

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



Celebrating Age, Stage & Experience

# New Horizons Activity Programme

## Mon 17<sup>th</sup> SEP – Thur 13<sup>th</sup> DEC 2018

Half Term: MON 22<sup>nd</sup> OCT – FRI 26<sup>th</sup> OCT 2018

End of Term: THURS 13<sup>th</sup> DEC 2018

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: At tutor's request - NO admittance to Exercise classes if late by 10 minutes.**

## MONDAY


\* **D** 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> <b>* ACL CLASS</b>	9.45 – 11.45 	New Horizons Centre <b>10 week course Starts Sep 17<sup>th</sup></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>Pilates 1-2-1 Sessions</b> -With Jocelyne	9.00 – 12.00 <b>Book on: 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>Jewellery Making – Beginner</b>	10.00 – 12.00	New Horizons Centre		FREE <b>*D</b>	Develop your creative talents by making handcrafted jewellery for yourself or loved ones Please bring your own materials.
<b>Writing For Blogs</b> <b>* ACL CLASS</b>	10.00 – 12.00 <b>10 week course Starts SEP 17th</b>	New Horizons Centre 		£3.00	Learn to write blogs and opinion pieces for on-line publication or pleasure. Engage with current affairs, intervene in a discourse; speak to a wider audience in the way only you can. Bring your own



New Horizons, Guinness Trust Estate, Cadogan Street, London, SW3 2PF

					laptop or use a new Horizons iPad and get started with writing the text and building a basic blog site. <b>ACL Enrolment Form &amp; ID Required</b>
<b>Italian Conversation</b>	10.00 –12.00	Cremorne Clubroom, Milman's Street, London, SW10 0BY		FREE <b>*D</b>	Brush up on your Italian language skills in these informal groups that meet for lively discussions on anything from travel and popular 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</b>	10.30 – 12.00	New Horizons Centre		FREE <b>*D</b>	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>Spanish Film</b>	11.00 – 1.00	New Horizons Centre		£1.75	A fun way to expand your Spanish vocabulary and gain insight into Spanish culture. For Intermediate level.
<b>Pilates – Advanced</b>	12.00 – 1.00 <b>MAX 10 Spaces</b>	New Horizons Centre		£1.25	Slow and controlled exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility.
<b>Acupuncture – Tomoko</b> <b>Book at Reception</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 10 Spaces</b>	New Horizons Centre		£1.25	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>  <b>* ACL CLASS</b>	1.00 - 3.00 	V&A Museum, Cromwell Road Entrance, SW7 2RL  <b>10 week course Starts Sep 17th</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		£1.75	The practice of this form of Yoga is intended to promote health, rejuvenation, happiness and inner 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, you can also just come & listen!

<b>German Conversation</b>	2.00 – 4.00	New Horizons Centre		FREE *D	Brush up on your German language skills in these informal groups that meet for lively discussions on anything from travel and popular culture to history and politics.
<b>Monday Games Group</b>	2.00 – 4.00	New Horizons Centre		FREE *D	A fun & friendly group which meets in the New Horizons café. Drop by for a chat, a game of Bingo or a quiz.
<b>Unsupported IT Drop-in</b> <b>NOTE: 1 hrs ONLY</b>	3.00 – 4.00	New Horizons Centre		FREE	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	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		£1.75	A fun and friendly class for people who know the basics and want to improve their French.
<b>Conversational English Beginners</b>  * ACL CLASS	10.00 – 12.00 	New Horizons Centre  <b>10 week course Starts Sep 18th</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 0208 687 6950	Slots from 10.00 – 1.00  Private Practitioner	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>Philosophical Reflections</b> With Brendan	12.00 – 1.00  TBC	New Horizons Centre		£1.25	Come along and learn different philosophical ideas and discuss various viewpoints on an eclectic range of subjects and genres.
<b>Kundalini Yoga</b>  NEW	12.00-1.00	New Horizons Centre		£1.25	Health and Wellbeing through yoga and meditation: Managing anxiety, stress, and low mood.
<b>Supported IT Drop-in</b>	12.00 – 2.00	New Horizons Centre		FREE *D	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.
<b>French Improvers</b>	12.00 – 2.00	New Horizons Centre		£1.75	Do you dream of 'la vie en rose'? In this class you will learn to improve communicating effectively, covers grammar, vocabulary & pronunciation.

