

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



Open Age New Horizons Activity Programme

MON 2nd SEP – FRI 13th DEC 2019 V.10



Celebrating Age, Stage & Experience

Half Term: MON 21st – FRI 25th OCT 2019

facebook.com/newhorizonschelsea

TRANSPORT SERVICE

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

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.

Membership is free and open to people over 50.

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.

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


Registered Charity No: 1160125




PLEASE NOTE: FOR EXERCISE CLASSES HELD AT OPEN AGE NEW HORIZONS -


Members can book Physical Activity classes from **9.30am** in the morning. This can be done **in person or over the phone**. This is for 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.

We cannot let members join more than 5 mins late into the exercise classes.

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 | | | | | |
| Art: Using Watercolours – Beginners *ACL CLASS LIMITED SPACES PLEASE BOOK | 9.45 – 11.45  | New Horizons Centre 10 week course Starts SEP 23rd | | £3.00 /Free if on benefits | 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. ACL Enrolment Form & ID Required |
| Italian Conversation – with Kathleen & Adriana | 10.00 – 11.50 | New Horizons Centre | | £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. |

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| Jewellery Making Drop In – Beginner | 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. |
| Kensington Activity Group Starts 9th Sept | 10.30-12.00 Activities change weekly, please call on numbers  | Meeting Room (under Central Library), Phillimore Walk, W8 7RX. | | £1.50 | KAG is a friendly, social group featuring speakers covering a range of interesting topics. Refreshments are available. Talks are subject to change. - Please call 0208 962 4141 or 0779 9352 895 before attending for more info. |
| Android Smartphones for Beginners *ACL CLASS LIMITED SPACES PLEASE BOOK | 10.00 – 12.00  | New Horizons Centre 10 week course Starts SEP 23rd | | £3.00 /Free if on benefits | For Android Smartphones Only Let's get digital and learn how to use smartphones in this fun and interactive course. Suitable for beginners to learn about email, surfing the internet, some social media, photos and much, much more! Bring your own Android smartphone or use one of ours. ACL Enrolment Form & ID Required |
| Scrabble Group Drop In - Held in Cafe | 10.00 – 12.00 | New Horizons Centre | | * D £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. |
| Men's Group For more info, call Russell on: 020 8962 5583 | 11.00 – 12.30 1st Monday of month | New Horizons Centre | | * D £1.00 | Men's only social group that includes wide range of activities, variety of speakers and trips out and about. |
| Pilates – Advanced Can Book from 9.30am on day | 12.00 – 1.00 MAX 11 Spaces | 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. |
| Italian Conversation - with Gulio | 12.00 – 2.00 Last 9 th Sep Back Jan 2020 | 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. |
| Acupuncture – Tomoko Book on: 0752 594 6680 | Slots from 12.00 – 4.00 Private Practitioner | 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). |
| Pilates – Intermediate Can Book from 9.30am on day | 1.00 – 2.00 MAX 11 Spaces | 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. |
| Sketching at the V&A *ACL CLASS LIMITED SPACES PLEASE BOOK | 1.00 - 3.00  | V&A Museum, Cromwell Road Entrance, SW7 2RL 10 week course Starts SEP 23rd | C1, 14, 74, 414 | £3.00 /Free if on benefits | 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! ACL Enrolment Form & ID Required |


