

North Westminster Activity Programme

September 2nd – December 15th 2019

Find us:
Open Age, New Avenues
3-7 Third Avenue
London, W10 4RS

Senior Centre Co-Ordinator:
Geoff Brown-
gbrown@openage.org.uk

Centre Co-Ordinator:
Andrea-
acarrington@openage.org.uk



B Bus stops
Buses: 18, 28, 228

E Entrance to New Avenues / Open Age QPHR Hub

Half term is Monday 21st – Sunday 27th
October 2019. There will be no classes
this week unless stated inside.

Telephone:
07717201791 or 0203 713 8737

BOOKING for EXERCISE CLASSES AT NEW AVENUES

Due to an increase in class sizes and health & safety ALL exercise classes at New Avenues must now be booked for! Apart from Steady & Stable and Osteoblast which are pre-booking courses you can only book for exercise classes ONE week before the class is due to take place. Eg. You can book for the Yoga on a Tuesday afternoon from Tuesday morning the week before!

- **Text Message:** You can send us a text message to **07717201791** with your name and the class you wish to book for between 9-10am, Monday- Friday. We will respond to confirm if you have a place!
- **Telephone:** You can call **07717201791** or **0203 713 8737** between 9-10am, Monday- Friday. If you leave a message please leave your name and the class you wish to book for. We will respond to confirm if you have a place!
- **At New Avenues:** If there is still space available when you pay for your class at New Avenues you can request to be booked for the following weeks class.
- When the capacity for your chosen exercise class is full you will be placed on a waiting list and notified if any spaces become available.

EXERCISE CLASSES IN COMMUNITY VENUES

Exercise classes in our community venues are based on a first-come-first-serve basis so please arrive promptly to avoid disappointment.


Please note at both New Avenues and in our Community venues we cannot let members who are more than 5 minutes late into exercise classes!!





MONDAY CHOICES

Activities are for Westminster residents ONLY

Open Age has instigated a pricing structure of £1 per hour. With no obligation however to do so, it is our hope that those who are in a position to pay a higher fee of £3 per hour & £5 for a 2 hour class will do so. Thank-you!

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Step up from Steady	9.45-10.45	All Saints, 7 Margaret St, Fitzrovia, London W1W 8JG	7,10 23, 94, 390	£2	This is the next step after Steady & Stable to maintain and further improve balance and muscle strength.
Pilates NEW VENUE!	10.00-11.00	The Stowe Centre, 258 Harrow, Road, Paddington, W2 5ES	18, 36	£1	A great, gentle way to stretch, tone and work on core strength - floor mat based exercise session.
Ballet Fitness MUST BOOK!	10.00-11.00	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Improve mobility, posture, balance and coordination. Have fun and move to music. All abilities welcome! Please see front of programme for how to book!
Cricket and Bowls NEW TIME!	10.00-12.00  16 th Sept 14 th Oct 18 th Nov 2 nd Dec	Lords Cricket Ground, St John's Wood Rd, London NW8 8QN	16, 18, 98, 139, 187, 189, 414	FREE	Come down to play Cricket and Lawn Bowls in an amazing sporting venue! Cricket coaches will be on hand to develop your cricket skills. Refreshments will be provided after the class. Please call to find out dates.
Monday Social with Speakers NEW TIME!	10.15-11.45 Starts 2 nd Sept	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1.50	Join this friendly social group for a range of interesting and stimulating talks and workshops with speakers from museums, local organisations and charities.
Cycle Smarter MUST BOOK!	10.30-12.30 1.00 – 3.00 2 nd September – 23 rd September	Paddington Recreation Ground Randolph Avenue, Maida Vale W9 1PD	31, 316, 328	FREE	Whether you are a complete beginner or want to brush up on your skills, come and join our 4 week course of cycle skills training led by qualified instructors. Call Tina to book your course on 0208 962 5582 .
T'ai Chi	10.30-11:30	Warwick Community Hall, 300 Harrow Road, W2 5HG	18, 36	£1	Improve your balance and stability as our tutor guides you through this ancient Chinese art. Relaxing & strengthening.
Please speak to Geoff or Andrea or call 07717201791 / 0203 713 8737 for a listing of speakers!					
Bowls at Paddington Sports Club	10.30-12.30 2 nd September 7 th October 4 th November 9 th December	Paddington Sports Club, Castellain Road, Maida Vale, W9 1HQ (Entrance next to Bon Appetit)	6, 187, 414	£2	A great chance for you to learn Lawn Bowls. This activity can be indoor or outdoor depending on the weather! No experience needed- a great activity for everyone! Refreshments will be provided. Call Jade to book on 0208 962 4537 .