<b>Osteopathy</b> (1 <sup>st</sup> & 3 <sup>rd</sup> Tues of month) 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		£1.25	The class is broken down into easy-to-follow steps and routines for everyone, to enjoy - ditch the workout - join the party.
<b>Creativity in Writing</b>  <b>*ACL CLASS</b>	2.00 – 4.00  	New Horizons Centre  <b>10 week course Starts Sep 18th</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>Spanish Improvers</b>	2.00 – 4.00	New Horizons Centre		£1.75	This friendly class will help improve your Spanish language, both spoken and written, in a relaxed atmosphere.
<b>Social Bridge Group for Intermediates</b>	2.00 – 4.00	Lewis Estate Clubroom, Ixworth Place (corner of Elystan Street) SW3 3QG	11,14 19,22 49, 211, 319, 345, 360	FREE  <b>*D</b>	A fun and social way to improve memory and concentration whilst playing bridge. This group is <i>untutored</i> and for <i>experienced</i> players.
<b>Drama</b>  <b>*ACL CLASS</b>	2.00 – 4.00  	New Horizons Centre  <b>10 week course Starts Sep 25th</b>		£3.00	Discover your inner thespian and join this fun class, using scripts, improvisation and applied theatre techniques. Foster new friendships, express yourself and develop self-confidence & creativity. <b>ACL Enrolment Form &amp; ID Required</b>


## 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  Ring Deryn on <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</b> – with Marcia	10.00 – 12.00	New Horizons Centre		FREE  <b>*D</b>	Develop your creative talents by making handcrafted jewellery for yourself or loved ones. Bring your own materials.

<b>Jewellery Making in Café</b> With Elaine	10.00 – 12.00	New Horizons Centre		FREE	Develop your creative talents by making handcrafted jewellery for yourself or loved ones. Bring your own materials. Beginners Welcome!
<b>Members' Forum</b> 19 Sep & 21 Nov	11.00 – 12.00	New Horizons Centre		FREE	Your presence at these meetings helps shape the future of New Horizons. Come with your views, suggestions and questions and hear updates from the staff.
<b>Fitness Aerobics</b>	11.00 – 12.00 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.25	A combination of low impact moves which raise the heart rate, burn calories and improve leg strength, with low impact sections.
<b>Jazzercise</b>	12.00 – 1.00	New Horizons Centre		£1.25	Express yourself and burn calories with easy to follow 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		FREE <b>*D</b>	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.
<b>Russian - Advanced</b>	1.00 – 2.00	New Horizons Centre		FREE <b>*D</b>	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		£1.25	Seated exercise class with or without music class focus on improving your limb mobility, muscle strength, co-ordination, balance and range of movement.
<b>Singing</b>	2.00 – 4.00	New Horizons Centre		£1.75	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</b>	2.00 – 4.00	New Horizons Centre		FREE <b>*D</b>	A fun, informal and non-competitive group for anyone with a love of facts and trivia!
<b>National Theatre Project</b> <b>MUST BOOK!</b>	10.30-12.30 Starts 26th Sept  *Pre-session refreshments at 10.00am	Open Age QPHR Hub, New Avenues  3-7 Third Avenue, London, W10 4RS	18,28,  228	FREE	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 0771 720 1791 to book.
<b>Living with Hearing Loss</b>  <b>10 week course</b> <b>Starts Wed 3<sup>rd</sup> Oct – 5<sup>th</sup> Dec 2018</b>	2.00-4.00  <b>Limited Spaces!</b> <b>MUST BOOK</b>	New Horizons Centre  		FREE	The course will cover hearing loss and how to live with it once you've got it. We will talk about resources that can help and support you. We provide lip reading activities and show you ways to cope with losing your hearing.  We offer an exciting programme of speakers from your area including Action on Hearing Loss, Tinnitus Relief and equipment demonstrations. Refreshments included free of charge!