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| Beginners Computers *ACL CLASS LIMITED SPACES PLEASE BOOK | 1.00 - 3.00  | New Horizons Centre 10 week course Starts SEP 23rd | £3.00 /Free if on benefits | This is an beginners computer course designed to help you develop an understanding of the basic function of a computer. How to use the mouse and keyboard, discuss the internet and other computer related topics. ACL Enrolment Form & ID Required |
| Pranayama – Breathing Yoga | 2.00 – 4.00 | New Horizons Centre | £2.00 | The practice of this form of Yoga is intended to promote health, rejuvenation, happiness & harmony. |
| Book Break - run by the Reader organisation | 2.00 – 4.00 | New Horizons Centre | *D FREE Suggested Donation £2.00* | Read short stories, poems, novels & plays together & discuss them over a cuppa. There's no obligation to read or join the discussion. |
| German Conversation Drop In | 2.00 – 4.00 | New Horizons Centre | *D £2.00 | Brush up on your German language skills in these informal groups that meet for lively discussions on anything from travel and more. |
| Monday Games Group Drop In | 2.00 – 4.00 | New Horizons Centre | * D £1.00 | A fun & friendly group which meets in the New Horizons café. Drop by for a chat, a game of Bingo or quiz |
| Phone Club: Current Affairs Talk For the Housebound | 2.30 - 3.30 | Comfort of your own home | FREE | Focus on: Current Affairs, Local and International news, sport, interesting facts and articles, topical talks. Phone Ewa for more info & to join on 0779 9352 895 |
| Unsupported IT Drop-in | 3.00 – 4.00 | New Horizons Centre | * D £1.00 | Drop-in with no booking required. Bring own USB stick to store documents. |
| Phone Club: Creative Writing Group For the Housebound | 4.00 - 5.00 | Comfort of your own home | FREE | Tutor led with Robert Silver. Word games, writing exercises, sharing work aloud for feedback with optional homework. Phone Ewa for more info & to join on 0779 9352 895 |

TUESDAY

| ACTIVITY | TIME | PLACE | COST | DETAILS |
|--|--|---------------------|------------------|--|
| In the News: Current Affairs NO admittance after start time until break | 9.50 – 11.50 STARTS 24th SEPT | 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. |
| French – Intermediate | 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. |
| Greek Mythology Drop In - with Ghada NEW Starts Tues 17 th Sept | 10.00 – 12.00 Max 10 spaces | New Horizons Centre | * D £1.00 | Join this friendly and informal group to discover the heroes and myths of Ancient Greece; starting with the stories of The Odyssey; explore what they tell us. |

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| <p>Shiatsu – 1st and 3rd Tuesday of the month; Book with Caroline on 0208 687 6950</p> | <p>Slots from 10.00 – 1.00 Private Practitioner</p> | <p>New Horizons Centre</p> | <p>£30 per session</p> | <p>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.</p> |
| <p>Supported IT Drop-in</p> | <p>12.00 – 2.00</p> | <p>New Horizons Centre</p> | <p>* D £1.00</p> | <p>Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.</p> |
| <p>Kundalini Yoga Can Book from 9.30am on day</p> | <p>12.00-1.00 Starts 17th Sept</p> | <p>New Horizons Centre</p> | <p>£1.00</p> | <p>Health and Wellbeing through yoga and meditation: Managing anxiety, stress, and low mood.</p> |
| <p>Social Bridge Group for Intermediates</p> | <p>12.30 – 3.30 Please Note: NEW TIME</p> | <p>Lewis Estate Clubroom, Ixworth Place (corner of Elystan Street) SW3 3QG</p> | <p>* D</p> | <p>A fun and social way to improve memory and concentration whilst playing bridge. This group is untutored and for experienced players.</p> |
| <p>Massage & Reflexology – Book with Sarah on: 0798 923 8078</p> | <p>Slots from 1.00– 4.00 Private Practitioner</p> | <p>New Horizons Centre</p> | <p>£30 per session</p> | <p>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.</p> |
| <p>Zumba Can Book from 9.30am on day</p> | <p>1.00–2.00 MAX 12 Spaces</p> | <p>New Horizons Centre</p> | <p>£1.00</p> | <p>The class is broken down into easy-to-follow steps and routines for everyone, to enjoy - ditch the workout - join the party.</p> |
| <p>Creativity in Writing *ACL CLASS LIMITED SPACES PLEASE BOOK</p> | <p>2.00 – 4.00 </p> | <p>New Horizons Centre 10 week course Starts SEP 24th</p> | <p>£3.00 /Free if on benefits</p> | <p>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. ACL Enrolment Form & ID Required</p> |
| <p>Drama *ACL CLASS LIMITED SPACES PLEASE BOOK</p> | <p>2.00 – 4.00 </p> | <p>New Horizons Centre 10 week course Starts OCT 1st</p> | <p>£3.00 /Free if on benefits</p> | <p>Discover your inner thespian and join this fun class, using scripts, improvisation and applied theatre techniques. ACL Enrolment Form & ID Required</p> |
| <p>Carers' Group & Social – for information; ring Vie on: 0208 962 4141</p> | <p>2.00 – 4.00</p> | <p>Various Venues</p> | <p>Prices Varies</p> | <p>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.</p> |



