

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



Celebrating Age, Stage & Experience

## New Horizons Activity Programme

**SUMMER: Mid July to End Aug 2019** V.1

Autumn Programme out end of August

Autumn Half Term: MON 21<sup>st</sup> – FRI 25<sup>th</sup> OCT 2019

facebook.com/newhorizonschelsea

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

Membership is free and open to people over 50.

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.

## MONDAY

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

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Jewellery Making Drop In – Beginner</b>	10.00 – 12.00	New Horizons Centre		* <b>D</b> £1.00	Develop your creative talents by making handcrafted jewellery for yourself or loved ones <i>Please bring your own materials.</i>
<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>Italian Conversation</b> - with Gulio	12.00 – 2.00	New Horizons Centre		£2.00	Come practice and learn more about the Italian language and it's usage 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  <i>Private Practitioner</i>	New Horizons Centre		£35.00 per session	Fine needles are inserted at certain points in the body for therapeutic or preventative purposes. Treatment encourages the body's self-healing process by restoring the free flow & balance of Qi (the vital energy).
<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		*D £1.00	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		*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.
<b>Monday Games Group Drop In</b>  - July 15, 22, 29 - August 5 & 26 Only	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 a quiz.
<b>Unsupported IT Drop-in</b>	12.00 – 4.00	New Horizons Centre		* D £1.00	Drop-in with no booking required. Bring own USB stick to store documents.

## TUESDAY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>French – Intermediate</b>  Until 30 <sup>th</sup> July	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>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>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>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  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>Carers' Group for 50+</b> – for info call <b>Vie</b> on: <b>0208 962 4141</b>	2.00 – 4.00	New Horizons Centre		* D	Social group fro carers aged 50+ - come for talks and discussion over a cuppa.

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	* D £1.00	One-to-one counselling service run by the Third Age
<b>Steady &amp; Stable</b> – Falls Prevention Class. <b>UNTIL 7<sup>th</sup> AUGUST</b>	9.45 – 10.45 Please call: <b>0208 962 5582</b>	New Horizons Centre	* D	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>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>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>General Knowledge Quiz Drop In</b>	2.00 – 4.00	New Horizons Centre	£2.00	A fun, informal and non-competitive group for anyone with a love of facts and trivia!

THURSDAY

ACTIVITY	TIME	PLACE	COST	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>Spanish Conversation</b>	11.00 – 12.00 <b>MAX 12 Spaces</b>	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 <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>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>Falls Prevention</b> – Please call the Falls team on <b>020 8102 5494</b> to	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

register					support.
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**FRIDAY**

ACTIVITY	TIME	PLACE	COST	DETAILS
<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>Unsupported IT Drop-in</b>	12.00 – 2.00	New Horizons Centre	* <b>D</b> £1.00	Drop-in with no booking required. Bring own USB stick to store documents.
<b>Reiki –</b> with Ranjanie Book at Reception	Slots from 1.00– 4.00	New Horizons Centre	* <b>D</b>	1 to 1 Session - A non-intrusive therapy (no massage or manipulation) carried out through clothing.

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.



**Summer Social Cycling Programme**  
3 June to 20 July 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 – 12:00	<b>B</b> Drop-in Westway Sports Centre <b>Beginners</b>	<b>Closed Group</b>	<b>B</b> <b>Women on Wednesdays</b> Westway Sports Centre <b>10 – 11:30am Beginners</b>	<b>L</b> <b>*NEW* Social Cycling Club</b> <b>10am depart 2.30pm finish</b>	<b>I</b> Drop-in Westway Sports Centre <b>Social rides</b>	<b>B</b> Drop in Westway Sports Centre <b>Beginners 10am – 12pm</b>
12:30 – 2:30	<b>I</b> Drop-in Westway Sports Centre <b>Easy &amp; local on-road rides</b>	<b>I</b> Drop-in CHELSEA THEATRE <b>1pm to 3pm</b> <b>Easy &amp; local on-road rides</b>	<b>A</b> Drop-in Westway Sports Centre In partnership with Open Age <b>Social rides 12:00 – 2:30pm</b>	Design Museum 224-238 Kensington High St, W8 6AG <b>Bring your own bike</b>		

