stress & tension in this lively and engaging exercise class.
Exercise to Music (Positively Physical) MUST BOOK!	12.30-1.30 Starts 4 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	This class will improve your stamina & strength and help you to burn some calories! Book each week on the noticeboard at New Avenues.
Sleep - How to improve it! (In partnership with the Health Improvement Team) MUST BOOK	12.30-1.30 11 th Sept 9 th Oct 13 th Nov 11 th Dec	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	This practical workshop will help you with tips, techniques and information if you have trouble sleeping. To book phone the Hub on 07717201791 .
Table Tennis (Positively Physical)	1.30-2.30 Starts 4 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Whether you're a complete novice or total pro pop along to this friendly drop-in & have a game! This is a volunteer led session so just turn up & have a go!
Beginners French	1.40-2.40 Starts 4 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Have you always wanted to learn the language of love or do you just love learning a new skill? Join this beginner's class & learn the basics of communicating simply & effectively. Don't be shy, everyone is welcome!
Yoga (Positively Physical)	2.30-3.30 Starts 4 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	An energizing yoga class that promotes good health for body, mind & soul.
Beginners French Plus	2.40-3.40 Starts 4 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Perfecting the basics but looking for the opportunity to practice your francais? Pop along to our Beginners French Plus and perfect your knowledge.

WEDNESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Simply Art 2 NEW CLASS!!	10.30-12.00 Starts 12 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28,2 28	£1.50	Join this exciting art course and bring out your artistic flair! Begin to look at objects in a new way as you learn how to sketch, draw, collage, paint & more! All abilities welcome! To book call 07717201791 .

<p>National Theatre Project MUST BOOK!!</p>	<p>10.30-12.30 Starts 26th Sept</p> <p>*Pre-session refreshments at 10.00am</p>	<p>Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS</p>	<p>18,28,228</p>	<p>FREE</p>	<p>Come & explore the joy of expressing stories through dance & movement in this class led by professional artists from the National Theatre. Sessions will be fun, active, playful and full of music! Absolutely no previous experience necessary, everyone welcome! Limited spaces available so call 07717201791 to book</p>
<p>Intermediate Computer Course (7 week courses) MUST BOOK</p>	<p>10.30-12.30 Starts 5th Sept and 31st Oct</p>	<p>Queen's Park Library, 666 Harrow Road, W10 4NE</p>	<p>18, 28, 228</p>	<p>£2</p>	<p>Increase your skills in this helpful computer class exploring Microsoft Word, Excel, Power Point & much more. For more information or to book a place, please phone the Hub on 07717201791.</p>
<p>Steady & Stable (Class 1 – high level) MUST BOOK</p>	<p>1.00-2.15 Starts 5th Sept</p>	<p>Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS (Half Term at Beethoven Centre)</p>	<p>18,28, 228</p>	<p>FREE</p>	<p>A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on 020 8962 5582.</p>
<p>Sketching at Museums & Galleries MUST BOOK</p>	<p>2.00-4.00 Starts 12th Sept</p>	<p>Various Museums or Galleries</p>	<p>N/A</p>	<p>£2</p>	<p>Each week the class explores and sketches at a different Museum or Gallery. Locations include The British Museum, Wellcome Collection, V & A and many more! You must bring your own sketch pad but pencils will be provided. All abilities are welcome, so sign up now by calling the Hub on 07717201791.</p>
<p>Wednesday Social with Speakers</p>	<p>2.00-4.00 Starts 5th Sept</p>	<p>Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS</p>	<p>18,28, 228</p>	<p>FREE</p>	<p>Join this friendly social group for a range of interesting and stimulating topics with speakers from museums, local organisations and charities. Please speak to Geoff or Andrea for the schedule of speakers!</p>
<p>Steady & Stable (Class 2 – low level) MUST BOOK</p>	<p>2.15-3.15 Starts 5th Sept Half Term at Beethoven Centre</p>	<p>Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS</p>	<p>18,28, 228</p>	<p>FREE</p>	<p>A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on 020 8962 5582.</p>

THURSDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Trips Around London	See Trips Programme	See Trips Programme	N/A	Varied	See Trips Programmes! To book please contact Open Age on 020 8962 4141 .
Complementary Therapies (Munro Health Co-Op) MUST BOOK	Half hour or hourly slots	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	6,31, 36, 187, 228, 328, 414	£12 per half hour	Massage, Shiatsu, Reflexology, Reiki or Indian Head massage. To book phone 07717201791 . Some availability on other days!
American School Lunch	9.30-12.30 Date TBC	Transport to school provided from: Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Join us for a delicious lunch and the opportunity to meet children from the American School London in this intergenerational programme where you will chat, read, and play games before enjoying lunch together. Transport from New Avenues is provided. Call 07717201791 to book!
Singing For All	10.00-11.30 Starts 6 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1.50	If you are new to singing or you'd like to brush up on an old hobby then this class is perfect for you! Come and join the fun and learn how to develop your voice in this lively class!
Osteoblast MUST BOOK	11.30-12.30 Starts 6 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	A 16 week exercise programme designed to initiate muscle strengthening and increase bone density to improve independent living and overall bone health. TO BOOK please call Jade on 020 8962 4537 .
Guitar Lessons	12.15-1.45 Starts 6 th Sept No class 4 th October	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1.50	Whether you're looking to rediscover an old passion or take up a new hobby, it's never too late to discover a love of music so pop along to this lively class! Please call for availability as spaces are limited. Please bring a guitar.
Pilates (Positively Physical)	12.30-1.30 Starts 6 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28,2 28	£1	Special exercises that concentrate on strengthening & toning your whole body.

IT Drop In with M&S	1.00-2.30 6 th / 20 th Sept 4 th / 18 th Oct 1 st / 15 th / 29 th Nov 13 th Dec	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Bring your gadget and get one to one help with your tech problems from a friendly team of M&S colleagues. All sessions are drop in and individuals will be given a 20 minute slot in order of arrival.
Arabic Women's Social Group (Women only)	1.30-3.30 Starts 6 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Come along for tea and a social afternoon with other Arabic & Kurdish speakers.
Beginners Women's English Lessons (Women only)	1.45-2.45 Starts 6 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	If English is not your first language come & join our friendly and supportive English lessons and let us help you practice your conversational and writing skills while having lots of fun!
Sewing Key Skills MUST BOOK	2.00-4.00 Starts 6 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£2	For beginners and improvers. Gain confidence and basic skills on a sewing machine by completing a small set projects over the first half term before progressing onto working more independently on your own choice of projects. Limited places. Call 07717201791 to book!
Phone Club: Book Talk For the Housebound	2.30-3.30	In 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 .
Chair Yoga	3.00-4.00 Starts 6 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	This chair based exercise class involves moving & releasing tension in the joints, breathing exercises, and overall relaxation.
Phone Club: Discussion Group For the Housebound	4.00-5.00	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 CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Chair Exercise to Music - High Level	10.00-11.00 Starts 7 th Sept No Class 12 th Oct & 14 th Dec	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Join this fun and popular session for a higher level seated exercise class to some great music! Improve your balance and muscle strength in this class that stretches & tones the whole body.

