

Activities for people over 50  
 FREE MEMBERSHIP  
 openage.org.uk



Celebrating Age, Stage & Experience

## New Horizons Activity Programme

**Tue 23rd April – Thur 11<sup>th</sup> JULY 2019** V.22

**Half Term: MON 27<sup>th</sup> – FRI 31<sup>st</sup> MAY 2019**

**End of Term Party: FRI 12<sup>th</sup> JULY 2019**

[facebook.com/newhorizonschelsea](https://facebook.com/newhorizonschelsea)

New Horizons, located in the Guinness Trust Estate, Cadogan Street SW3, is open weekdays from 9.30am - 4.00pm

Membership is free and open to people over 50. If you live outside of Kensington and Chelsea, you can fill in the membership form and be added to the waiting list for non-borough membership.

For general enquiries ring: **0207 590 8970**.

Registered Charity No: 1160125

### TRANSPORT SERVICE

Buses 19, 22, 137, 452, C1 to Sloane Street; buses 11, 211, 319 to King's Road (stop nearest to Draycott Avenue); bus 360 to Sloane Avenue and Draycott Terrace; Sloane Square is the nearest Tube.

New Horizons is easily accessible by public transport. However, for those residents of Kensington and Chelsea who are unable to use public transport, assistance in getting to and from New Horizons activities is available. Ring the centre to find out more about how we can help.


**PLEASE NOTE: From this term there is a NEW pricing structure – please check your class(es) – in addition, most paid classes are to run for a maximum of 10 weeks only per term.**





### IMPORTANT NOTICE REGARDING EXERCISE CLASSES HELD AT NEW HORIZONS

From Tues April 23<sup>rd</sup>: members can book Physical Activity classes from 9.30am in the morning. This can be done in person or over the phone. This applies to all exercise classes held at the centre. If you book and do not show up for a class, you will be charged regardless for that class. Failure to attend two consecutive classes, will result in us not accepting the said member's advance booking in the future. No messages for booking left on answerphone will be accepted.

## MONDAY


\* **D** – Suggested donation amount. Please make a **Donation** if you are able.




ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
For more Information on ADULT COMMUNITY LEARNING *(ACL) Classes - please see at end of Programme					
<b>Art: Using Watercolours – Beginners</b> *ACL CLASS	9.45 – 11.45 	New Horizons Centre <b>10 week course Starts April 29th</b>		£3.00	Whether you are a budding Monet or complete novice, our painting classes are suitable for beginners as well as for more confident and experienced dabblers. Explore all kinds of styles and techniques. <b>ACL Enrolment Form &amp; ID Required</b>
<b>Jewellery Making Drop In – Beginner</b>	10.00 – 12.00	New Horizons Centre		*D £2.00	Develop your creative talents by making handcrafted jewellery for yourself or loved ones Please bring your own materials.