WEDNESDAY

| ACTIVITY | TIME | PLACE | COST | DETAILS |
|--|--|---|-------------------------------|---|
| Third-Age Counselling Service | 9.30 – 4.00 Ring 0207 976 6667 to Book | New Horizons Centre | * D £1.00 | One-to-one counselling service run by the Third Age MUST BOOK |
| Steady & Stable – Falls Prevention Class. | 9.45 – 10.45 Please call: 0208 962 5582 | New Horizons Centre | * D | A fun tried & tested exercise programme to improve balance, strength, reduce falls & ensure independent mobility. |
| Social Jewellery Making Drop in - cafe with Marcia | 10.00 – 12.00 Starts 4th Sept | New Horizons Centre | * D £1.00 | Develop your creative talents by making handcrafted jewellery. Bring your own materials. |
| Jewellery Making - 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! |
| Fitness Aerobics Can Book from 9.30am on day | 11.00 – 12.00 MAX 12 Spaces | 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. |
| Dancercise Can Book from 9.30am on day | 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. |
| Unsupported IT Drop-in NOTE: 1 hr ONLY | 12.00 – 1.00 | New Horizons Centre | * D £1.00 | Drop-in with no booking required. Bring own USB stick to store documents. |
| Zumba at Chelsea Theatre Studio Space | 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. |
| Russian - Intermediate | 12.00 - 2.00 | New Horizons Centre | £1.00 | For people with an intermediate level of the Russian language. |
| Chair Exercise – Run by RBKC Leisure Services | 1.00– 2.00 Max 14 Spaces | New Horizons Centre | £1.00 | Seated exercise class that focuses on improving your limb mobility, muscle strength, co-ordination, balance and range of movement. |
| Art on iPads * ACL CLASS LIMITED SPACES PLEASE BOOK | 1.00 – 3.00  | New Horizons Centre 10 week course Starts SEP 25th | £3.00 /Free if on benefits | Come and discover the world of being creative on Ipads. Learn how you can draw using different digital pencils, pens and brush tools within the app. Work with different colours and patterns. ACL Enrolment Form & ID Required |
| Singing | 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! |
| General Knowledge Quiz | 2.00 – 4.00 | New Horizons Centre | * D | A fun, informal and non-competitive group for anyone with a love of facts and trivia! |

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| Drop In | | | | £1.00 | |
| Sketching at the V&A II *ACL CLASS LIMITED SPACES PLEASE BOOK | 2.00 - 4.00  | V&A Museum, Cromwell Road Entrance, SW7 2RL 10 week course Starts SEP 25th | C1, 14, 74, 414 | £3.00 /Free if on benefits | 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! ACL Enrolment Form & ID Required |
| Lip Reading & Hearing Loss *ACL CLASS LIMITED SPACES PLEASE BOOK | 2.00 – 4.00  | New Horizons Centre 10 week course Starts SEP 25th No Class 9 th OCT | | £3.00 /Free if on benefits | 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. ACL Enrolment Form & ID Required |


THURSDAY




| ACTIVITY | TIME | PLACE | | COST | DETAILS |
|--|---|---|--|-----------------|---|
| Pilates 1-2-1 Sessions -With Jocelyne | 9.00 – 12.00 Book on: 07931 543 226 | New Horizons Centre | | £35 per session | Pilates exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility. |
| Chair Yogalates MAX 14 Spaces Can Book from 9.30am on day | 9.45 – 10.45 Starts 19 th Sep | New Horizons Centre | | £1.00 | This is a chair based class with a combination of yoga and Pilates postures and breathing techniques |
| Literature Appreciation Back 5 th Sept | 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. |
| Stroke Survivors & Carers Social Group | 10.00 – 12.00 Back 12 th Sept | New Horizons Centre | | £1.00 | An informal social group for people who have had strokes and their Carers. Enjoy a drink and the mutual support of other stroke survivors. |
| Italian Archeology Starts 19 th Sept. | 10.00 – 11.00 | New Horizons Centre | | £1.00 | Come and learn about the history and world of Italian Archeology with former teacher Ira. |
| Lewis Art Group Starts 5 th Sept No Booking Needed | 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. |
| Zumba | 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! |
| Flow Yoga Can Book from 9.30am on day | 11.00 – 12.00 Starts 19 th Sep | New Horizons Centre | | £1.00 | A yoga and Pilates inspired class with controlled breathing and carefully structured moves. |