Games Cafe	10.00-12.00 Starts 7 th Sept No Class 12 th Oct & 14 th Dec	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Drop in and try your hand at one of our games or just come to chat & relax and enjoy the friendly atmosphere! Everyone welcome! Refreshments just 30p! Table Tennis ~ Pool ~ Hookey ~ Battleships ~ Draughts ~ Chess Scrabble ~ Cards ~ Dominoes Uno ~ Triominoes ~ Jenga
Exercise to Music 2	11.30-12.30 Starts 7 th Sept No Class 12 th Oct & 14 th Dec	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Join this energetic exercise class to improve your stamina & strength! Burn some calories while boogying to your favourite songs!
QP Theatre Lovers: Play Reading and Performance Group	11.30-12.30 21 st Sept 5 th / 19 th Oct 2 nd / 16 th / 30 th Nov 7 th Dec	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Learn script reading & performance skills while making new friends in our theatre lovers group! This relaxed fortnightly meet features a combination of play reading and workshop time. All abilities warmly welcomed!
Water Splash (Positively Physical) NEW VENUE!	12.00-1.00 Starts 14 th Sept	Moberley Sports Centre, 25 Chamberlayne Rd, London NW10 3NB *Meet in the swimming pool	28, 52, 187, 316, 452	£1	You will benefit from a full body workout by using the water as resistance to challenge the muscles. This is a low impact exercise class so great for those with joint pain and arthritis.
Monthly Fish N' Chip Fridays MUST BOOK AND PAY IN ADVANCE AT NEW AVENUES!	12.00-1.30 (Served at approx. 12.15) 21 st Sept 19 th Oct 9 th Nov 7 th Dec	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£5	Join us for a delicious Fish n Chip lunch and the best company in town with our growing group of diners! Tea & Coffee, Condiments and Bread & Butter all thrown in! Fish and Chips provided by Mr Fish in Queens Park! Call 07717201791 to book!
Fella's Fitness (Men Only!)	12.30-1.30 Starts 7 th Sept No Class 12 th Oct & 14 th Dec	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Join this new exercise class just for men to help improve your balance, strength and stamina in a supportive and friendly environment.
Monthly Social NEW TIME!!	1.30-3.30 28 th Sept 2 nd Nov 30 th Nov	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Lively social with speakers on a range of interesting and stimulating topics from museums to local organisations and charities followed by bingo and sandwiches!
Line Dancing	2.00-3.00 Starts 7 th Sept No Class 14 th Dec	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	It doesn't matter if you already know your shuffle & coaster steps or are a complete beginner come & join this class for a lively and fun afternoon learning steps and sequences to some great tunes.

SATURDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Saturday Shape-Up Multi Sports	1.00-3.00 Starts 8 th Sept	St Augustine's Hall, Oxford Road, London NW6 5SN	6,16 31, 36, 98, 187, 228, 316, 328, 332	£2	Suitable for individuals of all levels wanting to play badminton, table tennis and soft tennis. Beginners and experienced players alike have the opportunity to learn or play competitive matches with others of a similar standard. Includes short warm-up and stretching.
Badminton	3.00-4.00 Starts 8 th Sept			£1	A 1-hour session for competent badminton players who enjoy playing more competitive matches

QPHR Hub Trips, Events and Workshops:

FREE Community Preview of 'Object: Ian Hislop's search for dissent' Exhibition @ the British Museum, Sunday 2nd September, 12.20pm

Join this exclusive community preview of the British Museum's newest exhibition where guest curator Ian Hislop has hand-picked intriguing objects from the museum's collection that explore the idea of dissent, subversion and satire. The exhibition will show that questioning authority, registering protest and generally objecting are an integral part of what makes us human. Call **07717201791** to book.

FREE Tea and Tour of The Wallace Collection, Tuesday 9th October, 2.00-3.30pm

Join us for a private guided tour of the beautiful Wallace Collection exploring their new exhibit which celebrates 200 years since the birth of the museums founder. Call **07717201791** to book.

FREE First Aid Workshop, Thursday 18th October, 10.00am-12.00pm

Join us for this 2 hour First Aid Workshop to learn basic first aid and CPR. Limited places available so call **07717201791** to book.

FREE Tower of London Trip, Tuesday 6th November, 10.15am-12.15pm

From the Crown Jewels to the infamous Tower Ravens, experience history first hand with this free visit to the iconic London feature. Call **07717201791** to book.

FREE Banqueting House Visit Trip, Tuesday 20th November, 10.30-11.30am

Join us for an audio guided tour and experience James I's breath taking Banqueting Hall, created in 1622 as a venue for extravagant Jacobean entertainments. Call **07717201791** to book.

FREE Kensington Palace Trip, Tuesday 4th December, 10.30am

Join us for a royal morning as we visit the beautiful Kensington Palace. Explore different periods of the palace's history with exhibits including 'Victoria Revealed' through to 'Diana: Her Fashion Story'. Call **07717201791** to book!