<b>Poetry For You</b>  	10.00 – 12.00  	New Horizons Centre  <b>10 week course</b> <b>Starts April 29th</b>		£3.00  Learn about various poets, genres and their work in relation to social and cultural context, environment and history in this in depth course. <b>ACL Enrolment Form &amp; ID Required</b>
<b>Italian Conversation</b>	10.00 –12.00	Cremorne Clubroom, Milman's Street, London, SW10 0BY		£2.00  Brush up on your Italian language skills in these informal groups that meet for lively discussions on anything from travel, culture to history and politics.
<b>Men's Group</b> For more info, call Russell on: <b>020 8962 5583</b>	11.00 – 12.30  <b>1st Monday of month</b>	New Horizons Centre		FREE  Men's only social group that includes wide range of activities, variety of speakers and trips out and about.
<b>Scrabble Group Drop In</b>	10.30 – 12.00	New Horizons Centre		* <b>D</b>  £1.00  Do you love words and board games? Then this group is for you! Meet other scrabble lovers & enjoy playing the game with new people.
<b>Pilates – Advanced</b> Can Book from 9.30am on day	12.00 – 1.00  <b>MAX 11 Spaces</b>	New Horizons Centre		£1.00  Slow and controlled exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility.
<b>Italian Conversation</b> - with Gulio	12.00 – 2.00  Starts <b>13<sup>th</sup> May</b>	New Horizons Centre		£2.00  Come practice and learn more about the Italian language and it's usag in everyday situations, with our enthusiastic volunteer Gulio.
<b>Acupuncture – Tomoko</b>  <b>Book on:</b> <b>0752 594 6680</b>	Slots from 12.00 – 4.00  <b>Private Practitioner</b>	New Horizons Centre		£35.00 per session  Fine needles are inserted at certain points in the body for therapeutic or preventative purposes. Treatment encourage the body's self-healing process by restoring the free flow & balance of Qi (the vital energy).
<b>Pilates – Intermediate</b>	1.00 – 2.00  <b>MAX 11 Spaces</b>	New Horizons Centre		£1.00  Slow and controlled exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility.
<b>Sketching at the V&amp;A</b>  	1.00 - 3.00  	V&A Museum, Cromwell Road Entrance, SW7 2RL  <b>10 week course</b> <b>Starts April 29th</b>	C1, 14, 74, 414	£3.00  Explore the depths of the V&A; practice various topics of drawing, including: composition; shape, form and line; light & reflection; volume & shading; portraits and detail. Bring along a sketchbook, pencils and yourself! <b>ACL Enrolment Form &amp; ID Required</b>
<b>Pranayama – Breathing Yoga</b>	2.00 – 4.00	New Horizons Centre		£2.00  The practice of this form of Yoga is intended to promote health, rejuvenation, happiness & harmony.
<b>Book Break</b> - run by the Reader organisation	2.00 – 4.00	New Horizons Centre		FREE  * <b>D</b>  Read short stories, poems, novels & plays together & discuss them over a cuppa. There's no obligation to read or join the discussion.
<b>German Conversation Drop In</b>	2.00 – 4.00	New Horizons Centre		* <b>D</b>  £2.00  Brush up on your German language skills in these informal groups that meet for lively discussions on anything from travel and more.

<b>Monday Games Group Drop In</b>	2.00 – 4.00	New Horizons Centre	* <b>D</b> £1.00	A fun & friendly group which meets in the New Horizons café. Drop in for a chat, a game of Bingo or a quiz.
<b>Unsupported IT Drop-in</b>	3.00 – 4.00	New Horizons Centre	* <b>D</b> £1.00	Drop-in with no booking required. Bring own USB stick to store documents.



## TUESDAY

ACTIVITY	TIME	PLACE	COST	DETAILS
<b>In the News: Current Affairs</b>  NO admittance after start time until break	9.50 – 11.50	New Horizons Centre	£2.00	A discussion group in which participants talk about topical issues. The subjects are of national or international importance, relating to politics, sport or the arts.
<b>French – Intermediate</b>	10.00 – 12.00	New Horizons Centre	£2.00	A fun and friendly class for people who know the basics and want to improve their French.
<b>Conversational English Beginners</b>  * <b>ACL CLASS</b>	10.00 – 12.00 	New Horizons Centre  <b>10 week course Starts May 7th</b>	£3.00	For speakers of other languages, brush up on your spoken, written, and grammatical English and become a more confident speaker. <b>ACL Enrolment Form &amp; ID Required</b>
<b>Shiatsu –</b>  1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month;  Book with Caroline on <b>0208 687 6950</b>	Slots from 10.00 – 1.00  <b>Private Practitioner</b>	New Horizons Centre	£30 per session	Shiatsu is a massage from Japan. It stimulates the body's vital energy flow and restores balance. This makes you feel deeply relaxed and in touch with the body's own healing abilities. May help arthritis, back, neck & shoulders, injuries & stress.
<b>Supported IT Drop-in</b>	12.00 – 2.00	New Horizons Centre	* <b>D</b> £1.00	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.
<b>Kundalini Yoga</b>	12.00-1.00	New Horizons Centre	£1.00	Health and Wellbeing through yoga and meditation: Managing anxiety, stress, and low mood.
<b>Social Bridge Group for Intermediates</b>	12.30 – 3.30  <b>Please Note: NEW TIME</b>	Lewis Estate Clubroom, Ixworth Place (corner of Elystan Street) SW3 3QG	* <b>D</b> £1.00	A fun and social way to improve memory and concentration whilst playing bridge. This group is <b>untutored</b> and for <b>experienced</b> players.
<b>Osteopathy (1<sup>st</sup> &amp; 3<sup>rd</sup> Tues of month)</b> Please <b>BOOK</b> with Lucy on <b>0771 264 7282</b>	Slots from 1.00 – 4.00	New Horizons Centre	Varies	Helps with Arthritic, Back & Neck Pain, Headaches, Osteoporosis, Chronic Shoulder Problems, Loss of Balance, injuries from falls, and stress related problems.
<b>Massage &amp; Reflexology</b> – Book with Sarah on: <b>0798 923 8078</b>	Slots from 1.00– 4.00  <b>Private Practitioner</b>	New Horizons Centre	£30	1 to 1 session - Relax and de-stress with a full body massage or target pressure points on hands and feet to help relieve pain and promote better health.