\* Bikes available at Westway and Chelsea Theatre venues.  
\*\*Bikes NOT available at the Design Museum  
**Term time only. Our last session is on Sat 20 July. We will start again in September.**

**4 cycle skills levels**  
**B** **Beginners** (off road)  
**I** **Intermediate** (on road)  
**A** **Advanced** (on road)  
**L** **Longer rides**

**Westway Sports Centre:**  
1 Crowthorne Rd, London, W10 6RP  
**Chelsea Theatre:**  
World's End Place, 7 King's Rd, London SW10 0DR



All sessions are FREE, but booking is required. Please email [cycling@rbkc.gov.uk](mailto:cycling@rbkc.gov.uk) or call Marina Kroyer on 020 7361 4259



# Open Age Art Exhibition

at

## The Saatchi Gallery

**Open Age Member's artwork will be exhibited in the Saatchi Gallery**

In the Education Room, Saatchi Gallery, Duke of York's HQ, King's Rd, Chelsea, London SW3 4RY.

on the following dates and times:

Tuesday 6th August—10am-6pm\*\*

Wednesday 7th August—12.30pm-6pm

Thursday 8th August—10am—6pm

**\*\*Private viewing for Exhibiting members will be held on this date, details TBC\*\***

**SAATCHI  
GALLERY**

 **OPEN  
AGE**  
life's just begun



## Getting to the Saatchi Gallery

Duke of York's HQ, King's Rd, Chelsea, London SW3 4RY

Member's artwork will be displayed in the Education Room of the Gallery

### By Underground:

The gallery is 3-4 minutes walk from Sloane Square Underground (District and Circle lines) and 10-12 minutes' walk from Victoria (Victoria, District & Circle lines).

### By Bus:

11,19,22,49,211,319 (King's Road), 11,137,211 (Lower Sloane Street).

### By Train:

The nearest mainline railway station is Victoria. It is 10-12 minutes' walk from the gallery.

Assisted or ramp access is available at the Gallery's main entrance. All floors have lifts and there is level access between the galleries on each floor. Wheelchairs are available upon request.





# Summer BBQ The Reed

Thursday 25th July

12.30pm—2.30pm

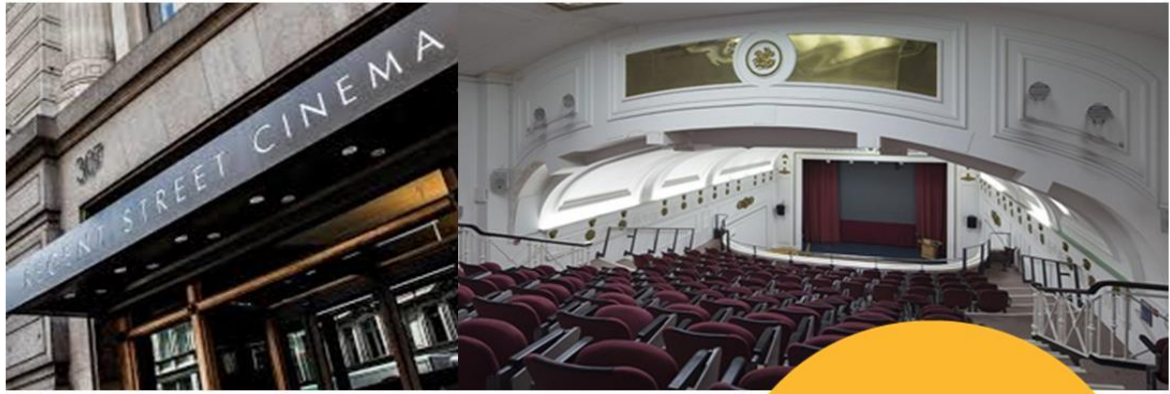
at

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 grab, with the best company in town and enjoy some special performances!

**Please bring a contribution of £2**



# 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

