

Westminster Activity Programme

Summer 2018

July 23rd - August 31st 2018

GENERAL INFO:

Welcome to the Westminster Summer programme!
 This programme covers each of the Westminster hubs: Churchill, Westbourne and Queens Park & Harrow Road. It's a reduced programme for the month of August only - the full hub programmes of regular weekly activities will return in September.

Westbourne Hub- 02037138737

Churchill Hub- 07530 734 489

Queens Park & Harrow Road- 07717201791

TRIP BOOKINGS

PLEASE NOTE WE WILL ONLY BE TAKING BOOKINGS FOR SUMMER TRIPS FROM **MONDAY 16th JULY**. YOU CAN ONLY BOOK FOR A TRIP BY CALLING THE SPECIFIC NUMBER STATED NEXT TO IT.

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
Haircuts	Every Monday 10.00-11.30 BH 27 th Aug	Margaret's Activity Centre, 1 Carey Place SW1V 2RT	24, C10, 360	£5	Haircuts from Patsy. Please call beforehand to check she is in on the Monday you'd like to come 07530 734 489 .
Coffee Morning	Every Monday 10.00-12.00 BH 27 th Aug	Margaret's Activity Centre, 1 Carey Place SW1V 2RT	24, C10,	FREE	A chance to pop in and find out what is happening locally and have a cup of tea and a chat.
Podiatry (Monthly) NEW!	13th August 10.00-15.00	Margaret's Activity Centre, 1 Carey Place SW1V 2RT	24, C10, 360	£10	We are delighted to offer a new monthly podiatry service at our coffee morning. To find out more & to book call 07530 734 489 .
Learn to Bowl MUST BOOK NEW CLASS!!	6th August 10.30-12.30	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.

Cycle Smarter MUST BOOK NEW CLASS!!	16th July - 20th August 10.30-12.30 1.00 – 3.00	Paddington Recreation Ground Randolph Avenue, Maida Vale W9 1PD	31, 316, 328	FREE	Whether you are a complete beginner or want to brush up on your skills, come and join our 6 week course of cycle skills training led by qualified instructors. Call Tina or Jade to book your course on 0208 962 4537 .
Thames Clipper Boat Trip	30th July 10.45am	MEET at: London Eye Lambeth, London SE1 7PB	76, 77, 211, 341, 381	FREE	Come along a trip down the river on the Thames Clipper boat, starting at the London eye, travelling across to Greenwich, then back again. MUST BOOK: 02037138737
Pitch and Putt in Queens Park	13th August 11.00am	Queens Park Lodge, Harvist Rd, London NW6 6SG	6, 28, 452	FREE	Join us for an enjoyable game of Pitch and Putt on the 9 hole golf course! Clubs and balls provided or bring your own! Call 07717201791 to book.
Shadow Puppet Workshop at The Queens Gallery	30th July 11.00-1.00	The Queen's Gallery, Buckingham Palace, London, SW1A 1AA	16, 18, 36, 52, 414	FREE	Join us for this trip to see the finest Indian works of art from the Royal Collection, including jewellery, gold and ceremonial arms, gifted to the Prince of Wales on his grand tour in 1875-6 in 'Splendours of the Subcontinent, A Prince's Tour of India 1875-6.' Followed by the chance to make a shadow puppet based on a character from Indian mythology. To book phone the Hub on 07717201791 .
Simply Art Workshop at Kensington Palace	20th August 12.30-3.30	Kensington Palace Kensington Gardens, London W8 4PX	28, 31, 52, 328	FREE	Join us as we take our Simply Art course on the road for a trip to explore Kensington Palace! Have time to explore the palace followed by an art workshop with tutor Monica! All abilities welcome! Call 07717201791 to book!
Steady and Stable MUST BOOK	Until 6th August 1.00-2.00	All Saints Margaret Street, 7 Margaret St, Fitzrovia, W1W 8JG	C2, 7, 8, 10, 25, 55, 73,88	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility. To book please contact Tina on 0208 962 5582 .
Osteo Blast MUST BOOK	Until 6th August 2.00-3.00	Seymour Leisure Centre, Seymour Place, London W1H 5TJ	7, 23, 27, 36, 436	£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 .
Steady and Stable MUST BOOK	Until 6th August 2.00-3.15	Barbara Brosnan Ct. 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 Tina on 0208 962 5582 .
Sky Garden Trip	6th August 2.00pm	1 Sky Garden Walk, London	17, 43	FREE	Back by popular demand! Join us for this fantastic opportunity to see