<b>Zumba</b>	1.00–2.00 <b>MAX 12 Spaces</b>	New Horizons Centre	£1.00	The class is broken down into easy-to-follow steps and routines for everyone, to enjoy - ditch the workout - join the party.
<b>Cruse Bereavement Support Group</b> <b>MUST BOOK</b> Starts 4 <sup>th</sup> June	1.30-3.00  <b>NEW</b> 6 week course	The Reed  28 Convent Gardens, London W11 1NH	FREE	A small, friendly, group offered by Cruse Bereavement Care, to members who may be experiencing difficulty coping after someone has died. The group will be facilitated by 2 trained Cruse volunteers for 6 weeks - a safe place for members to share their feelings and learn how others are coping. Attending the first session is essential, so the facilitators can explain what is on offer and you can decide if you think this is the sort of support that might be helpful to you. <b>Please call 0208 962 5500 to book or for more information.</b>
<b>Creativity in Writing</b> <b>*ACL CLASS</b>	2.00 – 4.00 	New Horizons Centre <b>10 week course</b> <b>Starts April 23rd</b>	£3.00	Write about travel, nature, autobiographies, memoirs, essays, rants & almost anything else you can think of. Air your opinions, share fascinating facts and learn how to improve your writing. <b>ACL Enrolment Form &amp; ID Required</b>
<b>Guitar: Intermediate Level</b> <b>Starts 4<sup>th</sup> June</b>	2.00 - 4.00 <b>NEW</b> <b>Bring your own guitar</b>	New Horizons Centre	£2.00	Enjoy improving your guitar skills and learn new songs to practice along to in this fun and friendly class.
<b>Drama</b> <b>*ACL CLASS</b>	2.00 – 4.00 	New Horizons Centre <b>10 week course</b> <b>Starts May 7th</b>	£3.00	Discover your inner thespian and join this fun class, using scripts, improvisation and applied theatre techniques. <b>ACL Enrolment Form &amp; ID Required</b>
<b>Sketching at The Saatchi Gallery</b> <b>Starts 30<sup>th</sup> April</b> <b>Limited Spaces</b> <b>Please BOOK</b>	3.00 – 5.00 <b>NEW</b>	Duke of York's HQ, King's Rd, Chelsea, London SW3 4R	£2.00	Get creative with the Saatchi gallery; practice various topics of drawing, including: composition; shape, form and line; light & reflection; volume & shading. Bring along a sketchbook, pencils and yourself!


## WEDNESDAY

ACTIVITY	TIME	PLACE	COST	DETAILS
<b>Third-Age Counselling Service</b>	9.30 – 4.00 Ring <b>0207 976 6667</b> to Book	New Horizons Centre	FREE	One-to-one counselling service run by the Third Age
<b>Steady &amp; Stable</b> – Falls Prevention Class.	9.45 – 10.45 Please call: <b>0208 962 5582</b>	New Horizons Centre	FREE	A fun tried & tested exercise programme to improve balance, strength, reduce falls & ensure independent mobility.