FREE Westminster Tea Dance, Sunday 9th December, 2.00-4.30pm

The Westminster Tea Dance is hosted by the Sir Simon Milton Foundation and supported by Westminster City Council. They look forward to welcoming you to a memorable afternoon of live music, featured performers and afternoon tea. Attendees must be Westminster residents, over 65 and able to organise their own transport. Grosvenor House, AJW Marriott Hotel, 86-90 Park Lane, W1K 7TN. Call **07717201791** to book.

Additional Information:

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.



Back by popular demand and BIGGER than ever join us for a FREE week of dancing to celebrate Silver Sunday!

Monday 8th October

10.00-11.00 : Ballet Fitness 12.30-1.30 : Soca Fit Licks
2.00-4.00 : 'Finding Your Feet' Film Screening

Tuesday 9th October

10.00-11.00 : Strictly Open Age

Dance-a-thon!

Friday 12th October - 10.30-3.30

Grab your dancing shoes and join us for five 'fab-u-lous' hours of dance classes with the very best instructors and fantastic music! Absolutely all abilities & toe-tapping styles are welcome! Come for one dance or stay all day! We will also be hosting a Raffle, Quiz and Refreshments so pop along for a jam packed afternoon celebrating our 50+ community in Westminster!



Open Age QPHR Hub, New Avenues, 3-7 Third Avenue,
London, W10 4RS (Buses: 18,28,228)
07717201791



Charitable Incorporated Organisation no: 1160126



The **Paddington** Partnership **M&S** **LORD'S** THE HOME OF CRICKET

EST. 1884





**JOIN US FOR OUR
END OF TERM
CHRISTMAS PARTY**



**Friday 14th December
12.00pm-3.00pm**

Come & join our festive party with performances, music & games, as well as a raffle!

This event is FREE but we would welcome everyone to bring a small contribution of food on the day to share!

EAT, DRINK & BE MERRY!

Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, London, W10 4RS (Buses: 18,28,228)

07717201791



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Charitable Incorporated Organisation

Charitable Incorporated Organisation no: 1166125



Join us for our:

Members' Feedback Days

Open Age is developing a new strategy and we want your input. Feedback sessions for members as well as some activities will be held on this day. More information will be available closer to the time, but please mark your diaries for the below dates!

Monday 15th October

QPHR Hub, New Avenues, 3-7 Third Avenue
London, W10 4RS

Monday 22nd October

The Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, London W10 6DZ

Wednesday 24th October

New Horizons, Guinness Trust Estate, Cadogan Street SW3



**OPEN
AGE**
life's just begun

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	
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
Osteo Blast	10.45-11.45	£1	Jubilee Hall Trust, 30 The Piazza, Covent Garden, WC2E 8BE
Monthly Cricket & Bowls	11.00-12.00	FREE	Lord's Cricket Ground, St John's Wood Road, NW8 8QN
Step up from Steady	11.45 -12.45	£2	All Saints, 7 Margaret Street, Fitzrovia, W1W 8JG
Osteo Pro	1.00-2.00	£1	Seymour Leisure Centre, Seymour Place, W1H 5TJ
Steady & Stable	1.00-2.00	FREE	MUST BOOK! All Saints, 7 Margaret Street, Fitzrovia, W1W 8JG
Osteoblast	2.00-3.00	£1	MUST BOOK! Seymour Leisure Centre, Seymour Place, W1H 5TJ
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
Steady & Stable 2	11.00-12.00	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	
Beginners IT Course	1.00-3.00	£2	MUST BOOK! Paddington Library, Porchester Road, W2 5D
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	2.30-3.30	£1	Quiet Room, Maida Vale Library, Sutherland Avenue, W9 2QT
Keep Fit, Get Strong	5.30-6.30	FREE	1 Frith Street, Soho, W1D 3HZ
WEDNESDAY			
Walking to Fitness	10.30-11.30	FREE	Paddington Recreation Ground, Randolph Avenue, Maida Vale, W9 1PD
Singing for Pleasure	10:30-11:30	£1	St Paul's Church, Marylebone, 5 Rossmore Road, NW1 6NJ
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
Gentle Zumba	12:00-1:00	£1	St Paul's Church, Marylebone, 5 Rossmore Road, NW1 6NJ
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	10.00-11.30	£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	10.30-11.30	£1	Dance Studio, Paddington Arts, 32 Woodfield Road, W9 2BE
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	
Shape Up: Multi-sports	1.00-3.00	£2	St Augustine's Hall, Oxford Road, NW6 5SN
Shape Up: Badminton	3.00-4.00	£1	
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	