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| | MAX 14 Spaces | | | | |
| Spanish Conversation | 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. |
| Chair Exercise at Dain Court | 11.00 – 12.00 | Dain Court, 144 Lexham Gardens, W8 6JF | | £1.00 | For anyone who has joint or mobility problems. Learn to exercise safely and effectively. |
| Massage & Reflexology – Book with Sarah on: 07989 238 078 | 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. |
| Chi Gong – Beginner Can Book from 9.30am on day | 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. |
| Supported IT Drop-in | 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. |
| French Conversation – Advanced | 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. |
| Chair Exercise at Mary Smith Court | 1.00 – 2.00 | Mary Smith Court, ground floor lounge, 17 Trebovir Road SW5 9NF. | 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. |
| Chi Gong – Intermediate Can Book from 9.30am on day | 1.00– 2.00 MAX 12 Spaces | 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. |
| Men’s Reminiscence Group | 1.30-3.00 | New Horizons Centre | | * D £1.00 | Do you have any memories you would like to share? A chance to reminisce with like-minded people. Call Russell on 0208 962 5583 for more information about the group. |
| Conversational English *ACL CLASS LIMITED SPACES PLEASE BOOK | 2.00 – 4.00  | New Horizons Centre 10 week course Starts SEP 26th | | £3.00 /Free if on benefits | For speakers of other languages, brush up on your spoken, written, and grammatical English and become a more confident speaker. ACL Enrolment Form & ID Required |
| Life Stories *ACL CLASS LIMITED SPACES PLEASE BOOK | 2.00 – 4.00  | New Horizons Centre 10 week course Starts SEP 26th | | £3.00 /Free if on benefits | Write your personal stories in a fun and supportive atmosphere. Weekly themes such as travel, family, childhood & many more unusual topics. ACL Enrolment Form & ID Required |
| Falls Prevention – Please call the Falls team on 020 8102 5494 | 2.15 – 3.45 | New Horizons Centre | | * D | 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 |

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| to register | | | | | support. |
| Book Talk: Phone Discussion group For the Housebound | 2.30 - 3.30 | Comfort of your own home | | FREE | Discuss a different book each month delivered by home library service - from Crime to Historical Fiction. Call Ewa for info and to join on 0779 9352 895 |
| Coffee Afternoon at Mary Smith Court Thursday 19th Sep Thursday 17th Oct Thursday 14th Nov | 2.30 – 3.30 | Mary Smith Court, 17 Trebovir Road, SW5 9NF. | | * D £1.00 | Held on the second Thursday of each month. For more information, please contact Symone Stephens-Morgan on: 0746 795 2969 (works Tues & Thurs) |
| 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 Ewa for more info & to join on 0779 9352 895 |