<b>Social Jewellery Making in cafe</b> with Marcia	10.00 – 12.00	New Horizons Centre		* D £1.00	Develop your creative talents by making handcrafted jewellery. Bring your own materials.
<b>Jewellery Making</b> - with Elaine	10.00 – 12.00	New Horizons Centre		£2.00	Develop your creative talents by making handcrafted jewellery for yourself or loved ones. Bring your own materials. Beginners Welcome!
<b>Fitness Aerobics</b>	11.00 – 12.00 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.00	A combination of low impact moves which raise the heart rate, burn calories and improve leg strength, with low impact sections.
<b>Dancercise</b>	12.00 – 1.00	New Horizons Centre		£1.00	Express yourself and burn calories with easy to follow various dance moves set to a range of music.
<b>Unsupported IT Drop-in</b> <b>NOTE: 1 hr ONLY</b>	12.00 – 1.00	New Horizons Centre		* D £1.00	Drop-in with no booking required. Bring own USB stick to store documents.
<b>Zumba at Chelsea Theatre Studio Space</b>	12.00-1.00	Chelsea Theatre Studio Space, 10 World's End, King's Road, SW10 0HE		£1.00	The class is broken down into easy-to-follow steps and routines for everyone, to enjoy - ditch the workout - join the party.
<b>Russian - Intermediate</b>	12.00 - 1.00	New Horizons Centre		£1.00	For people with an intermediate level of the Russian language.
<b>Russian - Advanced</b>	1.00 – 2.00	New Horizons Centre		£1.00	Continue with your Russian language in this next level course.
<b>Chair Exercise –</b> Run by RBKC Leisure Services	1.00– 2.00 <b>Max 14 Spaces</b>	New Horizons Centre		£1.00	Seated exercise class that focuses on improving your limb mobility, muscle strength, co-ordination, balance and range of movement.
<b>Singing</b> <b>Starts 5<sup>th</sup> June</b>	2.00 – 4.00	New Horizons Centre		£2.00	If you are new to singing or you'd like to brush up on your technique then this is the perfect class for you!
<b>General Knowledge Quiz Drop In</b>	2.00 – 4.00	New Horizons Centre		£1.00	A fun, informal and non-competitive group for anyone with a love of facts and trivia!
<b>Sketching at the V&amp;A II</b>  <b>* ACL CLASS</b>	2.00 - 4.00 	V&A Museum, Cromwell Road Entrance, SW7 2RL  <b>10 week course Starts April 24th</b>	C1, 14, 74, 414	£3.00	Explore the depths of the V&A; practice various topics of drawing, including: composition; shape, form and line; light & reflection; volume & shading; portraits and detail. Bring along a sketchbook, pencils and yourself! <b>ACL Enrolment Form &amp; ID Required</b>
<b>Lip Reading &amp; Hearing Loss</b>  <b>MUST BOOK</b> <b>* ACL CLASS</b>	2.00 – 4.00 	New Horizons Centre  <b>10 week course Starts April 24th</b>		£3.00	Lipreading and Coping Strategies for Managing Hearing Loss in Adults. This course aims to enable adults who have acquired hearing loss to develop coping strategies to manage their hearing loss better. <b>ACL Enrolment Form &amp; ID Required</b>