## THURSDAY

ACTIVITY	TIME	PLACE		DETAILS
<b>Pilates 1-2-1 Sessions</b> -With Jocelyne	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 Yopalates</b> <b>MAX 12 Spaces</b>	9.45 – 10.45	New Horizons Centre		£1.25 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 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.75 Encounter writers both famous and unfamiliar from all corners of the world, with lively and accessible weekly discussions of fiction, poetry and drama.
<b>Stroke Survivors &amp; Carers Social Group</b>	10.00 – 12.00	New Horizons Centre		FREE 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>Scrabble Group</b>	10.30 – 12.00	New Horizons Centre		FREE <b>*D</b> If you love words and board games then this is for you! Meet other scrabble lovers and enjoy playing the game with new people.
<b>Lewis Art Group</b>	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 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.25 A yoga and Pilates inspired class with controlled breathing and carefully structured series of stretches, moves & poses creates a holistic workout.
<b>Spanish Conversation</b>	11.00 – 12.00 <b>MAX 12 Spaces</b>	New Horizons Centre		FREE <b>*D</b> Brush up on your Spanish language skills in these informal groups that meet for lively discussions on anything from travel, popular culture to history and politics.
<b>Massage &amp; Reflexology</b> – Book with Sarah on: <b>07989 238 078</b>	Slots from 12.00 – 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>Chi Gong – Beginner</b>	12.00 – 1.00 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.25 A slow moving and gentle exercise, carried out in a relaxed manner without strain and suitable for anyone irrespective of age or physical condition.

<b>Supported IT Drop-in</b>	12.00 – 2.00	New Horizons Centre		FREE *D	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.
<b>French Conversation – Intermediate</b>	12.20 – 2.00	New Horizons Centre		FREE *D	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>For entry, ring bell for manager/office.</i>	74, 328, C1, C3	£1.25	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>	1.0 – 2.00 MAX 12 Spaces	New Horizons Centre		£1.25	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>Life Stories</b>  * ACL CLASS  	2.00 – 4.00	New Horizons Centre  <b>10 week course Starts Sep 20th</b>		£3.00	Write your personal stories in a fun and supportive atmosphere. Weekly themes such as travel, family, childhood & many more unusual topics. Rediscover memories and document experiences. <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.

## FRIDAY

ACTIVITY	TIME	PLACE		COST	DETAILS
<b>Information &amp; Advice sessions</b> - from Age UK  NEW	Slots 0 from 9.30am -1pm	New Horizons Centre		FREE *D	Free impartial advice about benefits, transport, care needs, utilities, housing and more. Please <b>BOOK</b> with Age UK on: <b>020 8969 9105</b>
<b>Line Dancing</b>	10.00 – 11.00 MAX 12 Spaces	New Horizons Centre		£1.25	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		FREE *D	Read a book selected by the group and then come and discuss it! Whether you loved it, hated it or were indifferent, all opinions are welcome!
<b>Social Needlework</b>	10.00 – 12.00	New Horizons Centre		FREE *D	Knit, crochet or stitch in company in this relaxed informal social activity.

<b>Meditation –</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Friday of the month	10.15 – 11.45	New Horizons Centre	£1.50	Relax, enjoy some quiet time, and leave your worries behind.
<b>Yogalates</b>  Back 5 <sup>th</sup> OCT	11.00 – 12.00  MAX 12 Spaces	New Horizons Centre	£1.25	A class based on a combination of yoga and Pilates postures and breathing techniques to help with overall health.
<b>Ballet Bar Conditioning</b>	12.00 – 1.00  MAX 12 Spaces	New Horizons Centre	£1.25	Strengthen your muscles to gain flexibility, improve posture, balance using ballet bars.
<b>Crack the Cryptic Crossword</b>	12.00 – 1.30  TBC	New Horizons Centre	FREE  *D	Learn tips and secrets for completing and unravelling the secrets of cryptic crosswords.
<b>Supported IT Drop-in</b>	12.00 – 2.00	New Horizons Centre	FREE  *D	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.
<b>Pilates Body Conditioning</b>	1.00– 2.00  MAX 12 Spaces	New Horizons Centre	£1.25	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	£1.25	Get fit and work out your body in this stretch & tone class, including mat based exercises to get you healthy.
<b>Reiki –</b> with Ranjanie  Book at Reception	Slots from 1.00 – 4.00	New Horizons Centre	FREE  *D	1 to 1 Session - A non-intrusive therapy (no massage or manipulation) carried out through clothing.
<b>Carers' Group &amp; Social –</b> for information, ring Ashley on:  <b>0208 962 4141</b>	2.00 – 4.00	Various Venues	Price 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>	2.30 – 4.00  MAX 12 Spaces	New Horizons Centre	£1.75	A captivating and entertaining journey through The Bards works and origins of French classical literature.



**\* 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.