FRIDAY

| ACTIVITY | TIME | PLACE | COST | DETAILS |
|---|--|--|-------------------------------|--|
| Third-Age Counselling Service | 9.30 – 12.30 Ring 0207 976 6667 to Book | New Horizons Centre | * D £1.00 | One-to-one counselling service run by the Third Age MUST BOOK |
| Line Dancing Can Book from 9.30am on day | 10.00 – 11.00 MAX 12 Spaces | New Horizons Centre | £1.00 | Have fun learning steps and sequences to some great tunes to keep you healthy and fit. |
| Travel & Technology *ACL CLASS LIMITED SPACES PLEASE BOOK | 10.00 – 12.00  | New Horizons Centre 10 week course Starts SEP 27th | £3.00 /Free if on benefits | Learn how to make the most of your digital device for your travels and holidays. Learn the best way to book things such as flights, hotel rooms and restaurant reservations, use apps and maps to navigate, how to use language translation and much more in this interactive and fun course. ACL Enrolment Form & ID Required |
| Book Club – with Judith 3 rd Friday of the month | 10.00 – 12.00 | New Horizons Centre | £2.00 | Read a book selected by the group and then come and discuss it. |
| Meditation – 2 nd and 4 th Friday of the month | 10.15 – 11.45 | New Horizons Centre | £1.50 | Relax, enjoy some quiet time, and leave your worries behind. |
| Yogalates Can Book from 9.30am on day | 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. |

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|  Pilates - Beginners | 11.00 – 12.00 Starts Fri 13th Sept | 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. |
|  Chair Exercise | 12.00 – 1.00 Starts Fri 13th Sept | 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. |
| Crack the Cryptic Crossword | 12.00 – 2.00 | New Horizons Centre | | £2.00 | Learn tips and secrets for completing and unravelling the secrets of cryptic crosswords. |
| Unsupported IT Drop-in | 12.00 – 2.00 | New Horizons Centre | | * D £1.00 | Drop-in with no booking required. Bring own USB stick to store documents. |
| Stretch & Tone Fitness <small>Can Book from 9.30am on day</small> | 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. |
| Reiki – with Ranjanie <small>Book at Reception 1st and 3rd Friday of the month</small> | 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. |
| iPads For You *ACL CLASS LIMITED SPACES PLEASE BOOK | 2.00 – 4.00  | New Horizons Centre 10 week course Starts SEP 27th | | £3.00 /Free if on benefits | Begin your journey with using iPads. This course is designed to help you understand how to begin using an iPad; Learn the location of buttons and what their usages are; how to turn on/off using finger gestures; how to open apps; learn how to use email, take and edit photos; use the internet. ACL Enrolment Form & ID Required |
| Shakespeare & French Classical Drama | 2.00 – 4.00 Starts 20th Sept MAX 12 Spaces | New Horizons Centre | | £2.00 | A captivating and entertaining journey through The Bards works and origins of French classical literature. |
| Legs, Bums & Tums at Chelsea Theatre Studio Space | 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. |

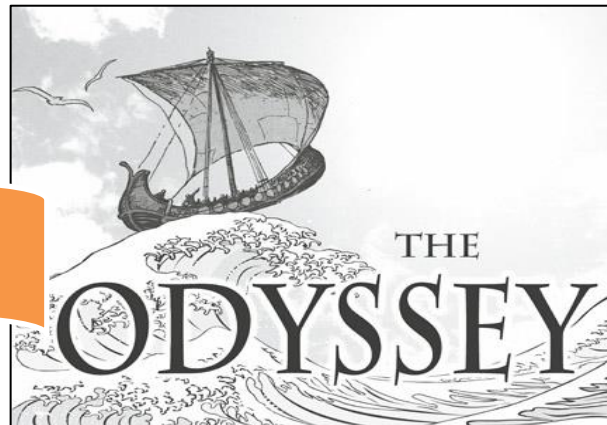
Open Age New Horizons is a pioneering activity centre for older people delivered by a consortium of Open Age and the Guinness Trust, in partnership with the Royal Borough of Kensington and Chelsea and NHS Kensington and Chelsea. Lead organisation: Open Age. Open Age is registered as a charity in England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





Greek Mythology

New Class!



Join this friendly and informal group to discover the heroes and myths of Ancient Greece; starting with The Odyssey and explore what these stories tell us about areas such as intelligence, bravery and right and wrong.

NEW CLASS RUN BY VOLUNTEER TUTOR: GHADA GAYLANI

Starts: TUESDAY 17th September 2019

10am -12pm (suggested donation of £1.00 if able). Maximum 10 spaces.



SILVER SUNDAY 2019

This year, Silver Sunday will be Sunday 6th October, with a week of free activities running from Sunday 6th – Saturday 12th October 2019 in a variety of venues.