## THURSDAY

ACTIVITY	TIME	PLACE		COST	DETAILS
<b>Pilates 1-2-1 Sessions</b> -With Jocelynne	9.00 – 12.00 <b>Book on:</b> <b>07931 543 226</b>	New Horizons Centre		£35 per session	Pilates exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility.
<b>Chair Yogalates</b>  MAX 12 Spaces	9.45 – 10.45	New Horizons Centre		£1.00	This is a chair based class with a combination of yoga and Pilates postures and breathing techniques
<b>Literature Appreciation</b>	10.00 – 12.00  MAX 12 Spaces	New Horizons Centre		£2.00	Encounter writers both famous and unfamiliar from all corners of the world; lively and weekly discussions.
<b>Stroke Survivors &amp; Carers Social Group</b>	10.00 – 12.00	New Horizons Centre		£1.00	An informal social group for people who have had strokes and their Carers. Enjoy tea, coffee, and the mutual support of other stroke survivors.
<b>Italian Archeaology</b>	10.00 – 11.00	New Horizons Centre		£1.00	Come and learn about the history and world of Italian Archeology with former teacher Ira.
<b>Lewis Art Group</b>  SUSPENDED - RESTART DATE 25 <sup>th</sup> April	10.30 – 12.30	Lewis Estate Clubroom, Ixworth Place (corner of Elystan Street) SW3 3QG	11,14 19,22 49, 211, 319, 345, 360, 414	£2.00	An informal class in which students of all levels work on projects of their choice with guidance from a professional artist/tutor. Students can work in oils, watercolours, pastels, pencils, or other media. Students bring their own materials.
<b>Zumba</b>	11.30-12.30	Mary Smith Court, Ground Floor, 17 Trebovir Road, SW5 9NF	C1, C3 74, 328, 430	£1.00	Dance exercise to Latin music. Build up your energy levels in this exciting class!
<b>Flow Yoga</b>	11.00 – 12.00  MAX 12 Spaces	New Horizons Centre		£1.00	A yoga and Pilates inspired class with controlled breathing and carefully structured moves.
<b>Spanish Conversation</b>	11.00 – 12.00  MAX 12 Spaces	New Horizons Centre		£1.00	Brush up on your Spanish language skills in these informal groups that meet for lively discussions.
<b>Massage &amp; Reflexology</b> – Book with Sarah on: <b>07989 238 078</b>	Slots from 12.00 – 4.00  Private Practitioner	New Horizons Centre		£30	1 to 1 session - Relax and de-stress with a full body massage or target pressure points on hands and feet to help relieve pain and promote better health.
<b>Chi Gong – Beginner</b>	12.00 – 1.00  MAX 12 Spaces	New Horizons Centre		£1.00	A slow moving and gentle exercise, carried out in a relaxed manner without strain; suitable for anyone irrespective of age or condition.
<b>Chair Exercise at Dain Court</b>	12.00 – 1.00	Dain Court, 114 Lexham Gardens, W8 6JF		£1.00	For anyone who has joint or mobility problems. Learn to exercise safely and effectively.
<b>Supported IT Drop-in</b>	12.00 – 2.00	New Horizons Centre		* D £1.00	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.

<b>French Conversation – Advanced</b>	12.30 – 2.00	New Horizons Centre		£1.50	Brush up on your French language skills in these informal groups that meet for lively discussions.
<b>Chair Exercise at Mary Smith Court</b>	1.00 – 2.00	Mary Smith Court, ground floor lounge, 17 Trebovir Road SW5 9NF. <i>Ring Bell for entry.</i>	74, 328, C1, C3	£1.00	For anyone who has joint or mobility problems. Learn to exercise safely and effectively. Improve mobility, flexibility and strength with simple chair based exercises.
<b>Chi Gong – Intermediate</b>	1.00– 2.00 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.00	A slow moving and gentle exercise, carried out in a relaxed manner without strain and suitable for those who have done Chi Gong before.
<b>Men’s Reminiscence Group</b>	1.30-3.00	New Horizons Centre		FREE	Do you have any memories you would like to share? A chance to reminisce with like-minded people. <b>Call Russell on 0208 962 5583</b> for more information about the group.
<b>Spanish - Advanced</b> <b>Starts 25<sup>th</sup> April</b>	2.00 – 4.00 <b>NEW</b>	New Horizons Centre		£2.00	A fun and friendly class for people who want to improve their Spanish language and usage.
<b>Life Stories</b>  <b>* ACL CLASS</b>	2.00 – 4.00 	New Horizons Centre  <b>10 week course</b> <b>Starts April 25th</b>		£3.00	Write your personal stories in a fun and supportive atmosphere. Weekly themes such as travel, family, childhood & many more unusual topics. <b>ACL Enrolment Form &amp; ID Required</b>
<b>Falls Prevention</b> – Please call the Falls team on <b>020 8102 5494</b> to register	2.15 – 3.45	New Horizons Centre		FREE	An 8-week course for people who have had a fall or are feeling unsteady on their feet. Sessions focus on increasing strength, balance, confidence, advice and support.
<b>Coffee Afternoon</b>  Thurs 18 <sup>th</sup> Apr Thurs 9 <sup>th</sup> May Thurs 6 <sup>th</sup> June	2.30 – 3.30	Mary Smith Court, 17 Trebovir Road, SW5 9NF.		* <b>D</b>  £1.00	Held on the second Thursday of each month. For more information, please contact Symone Stephens-Morgan on: <b>0746 795 2969</b> (works Tues & Thurs)