		EC3M 8AF			breath-taking views from 155 metres up above the city! MUST BOOK: 02037138737
Shadow Puppet Workshop at The Queens Gallery MUST BOOK	23rd July 2.00-4.00	The Queen's Gallery, Buckingham Palace, London, SW1A 1AA	16, 18, 36, 52, 414	FREE	A fantastic opportunity to visit the current exhibition 'Splendours of the Subcontinent, A Prince's Tour of India 1875-6.' Followed by the chance to make a shadow puppet based on a character from Indian mythology. To book phone the Churchill Hub on 07530 734 489 .
Phone Club: Discussion group For the Housebound	2.30-3.30	Comfort of YOUR own home!	N/A	FREE	Conversation topics range from 'current affairs' to 'health', 'films', 'laughter' and quizzes. Phone Hester on 020 3713 8736 .
Phone Club: Creative Writing Group For the Housebound	4.00-5.00	Comfort of YOUR own home!	N/A	FREE	Led by tutor – includes poetry, short-stories and life stories, word games & writing exercises. Phone Hester on 020 3713 8736 .

TUESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Summer Trip to Hastings MUST BOOK	14th August 8.00-5.00	North Westminster meeting point: Paddington Arts, 32 Woodfield Rd, W9 2BE South Westminster meeting point: Post Office, 121-125 Lupus Street, SW1V 3EN	18, 28, 31, 36, 228, 328 OR C10, 360, 24	£15	Join us for a summer outing to the seaside town of Hastings! Places are limited so please book with either Alexandra on 020 3713 8737 or Claire Godwin on 07530 734 489. Booking will only be confirmed on receipt of payment.
Steady and Stable MUST BOOK	Until 7th August 10.00-11.00	Penfold Com. Hub 60 Penfold St, NW8 8PJ	7, 18, 23, 27	FREE	Fun, tried & tested falls prevention programme to improve balance, reduce falls & keep you mobile. Call Tina to book 020 8962 5582 .
Book Break	Starts 31st July 10:30-12:00	Hardy House 64 Great Western Road, W11 1AA	28, 31, 328	FREE	Enjoy some fun and interesting texts as we read together, or relax and just listen, to short stories and articles. Great way to socialise over a cup of tea or coffee!
Camden Canal Walk	31st July 11.00-1.00	Camden Town Tube Station	27, C2, 24	FREE	We'll be taking a summer stroll along the Regent's Canal from Camden then into glorious Regents Park, taking in the boats, greenery and hopefully some sunshine! Meeting Camden Town Station,


					Lasting Approximately 2 hours at a medium pace. To book phone 07717201791 .
Steady and Stable MUST BOOK	Until 7th August 11.00-12.00	Penfold Com. Hub 60 Penfold St, NW8 8PJ	7, 18, 23, 27	FREE	Fun, tried & tested falls prevention programme to improve balance, reduce falls & keep you mobile. Call Tina to book 020 8962 5582 .
Walking Group MUST BOOK	24th July, 31st July, 21st August 11.00-1.00	Various locations	2,36 185, 436, C10, 360	FREE	A fun and informal walking group for pleasure and health. 24th July – Hampton Court & Bushy Park 31st July – Crystal Palace 21st August – Richmond Park Please call 07530 734 489 to book.
Secret City Gardens Walk	14th August 1.00-3.00	St Pauls Tube Station	6, 8, 25, 46, 521	FREE	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. Call 07717201791 to book.
Monthly Movie Afternoon	7th August 1.30-3.30	Eileen Anderson Court, Johnson's Place SW1V 3EZ	24, C10 360	FREE	Join us on the first Tuesday of every month for a mixture of old and new films in our very comfortable lounge. This month's film is Under the Tuscan Sun. Donations welcome!
Kensington Palace Visit	28th August 1.30-3.30	Kensington Palace Kensington Gardens, London W8 4PX	28, 31, 52, 328, 452	FREE	Join us for a royal afternoon as we visit the beautiful Kensington Palace. Explore different periods of the palaces' history with exhibits including 'Victoria Revealed' through to 'Diana: Her Fashion Story'. Call 07717201791 to book!
Tea and Tour of The Wallace Collection	7th August 2.00-4.00	Wallace Collection, Hertford House, Manchester Square, London W1U 3BN	6, 18, 36, 414	FREE	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.

WEDNESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Hub Tea & Cake Catch Up	8th August 10.00-11.30	St Margaret's Activity Centre, 1 Carey Place SW1V 2RT	2,36, 185, 436, C10,	FREE	Our quarterly hub get-together. A chance to find out what's been going on, give feedback and help plan events and trips.

Knitting Group	Every Wednesday 10.00-12.00	Glastonbury House Abbots Manor Estate, Warwick Way, SW1V 4NT	24, C10, 360	FREE	The group has knitted for charities and hospitals and has been involved in many exciting projects. All welcome. Come and get involved!
Sky Garden Trip	22nd August 10.30-12.00	1 Sky Garden Walk, London EC3M 8AF	17, 43	FREE	Back by popular demand! Join us for this fantastic opportunity to see breath-taking views from 155 metres up above the city! Call 07717201791 to book.
Monet & Architecture at The National Gallery	25th July 10.30-12.30	The National Gallery Trafalgar Square, London WC2N 5DN	6, 24, 36, 87	FREE	Join us for this self-led exploration of the Monet exhibition. This new way of looking at Monet's work shows how he used architecture to create his compositions, both in his most famous paintings and lesser-known works. Book on 07717201791 to see more than 75 paintings by Monet, together for the very first time.
London Transport Museum Trip	29th August 10.30-12.30 & 2.00-4.00	Covent Garden Piazza, London WC2E 7BB	6, 98, 134	FREE	Join us for this self-led exploration of The London Transport Museum in Covent Garden which seeks to conserve and explain the transport heritage of Britain's capital city. Call 07717201791 to book.
NEW! Churchill Hub Cake and Chat (Monthly)	25th July & 22nd August 11.00-12.30	Eileen Anderson Court, Johnson's Place SW1V 3EZ	24, C10, 360	FREE	Come enjoy a homemade treat and a cup of tea. We'll bake something different each time. Requests are welcome!
Photographers Gallery Trip	8th August 11.00am	16-18 Ramillies Street, London W1F 7LW	6, 7, 36, 414, 98	FREE	Join us for an introductory tour of the Photographers Gallery followed by time for self-exploration to enjoy their fabulous exhibits. Book now on 07717201791 .
Regent Street Classic Matinees *NEW TIME	Every Wednesday 12.00-2.00 Or 3.30-5.00	Regent Street Cinema 309 Regent St London, W1B2UW	88, 453 C2	£1.75	Weekly matinee film screening at the newly renovated Regent Street Cinema.(north of Oxford Circus) For details of films call: 020 3713 8737
Afternoon Tea with Live Music	1st August 12.00-2.00	St Margaret's Activity Centre, 1 Carey Place SW1V 2RT	2,36, 185, 436, C10, 360	FREE	Join us for an afternoon of live Jazz performed by Musicus accompanied with afternoon tea! Please call 07530 734 489 to book.
Film Club	29th August 1.30-3.30	St Margaret's Activity Centre, 1 Carey Place SW1V 2RT	2,36, 185, 436, C10, 360	£2	Join us for a new quarterly film club at St Margaret's. £2 includes a hot drink & popcorn! This month's film is Goodbye Christopher Robin (2017)
Steady and Stable (Class 1 – high level) MUST BOOK *NEW SUMMER VENUE	25th July, 1st & 8th August 1.00-2.15	Beethoven Centre Third Avenue, Queen's Park W10 4JL	6, 187, 316	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on 0208 962 4537 .

Yoga	Every Wednesday 2.00-3.00	Dance Studio at Paddington Arts 32 Woodfield Rd W9 2BE	18, 28, 31,36 228,	£1	Unwind & relax the mind, maintain flexibility & build strength. All welcome whatever your reason for practicing yoga! 
Sketching at Museums & Galleries	8th, 15th, 22nd, 29th August 2.00-4.00	Various Museums or Galleries	N/A	£2	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 .
Steady and Stable (Class 2 – low level) MUST BOOK *NEW SUMMER VENUE	25th July, 1st & 8th August 2.15-3.15	Beethoven Centre Third Avenue, Queen's Park W10 4JL	6, 187, 316	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on 0208 962 4537 .
Regent Street Ballroom Dancing	Every Wednesday 2.15-3.15	The Bar Regent Street Cinema 309 Regent St W1B 2UW	88, 453 C2	FREE	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!

THURSDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
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,	£12 per half hour	Massage, Shiatsu, Reflexology, Reiki or Indian Head massage. To book phone 07717201791 . Some availability on other days!
Buckingham Palace Trip	2nd August 9.00-12.00	Buckingham Palace, London SW1A 1AA	16, 18, 36, 52, 414	FREE	Visit the State Rooms at Buckingham Palace in this guided visit including a personal tour and refreshments! Spaces are limited so book now on 07717201791 .
Buckingham Palace Trip	16th August 9.00-12.00	Buckingham Palace, London SW1A 1AA	16, 18, 36, 52, 414	FREE	Visit the State Rooms at Buckingham Palace in this guided visit including a personal tour and refreshments! Spaces are limited so book now on 020 3713 8737 .
Phone Club: Discussion group For the Housebound	1.00-2.00	Comfort of your home	N/A	FREE	Conversation topics range from 'current affairs' to 'health', 'films', & 'quizzes. Phone Hester on 020 37138736 .

Steady and Stable MUST BOOK	Until 9th August 1.00-2.00	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Tina on 0208 962 5582 .
Steady and Stable MUST BOOK	Until 9th August 1.00-2.15	St Giles in the Field, 60 St Giles High Street, WC2H 8LG	24, 29, 134, 176, 242	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Tina on 0208 962 5582 .
Book Talk: Phone Discussion group For the Housebound	Last Thursday of the month 2.30-3.30	Comfort of your own home	N/A	FREE	Discuss a book delivered by home library service. Call Hester for info on 020 3713 8736 .
Phone Club: Discussion group for those who are housebound	4.00-5.00	Comfort of your own home	N/A	FREE	Conversation topics range from 'current affairs' to 'health', 'films', & quizzes. Phone Hester on 0203713 8736 for more information.

FRIDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Board Games Cafe (In partnership with Octavia Housing) *NEW SUMMER VENUE	27th July & 3rd/ 10th/17th/24th 31st August 10.00-12.00	Leonora House, 49 Lanark Road, Maida Vale W91AP	6, 18, 187, 414	FREE	Try your hand at Scrabble, Cards or Dominoes. Bring your knitting and get ready for a natter! Or just come to relax and enjoy the friendly atmosphere! Everyone welcome! (Refreshments- £0.30)
Kensington Palace Visit	17th August 11.00-1.00	Kensington Palace Kensington Gardens, London W8 4PX	28, 31, 52, 328, 452	FREE	Join us for a royal afternoon as we visit the beautiful Kensington Palace. Explore different periods of the palaces' history with exhibits including 'Victoria Revealed' through to 'Diana: Her Fashion Story'. Call 07717201791 to book!
Simply Art Workshop at Kensington Palace	10th August 12.30-3.30	Kensington Palace Kensington Gardens, London W8 4PX	28, 31, 52, 328	FREE	Join us as we take our Simply Art course on the road for a trip to explore Kensington Palace! Have time to explore the palace followed by an art workshop with tutor Monica! All abilities welcome! Call 07717201791 to book!
Osteo Blast	Until 10th August 2.30-3.30	The Abbey Centre 34 Great Smith Street SW1P 3BU	87, 88	£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 .
Walking Football	4.00-5.00	Meet at St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10,	FREE	A great activity to get fit, learn new skills, have fun and socialise all at the same time!

SATURDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Keep Fit / Get Strong	Every Saturday 11.00-12.00	Academy Sports Centre 255 Harrow Road W2 5EZ (at end of Torquay Street side road)	18, 36	£1.50	Cardiovascular aerobic exercise
Stretch & Relax:	Every Saturday 12.00-1.00			£1.50	Stretch & relaxation
Badminton Competition	4 th August 1.00-4.00	St Augustine's Hall, Oxford Road, London NW6 5SN	6,16 31, 36, 187, 316, 328	TBC**	A chance to take part in a fun and informal competition against fellow Open Age members. **
Queens Park Summer Festival	11 th August 1.00-4.00	St Jude's Hall, Ilbert Street, W10 4DL	18, 28, 228	FREE	Celebrate Summer with the Queen's Park Summer Festival 50+ zone for an afternoon of music, dancing, games and afternoon tea. Don't miss festival favourite Franz Black! This event is inside so pop along come rain or shine!

SUNDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Strictly Sunday – Ballroom & Latin Dancing	Every Sunday 2.00-4.00	Academy Sports Centre 255 Harrow Road W2 5EZ (at end of Torquay Street side road)	18, 36 18, 36	£3	A Sunday session for all dance abilities with an expert tutor and refreshments.



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.**