Other Activities in Westminster: Churchill 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 Churchill Programme or more details on how to book.

Churchill Hub: 020 7976 6354 or 07530734489			Steady and Stable: 020 896 25582 Osteoblast: 020 8962 4537
MONDAY			
Meditation	10.00-11.00	£1	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Haircuts	10.00-11.30	£5	
Coffee Morning	10.00-12.00	Free	
Podiatry (Monthly)	10.00-15.00	£10	
Osteoblast	10.45 -11.45	£1	Jubilee Hall, 30 The Piazza, Covent Garden, WC2E 8BE
Yoga	11.00-12.30	£1.50	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Zumba	11.15-12.15	£1	St Stephen with St John Westminster, 38-42 Rochester Row, SW1P 1LE
Pilates 1	11.30-12.30	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Singing Class	12.15-1.45	£2	St Stephen with St John Westminster, 38-42 Rochester Row, SW1P 1LE
Pilates 2	12.30-1.30	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Boxing Fitness	2.00-3.00	£2	Queen Mother Sports Centre, 223 Vauxhall Bridge Road, SW1V 1EL
History & Philosophy Discussion Group	2.00-4.00	£2	Darwin House, 104 Grosvenor Road, Churchill Gardens Estate, SW1V 3DH
Creative Writing	2.00-4.00	£2	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Jewellery Making	2.00-4.00	£2	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
TUESDAY			
Sewing & Craft	10.00-12.00	FREE	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Walking Group	11.00-1.00	FREE	
Tai Chi Qi Gong	12.30-1.30	£1	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Guitar Lesson from Musicus	1.30-2.20 2.30-3.20	£1 £1	MUST BOOK! Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Monthly Movie Afternoon	1.30-3.30	£1.50	Eileen Anderson Court, Johnson's Place, SW1V 3EZ
Chair Yoga	2.15-3.45	£1	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
WEDNESDAY			
Keep Fit	10.00-11.00	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Knitting Group	10.00-12.00	FREE	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Art Class	10.00-1.00	£1 per hour	Thamesbank Centre, Peabody Avenue, Turpentine Lane, SW1V 4BD
Chi Gong	10.30-11.30	FREE	Jubilee Hall, 30 The Piazza, Covent Garden, WC2E 8BE
Pilates	11.30-12.30	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Men's Only Yoga	12.30-1.30	FREE	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Film Club	1.30-3.30	£1.50	
Bridge Club	2.00-4.15	£7	
Breathing Yoga	2.15-4.15	FREE	Glastonbury House, Abbots Manor Estate, Warwick Way, SW1V 4NT
THURSDAY			
Yoga	10.00-11.30	£1.50	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Coffee Morning & Computer Drop In	10.30-12.30	FREE	Glastonbury House, Abbots Manor Estate, Warwick Way, SW1V 4NT
Beauty Therapy	12.30-3.30	£5	
Steady & Stable	1.00-2.00	FREE	MUST BOOK! Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Chair Based Exercise for Coordination	2.15-3.15	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Yoga for Low Mood	2.00-3.30	£1.50	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
FRIDAY			
Zumba	10.00-11.00	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Shiatsu	10.00-4.00	£10	MUST BOOK! Glastonbury House, Abbots Manor Estate, Warwick Way, SW1V 4NT
Latin Dance	11.10-12.10	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Hub Tea & Catch Up	12.30-1.30	FREE	
Games & Social Afternoon	1.00-3.00	FREE	
Computer Drop In	1.00-3.00	FREE	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Craft Afternoon	1.30-3.30	FREE	
Osteo Blast	2.30-3.30	£1	MUST BOOK! The Abbey Centre, 34 Great Smith Street, SW1P 3BU
Walking Football	4.00-5.00	FREE	Meet at St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
WEEKEND			
Saturday Third Age Counselling	9.00-6.00	FREE	MUST BOOK! Glastonbury House, Abbots Manor Estate, Warwick Way, SW1V 4NT
Sunday Lunch	10.30-3.00	£5.50	MUST BOOK! St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT



Film Festival @ New Avenues

Monday, 2.00pm - 4.00pm

All films were voted for by Open Age members if you any suggestions please let us know and we will add them to the vote for next term!

10th September - The Greatest Showman (2017) "The Greatest Showman" is a bold and original musical that celebrates the birth of show business and the sense of wonder we feel when dreams come to life.

17th September - The Dressmaker (2015) A glamorous woman returns to her small town in rural Australia. With her sewing machine and haute couture style, she transforms the women and exacts sweet revenge on those who did her wrong.

24th September - The Guernsey Literary and Potato Peel Pie Society (2018) London, 1946. Juliet a charismatic and free-spirited writer receives a letter from a member of a mysterious literary club started in Nazi-occupied Guernsey. Her curiosity piqued, Juliet decides to visit the island. As the secrets from their wartime past unfold, Juliet's growing attachment to the island, the book club will change the course of her life forever.

1st October - The Quiet Man (1952) Sean Thornton has returned from America to reclaim his homestead and escape his past. Sean's eye is caught by Mary Kate Danaher, a beautiful but poor maiden, and younger sister of ill-tempered "Red" Will Danaher.

8th October - Finding Your Feet (2018) When 'Lady' Sandra Abbott discovers that her husband of forty years is having an affair with her best friend, she seeks refuge with her estranged, bohemian, older sister Bif. Sandra couldn't be more different to her outspoken, serial dating, free spirited sibling. But it turns out different is just what Sandra needs and she reluctantly lets Bif drag her along to her community dance class, where gradually she starts finding her feet... and romance.

15th October - No Film due to Members Day @ New Avenues! Pop along to this instead!

29th October - I, Tonya (2017) Competitive ice skater Tonya Harding rises amongst the ranks at the U.S. Figure Skating Championships, but her future in the activity is thrown into doubt when her ex-husband intervenes.

5th November - The Zookeeper's Wife (2017) In 1939 Poland, Antonina and her husband have the Warsaw Zoo flourishing under his stewardship and her care. When their country is invaded by the Nazis they begin covertly working with the Resistance - and plan to save lives out of what has become the Warsaw Ghetto.

12th November - The Post (2018) A thrilling drama about the unlikely partnership between The Washington Post's Katharine Graham, the first female publisher of a major American newspaper, and editor Ben Bradlee, as they race to catch up with The New York Times to expose a massive cover-up of government secrets that spanned three decades.

19th November - Book Club (2018) Diane is recently widowed after 40 years of marriage. Vivian enjoys her men with no strings attached. Sharon is still working through a decades-old divorce. Carol's marriage is in a slump after 35 years. Four lifelong friends' lives are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey.

26th November - Three Billboards Outside Ebbing, Missouri (2018) After months have passed without a culprit in her daughter's murder case, Mildred Hayes makes a bold move, painting three signs leading into her town with a controversial message directed at William Willoughby, the town's revered chief of police.

3rd December - Stepping Out (1991) A musical-comedy film about a Broadway performer who gives tap lessons to a group of misfits who, through their dance classes, bond and realize what they can achieve.

10th December - The Man Who Invented Christmas (2018) In 1843, dealing with the failure of his last three books, Charles Dickens is once again rejected by his publishers. As he grows deeper in debt, the father of four sets out to write and self-publish a book he hopes will revive his career. He then races to publish the book in six weeks, just in time for Christmas. His beloved book is titled A Christmas Carol.