

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



Hammersmith & Fulham Activity Programme Summer 2019

Welcome to our summer activity programme

Our new summer programme offers lots of ways to stay active during late July and August. There is also lots going on at the Second Half Centre for you to enjoy – see inside for details.

Why not join us on one of our exhibition visits or try one of our summer taster events?

New autumn programme coming soon

Look out for our new autumn activity programme which will be coming to your home at the end of August.

This autumn we'll be running a super new activity- **Stand Up for the over 50s** - in which you can practice writing comedy – and even perform a 5-minute Stand Up routine. Will you dare to challenge yourself? See inside for details!

News & Local Events



Open Age Art Exhibition & Saatchi Gallery visit

Day: Tuesday 6th August

Time: 2.30pm

What it's all about:

Come and admire Open Age members' artwork at this public exhibition. There'll also be a chance to visit other exhibitions at the gallery. **14 places available.**

A £2 administration fee will be collected on the day.

Address

Saatchi Gallery
Duke of York's HQ, King's Rd
SW3 4RY

For booking details, see enclosed Trips programme



Pétanque & Bowling

Day: Thursday 8th, 15th & 22nd August

Time: 2.00 - 4.00pm

What it's all about:

Always wanted to learn more about pétanque and bowling? Come and give it a go at the West London Bowling Club. The sessions are free and will be led by the Club's seasoned players.

Free

Address

West London Bowling Club 112A
Highlever Rd
W10 6PL

Must book. Please phone 020 8961 4141



Mary Quant

Day: Wed 21st August

Time: 2.30pm

What it's all about:

From miniskirts and hot pants to vibrant tights and makeup, discover how Mary Quant launched a fashion revolution on the British high street. Includes unseen pieces from the designer's personal archive. **14 places available.**

A £2 administration fee will be collected on the day.

Address

Victoria & Albert Museum
Cromwell Road
SW7 2RL

For booking details see the enclosed Trips programme

Mondays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Steady & Stable MUST BOOK	Two morning sessions: 10.00 - 11.00 <i>High level</i> 11.00 - 12.15 <i>Low level</i> Last session 5th August	Age UK (H&F), 105 Greyhound Rd, W6 8NJ	190, 211, 220, 295 Tube: Barons Court (15min walk)	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582
Steady & Stable Low Level MUST BOOK	12.45 - 1.45 Last session 5th August	Bishop Creighton House, 374-380 Lillie Rd, SW6 7PH	190, 211, 295 Tube: Barons Court (20 min walk)	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582
Step into Confidence MUST BOOK	2.00 - 3.00 No session on 29th July Last session 12th August	Richford Gate Medical Centre Richford Street W12 0NX	94, 237, 272 Tube: Goldhawk Road	FREE	Fun, evidence-based programme combining chair-based and balance exercises to improve confidence in daily activities Book with Vivienne on 078 24 48 49 84
Boxing Fitness	2.00 - 3.00 Last session 12th August	Parish Hall Our Lady of Fatima Commonwealth Avenue W12 7QR	72, 95, 220 228, 283 Tube: White City	£1	Come and try this fun and interactive boxing fitness class designed to improve your heart health, strength and coordination In partnership with London Sport

Tuesdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Shared Reading Group Taster Session	10.30 – 11.30 Tuesday 13th August	North End Medical Centre 160 North End Road W14 9PR	28, 391 Tube: West Kensington	FREE	Come and listen to great stories or poems read aloud. You can sit back, relax and listen, join the conversation or read aloud – it's up to you. Experience how relaxing this can be! In partnership with The Reader

Open Age Mile One day only	Starts 11.00 Tuesday 20th August	Paddington Recreation Ground Randolph Avenue W9 1PD	6, 16, 31, 98 328, 332 Tube: Maida Vale	£2	Come and walk, jog or run the first Open Age Mile. Friends and family are welcome to join you. You can also raise funds for Open Age! Call 020 8962 4141 to register
Seated Exercise Taster Session	10.30 – 11.30 Tuesday 20th August	North End Medical Centre 160 North End Road W14 9PR	28, 391 Tube: West Kensington	FREE	A chance to see how seated exercise can help improve your strength, balance and flexibility and increase your confidence when walking outdoors!
Steady & Stable Mixed Abilities MUST BOOK	10.30 - 11.30 Last session 6th August	All Saints Church, Pryors Bank Pavilion Bishops Park SW6 3LA	14, 220, 228, 283 Tube: Putney Bridge	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582
Steady & Stable Mixed Abilities MUST BOOK	Two morning sessions: 11.00 - 12.00 <i>High level</i> 12.00 - 1.00 <i>Low level</i> Last session 6th August	White City Community Centre India Way W12 7QT	72, 95, 220, 228, 283 Tube: White City	FREE	Fun evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582

Wednesdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Regent Street Classic Matinees	12.00 - 2.00 or 3.30 - 5.00 EVERY WEEK	Regent Street Cinema 307 Regent St W1B 2HW	88, 453, C2	£1.75	Weekly matinee film screening at the Regent Street Cinema (north of Oxford Circus) For details of films call 020 7911 5050 (Regent St cinema)
Regent Street Ballroom Dancing	2.00 - 3.00 EVERY WEEK	The Bar Regent Street Cinema 309 Regent St W1B 2UW	88, 453, C2	FREE	Join us in the bar in Regent Street Cinema, for a free informal ballroom dance class –doesn't matter if you haven't got a partner! All levels welcome

Thursdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Health Walks	11.00 - 12.00 Starts: 25th July Last session: 5th September	Meet at St Pauls Church Green Queen Caroline St W6 9PJ	33, 72, 209, 220, 283, 295, 419, 485 etc Tube: Hammersmit	FREE NB: Any refreshments will need to be paid for	Anthony will lead you on a healthy walk with routes including along the River Thames to a local park. After the walk there'll be a chance to catch up with new friends over a cup of something hot in a local cafe! Bring water. <i>In partnership with LBHF</i>
Cycle Smarter NEW! Four week courses	10.00 – 12.00 OR 1.00 – 3.00 Dates: 4th July – 25th July 8th – 29th August	Linford Christie Stadium Du Cane Road W12 0DF	7, 27, 70, 72, 134, 139 237, 272, RV1 Tube: East Acton	FREE	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 Six people only per course Must book. Call Tina on 020 8962 4537 <i>In partnership with bikeworks</i>
Mindfulness & Relaxation session Taster session	1.00 - 2.15 One day: 25th July	Communal Hall Wentworth Court Sheltered Housing Laundry Road W6 8QW	74, 190, 295, 430 Tube: Barons Court (10 minute walk)	£1.50	Come and try out some mindfulness practice in this taster session. Mindfulness can help relieve pain, reduce stress and restore well-being. Discover ways to bring more ease and balance to your everyday experience.
Pétanque & Bowling Taster Sessions	2.00 – 4.00 8th August 15th August 22nd August	West London Bowling Club 112A Highlever Road W10 6PL	7, 70	FREE	Always wanted to learn more about pétanque and bowling? Come and give it a go at the West London Bowling Club. The sessions are free and will be led by the Club's seasoned players. Must Book! Please phone 020 8962 4141

Sundays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Free Gym Sessions A gym membership form will need to be complete on your first session.	10.00 - 5.00	Jubilee Hall Trust 30 The Piazza Covent Garden WC2E 8BE	23 Tube: Covent Garden	FREE	Drop in any Sunday and exercise in the gym for free! Available to anyone of any age so why not bring a friend? Classes and gym inductions are available throughout the day.



Summer BBQ The Reed
Thursday 25th July
12.30pm—2.30pm
 at
The Reed Centre
28 Convent Gardens, W11 1NH

Join us for a get together for all users of The Reed, to embrace the season of summer and smiles! Grab some grub, with the best company in town and enjoy some special performances!

Please bring a contribution of £2






Open Age Mile

Tuesday 20th August

11.00am start

Paddington Recreation Ground, W9 1PD

Come and join us at Paddington Recreation Ground and walk, jog or run the first Open Age Mile. Friends and family also welcome to participate!

If you want to 'go the extra mile', sponsorship forms will be available if you wish to raise money for Open Age.

For more information and to **register for the Mile**, please call 0208 962 4141.



Registered Charity Number: 1160125

Stand Up for the Over 50s



Want to write comedy?

Want to perform a stand up routine in front of an audience?

Coming this autumn!