Wednesday 9th October 2019

2.30-4.30pm: Explore and Discover – Silver Wednesday. Science Museum, Exhibition Road, London, SW7 2DD
The Science Museum is excited to be teaming up with Open Age to celebrate this year's Silver Sunday. Ignite your curiosity as we explore our new exhibitions and galleries. Discover more about the relationship between science and art and how London was a centre for innovation. Get hands on with some creative, factual and physical activities, all accompanied by some delicious refreshments. Please book via Open Age on 0208 962 5500. **Bookings open from 2nd September.**

Thursday 24th October

10am-12pm (Breakfast discussion from 10.30am) The Second Half Career Art Exhibition and Sale 2019: A Celebration of Older Masters at The Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ. This event is organised by The Second Half Foundation to support the work of The Second Half Centre. This year we will have a breakfast discussion hosted by Dr Nadia Rosenthal – 'When Science Meets Art'. This event is open to everyone- our members, the public and all friends.

For further enquiries relating to Silver Sunday for the Kensington Programme, please call The Second Half Centre on 0208 962 5500



Kensington & Chelsea
**Carers Group & Social
 Monthly Meetup**
 in New Horizons Café



Held on Tuesdays
 2 - 4pm

Tuesday 13th August 2019 - Self massage - learn how to give yourself a shiatsu facial.

Tuesday 3rd September 2019 - Art discussion of Faith Ringgold's work after visit to Serpentine Gallery in Kensington Palace Gardens

Tuesday 8th October 2019 - Arts & Craft—making a coaster or fridge magnet.

Call Vennetta on **020 8962 4536** or

Text **07437 913 154** or email vroyal@openage.org.uk

For further details



St Charles Centre for Health and Wellbeing | Emmer Street | London | W10 4DZ | 020 8962 4141 | openage.org.uk

Registered Charity Number: 1160125

A FUNNY THING HAPPENED ...
 An evening of Comedy in support of Open Age



Join us for a laughter-filled evening as
**Open Age members perform their
 5-minute Stand-Up comedy routines!!**

Wednesday 16th October 2019, 6pm to 9pm
 Invention Rooms Café, Imperial College,
 Door C, 68 Wood Lane, W12 7RH

Tickets: £5. Includes light refreshments

To book, call Open Age on **020 8962 4141**

Nearest Tubes: Wood Lane/ White City. Buses: 7, 70, 72, 95, 220, 228, 272, C1



Stand Up for the Over 50s



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

Join Comedian Simon Watts and Open Age member Sandra Anlin to learn to write a comedy script. And, if you're willing to test yourself, you can perform your routine to a live audience at an evening fundraising performance in support of Open Age on 16th October!

When: 25th September, 2nd, 9th and 14th October, 5.00 - 7.00pm, and 16th October, 6.00 - 9.00 pm (performance)

Where: Invention Rooms Café, Imperial College, Door C, 68 Wood Lane, W12 7RH

Must book*. Call Vivienne on 07824 48 49 84

* Please commit to all writing and performance sessions



Social Cycling

Come and join one of our Social Cycling sessions where our ride leader will guide you around the local area using the quiet streets and cycle paths. Suitable for cyclists of mixed abilities who are looking for a chance to either go on group rides and/or develop their cycling skills. Bike and helmets are available to use!



| Meeting Venue | Date | Time |
|---|------------|------------|
| Linford Christie Stadium, Linford Christie Rd, W12 0DF | 08.07.2019 | All at 1pm |
| | 15.07.2019 | |
| | 22.07.2019 | |
| | 05.08.2019 | |
| | 19.08.2019 | |
| | 02.09.2019 | |
| Paddington Recreation Ground, Randolph Ave, Maida Vale, W9 1PD | 16.09.2019 | |
| | 10.07.2019 | 11am |
| | 14.08.2019 | 11am |
| | 11.09.2019 | 1pm |

Please book by calling Tina on **020 8962 5582**

Registered Charity Number: 1160125





*** INFORMATION FOR (ACL) 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.

An ACL enrolment form with relative ID and National Insurance Number must be completed once per academic term.

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