## FRIDAY

ACTIVITY	TIME	PLACE		COST	DETAILS
<b>Line Dancing</b>	10.00 – 11.00 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.00	Have fun learning steps and sequences to some great tunes to keep you healthy and fit.
<b>Book Club – 3<sup>rd</sup> Friday of the month</b>	10.00 – 12.00	New Horizons Centre		£2.00	Read a book selected by the group and then come and discuss it!
<b>Meditation – 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month</b>	10.15 – 11.45	New Horizons Centre		£1.50	Relax, enjoy some quiet time, and leave your worries behind.

<b>Yogalates</b>	11.00 – 12.00 MAX 12 Spaces	New Horizons Centre		£1.00	A class based on a combination of yoga and Pilates postures and breathing techniques to help with overall health.
 <b>Pilates - Beginners</b>	11.00 – 12.00 <b>Starts May 3rd</b> Bring own mat	St Mary's Church, The Boltons, SW10 9TB		£1.00	Slow and controlled exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility.
<b>Ballet Bar Conditioning</b>	12.00 – 1.00 MAX 12 Spaces	New Horizons Centre		£1.00	Strengthen your muscles to gain flexibility, improve posture, balance using ballet bars.
 <b>Chair Exercise</b>	12.00 – 1.00 <b>Starts May 3rd</b>	St Mary's Church, The Boltons, SW10 9TB		£1.00	Seated exercise class with focus on improving your limb mobility, muscle strength, co-ordination, balance and range of movement.
<b>Crack the Cryptic Crossword</b>	12.00 – 2.00	New Horizons Centre		£2.00	Learn tips and secrets for completing and unravelling the secrets of cryptic crosswords.
<b>Unsupported IT Drop-in</b>	12.00 – 2.00	New Horizons Centre		* D £1.00	Drop-in with no booking required. Bring own USB stick to store documents.
<b>Pilates Body Conditioning</b>	1.00– 2.00 MAX 12 Spaces	New Horizons Centre		£1.00	Strengthen; improve flexibility and body posture using different multiple forms of Pilates exercises; standing, chair and floor based.
<b>Stretch &amp; Tone Fitness</b>	2.00 – 3.00 MAX 12 Spaces	New Horizons Centre		£1.00	Get fit and work out your body in this stretch & tone class, including mat based exercises to get healthy.
<b>Reiki – with Ranjanie</b> Book at Reception	Slots from 1.00– 4.00	New Horizons Centre		*D	1 to 1 Session - A non-intrusive therapy (no massage or manipulation) carried out through clothing.
<b>Carers' Group &amp; Social – for information; ring: 0208 962 4141</b>	2.00 – 4.00	Various Venues		Prices Varies	Social and support group specifically for people who care (unpaid) for a family member of friend. A variety of different activities /trips/sessions each week.
<b>Shakespeare &amp; French Classical Drama</b>	2.00 – 4.00 MAX 12 Spaces	New Horizons Centre		£2.00	A captivating and entertaining journey through The Bards works and origins of French classical literature.
<b>Legs, Bums &amp; Tums at Chelsea Theatre Studio Space</b>	3.45 -4.45	Chelsea Theatre Studio Space, 10 World's End, King's Road, SW10 0HE	11, 22, 328, C1	£1.00	Multi-exercise class aims to improve your limb mobility, muscle strength, co-ordination, balance and range of movement for overall health and fitness.

**\* ADULT COMMUNITY LEARNING CLASSES:** ACL classes are funded by the Skills Funding Agency and European Social Fund. They are different to the standard drop in classes and are more structured, with set times scales for the courses and Individual Learning Plans (ILP's), coursework and targets etc. involved. Because the classes receive this funding and are also subject to inspection by Ofsted, there are targets and quality standards imposed as a condition of the funding. There is an expectation when you enrol, that you'll be willing to contribute to meeting these by attending every session, if possible, and working with the tutors to achieve your learning goals, otherwise our continued funding for these courses could be affected.