Comedian Simon Watts and Open Age member, Sandra Anlin, are bringing you the chance to learn to write a comedy script. And, if you're willing to test yourself, you can also perform your routine to a live audience at an evening fundraising performance in support of Open Age!

LOOK OUT FOR FULL DETAILS AND HOW TO SIGN UP

IN THE AUTUMN PROGRAMME!



**Imperial College
London**

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The Second Half Centre Activity Programme
29th July – 6th September 2019



MONDAY		
10.00-12.00am	An Introduction to Self Awareness with Renata Taylor <i>Starts 29th July. Bank holiday 26th August.</i>	£2/5*
11.00 -12noon	Latin American Dance with Armand Botha <i>29th July, 5th and 12th August Must Book.</i>	£1/3*
3.30-5.30pm	Men's Space: Meet Up and Social led by Russell <i>22nd, 29th July, 5th August .</i>	FREE
3.30-5.30pm	Film Club (fortnightly) <i>29th July , 5th and 19th August .</i>	FREE
TUESDAY		
10.00-11.00am	Zumba Gold with Vivian Perez <i>30th July, 6th and 13th August . Must Book .</i>	£1/3*
12.45-1.45pm	Steady and Stable Advanced with Francesca Hutchinson <i>23rd, 30th July and 6th August Must Book.</i>	FREE
1.45-2.45pm	Steady and Stable with Francesca Hutchinson <i>23rd, 30th July and 6th August . Must Book.</i>	FREE
3.00-4.00pm	Awareness Through Movement Pilates 1 with Carol Pasciullo. <i>30th July, 6th and 30th August . Must Book.</i>	£1/3
3.15-4.45pm	Work Club with Open Age's Employment Team	FREE
4.15-5.15pm	Awareness Through Movement Pilates Beginners with Carol <i>30th July, 6th and th August . Must Book.</i>	£1/3
WEDNESDAY		
12.45-1.45pm	Intermediate Stretch and Tone with Rachel Teasdale <i>31st July, 7th and 14th August. Must Book.</i>	£1/3
THURSDAY		
10.00-11.30am	Go Generation Table Tennis with Westway Sports and Fitness <i>1st, 8th and 15th August.</i>	£1/3*
11.45-12.45pm	Staying Strong Yoga with Sophia Panas-O'Brien <i>1st, 8th and 15th August. Must Book.</i>	£1/3*
12.15-1.15pm	Exercise to Music and Health Management I with Liz Turner <i>Starts 25th July. Must Book.</i>	£1.50/ 3
1.00– 2.00pm	Bone Density Workout with Natalie Nicoll <i>1st, 8th and 15th August. Must Book.</i>	£1/3*
1.30-2.30pm	Exercise to Music and Health Management II <i>Starts 25th July. Must Book.</i>	£1.50/ 3
2.30-3.30pm	Stretch and Tone Beginners <i>1st, 8th and 15th August. Must Book.</i>	£1/3*
3.15-4.45pm	Work Club with Open Age's Employment Team	FREE
3.45-4.45pm	Boxing Fitness <i>Last class 15th August.</i>	£1/3*
FRIDAY		
11.00-1.00pm	Time For Me Carer's Activities with Liz Butters <i>No class 23rd August .</i>	FREE
1.00-2.00pm	Abs, Bums and Thighs with Rachel Teasdale <i>2nd, 9th and 16th August.</i>	£1/3*
2.00-3.00pm	Healthy Lungs with Hansa Bhodia <i>Class ends 26th July and resumes on 30th August . Must Book.</i>	FREE
SUNDAY		
12.30-2.30pm	MEALS: Meet, Eat and Learn, Sunday lunch <i>28th July and 4th August. Must Book.</i>	£4.50

Our friends at the GP Federation recommend nine checks to ensure we're all in our best health. For more details, pick up a leaflet at your medical centre and to arrange any or all of the tests, speak to your GP.



Health tests that could save your life

We all worry about our health as we get older. But by undergoing routine health checks, which take just minutes to perform, you can spot any problems in the early stages when they are easier to treat.

- 1. Blood Pressure Tests**

- 2. NHS Health Check**

- 3. Skin Checks**

- 4. Cervical Screening Test**

- 5. Breast Screening**

- 6. Bowel Cancer Screening**

- 7. Cholesterol tests**

- 8. Vaccinations**

- 9. Abdominal aortic aneurysm (AAA) screening**