ACL classes are usually £3.00 per class, but are free for those receiving certain benefits (proof required).

New Horizons is a pioneering activity centre for older people delivered by a consortium of three charities, Open Age, Age UK Kensington and Chelsea and the Guinness Trust, in partnership with the Royal Borough of Kensington and Chelsea and NHS Kensington and Chelsea. Lead organisation: Open Age. Open Age is registered as a charity in England and Wales No 1160125.





# Regent Street Cinema

Every Wednesday

Regent Street Classic

Matinees- £1.75

12.00-2.00pm OR 3.30-5.00pm

Weekly matinee film screening at the newly renovated Regent Street Cinema.

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

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

## Regent Street Ballroom

Dancing- Free

2.15-3.00pm

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



307 Regent St, Marylebone,  
London, W1B 2HW





# Open Age: Creative Writings Book



Fresh off the press and on sale now, Open Age's first anthology of stories, essays and poems.

This collection was written exclusively by Open Age authors, who attend our creative writing classes. The topics addressed in this anthology are as varied as our membership and each member/author brings a unique style to their art.

Purchase your copy now in either **Paperback for £5.00** or as an **E-Book for £3.50** on Amazon or speak with a member of staff.

**PAPERBACK - £5.00**  
**E-BOOK - £3.50**

**BUY NOW**  
**amazon.co.uk**

A percentage of profits will go directly to Open Age



Image Credit: Hester Jones

## Open Age: Creative Writing Workshops

Saturday 27th and Sunday 28th April

From  
12noon-4pm  
at

Tate Modern's Blavatnik Building,  
Level 5, Bankside  
London SE1 9TG



Drop in and explore the idea of ageing as transition and examine the elision of identity that we all experience, whether young or old, as we travel across the life course. 'Age/ncy' offers an interactive space for us to reflect on perceptions of ageing and celebrate the profound sense of identity, community and Independence that older people can access through art.

Flourishing Lives, (a London-wide coalition of organisations taking a creative, relational approach to supporting richer, more independent lives for older people) will host their 'Age/ncy' programme in Tate Modern's Blavatnik building. This will include artists, community groups and organisations from across the Flourishing Lives coalition.

Come to the Open Age Creative Writing workshops on Saturday 27<sup>th</sup> and/or Sunday 28<sup>th</sup> April, from 12noon -4pm, to enjoy writing stories that investigate change and ageing in people, places and things as they move through time.

For more information call The Second Half Centre on 0208 962 5500.

Bring your loved ones!



## Dementia Action Week 2019

As part of Dementia Action Week (Monday 20<sup>th</sup> May – Sunday 26<sup>th</sup> May) Open Age will be hosting activities to raise awareness across the organisation.

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

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



Image Credit: From Peter Dunn's 'Heart of The Community'

As part of the London Creativity and Wellbeing Week, join Open Age and explore

# A Tale as Old as Time...

Friday 14th June

12-4pm

At The Second Half Centre

St Charles Centre for Health and Wellbeing,  
Exmoor Street, W10 6DZ

Uncover the art of the narrative and revel in tales of time and memory, in a wondrous land of creativity, where you can dare to dream.

Join Open Age right here in London, as part of London Creativity and Wellbeing Week. The Second Half Centre will be filled to the brim with art, performances and workshops to take part in. This is a FREE event, but donations welcome!

**\*\*Deadlines for members submitting artwork, no later than Friday 7th June\*\***

**\*\*Light refreshments will be provided\*\***

For more information call 0208 962 5500





**SCIENCE  
MUSEUM**

## **Explore and Discover at the Science Museum**

**Tuesday 9 July 2019**

**14:00 – 16:30**

Come and explore the Science Museum collection and discover more about space as we celebrate the 50<sup>th</sup> anniversary of the first human landing on the moon.

To get your **FREE ticket(s)** please book from the **1st May 2019** over the phone by calling **020 7942 4000** between 8:30 – 18:00 **OR** you can book online here **[sciencemuseum.org.uk/exploreapollo](http://sciencemuseum.org.uk/exploreapollo)** from May onwards.

This is a first come, first serve basis and not to be booked in groups to be clear, as this is to give all members the opportunity to attend.