Steady & Stable (High Level) MUST BOOK!	10.45-11.45 No half term break	All Saints, 7 Margaret St, Fitzrovia, London W1W 8JG	7, 10 23, 94, 390	FREE	A fun tried and tested exercise programme to improve balance, strength, reduce falls and improve mobility. To book please contact Tina on 020 8962 5582 to book.
Steady and Stable (High Level) MUST BOOK!	11.00-12.00 No half term break	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187, 189	FREE	A fun tried and tested exercise programme to improve balance, strength, reduce falls and improve mobility. To book please contact Tina on 020 8962 5582 to book.
Boxing Fitness MUST BOOK!	11.30-12.30 	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Come and try this fun and interactive boxing fitness class designed to improve your heart health, strength and co-ordination. Please see front of programme for how to book!
Brain Boost (Volunteer led) NEW VENUE!!	12.00-1.00 Starts 2 nd Sept	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Give your brain a workout and come along to try our fun games, puzzles and activities. Use our iPads to choose from a range of interactive games or bring your own!
Collage Class	12.00-1.30 Starts 2 nd Sept	Warwick Community Hall, 300 Harrow Road, W2 5HG	18, 36	£1.50	Come and explore the wonderful art of collage and decoupage. Use your imagination and creativity to produce beautiful pictures, cards and scrap books.
Soca Fit Licks MUST BOOK!	12.30-1.30	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Fun, Smiles, Giggles and Wiggles. A stress-free way to keep fit by moving and dancing to the sounds of the Caribbean! Please see front of programme for how to book!
Step Up from Steady	12.45-1.45	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187	£2	This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.
Osteo Pro	1.00-2.00	Seymour Leisure Centre, Seymour Place, W1H 5TJ	7, 12, 18, 23	£1	<u>**To be eligible for this you must have previously attended the Osteo Blast programme.**</u> Osteo Pro is an exercise class designed to develop muscle strengthening and further increase bone density.
Play Reading NEW VENUE!!	1.00-2.00 Starts 2 nd Sept	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Join this lively group for some exciting play reading. Read through a variety of well-known plays, no experience necessary.
Osteo Blast MUST BOOK!	2.00-3.00 No half term break	Seymour Leisure Centre, Seymour Place, W1H 5TJ	7, 12, 18, 23	£1	A 16 week exercise programme involving balance exercises, floor based strengthening exercises and weight bearing exercises. You will also learn how to exercise safely and effectively for overall bone health. To book please call Jade on 020 8962 4537 .


Steady and Stable (Low Level) MUST BOOK!	2.00-3.00 No half term break	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187, 189	FREE	A fun tried and tested exercise programme to improve balance, strength, reduce falls and improve mobility. To book please contact Tina on 020 8962 5582 to book.
Sew, Knit and Chat Drop In NEW TIME & VENUE!!	2.15-3.45 Starts 2 nd Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18, 28, 228	£1.50	Pop in to our drop in sewing group for the opportunity to use our sewing machines to make simple repairs & alterations or work on new designs! Alternatively bring your own embroidery or knitting to meet and chat other crafters! Please note this is a self run class and there is no support available at the current time.
Film Festival	2.00-3.30 Starts 9 th Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1.50	Join us for a variety of old classics and new favourites in our weekly Film club. See the back of the programme for full listings!
Begin to Gym	2.30-3.30 No half term break 	Porchester Leisure Centre, Queensway, Bayswater, W2 5HS	36	£3	Come and join us in the quiet space at Porchester where a personal trainer will be on hand to show you how to work the machines with the correct technique. Great for improving strength and cardiovascular fitness!
Phone Club: Current Affairs Talk For the Housebound	2.30-3.30	In the comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Local and International news, sport, interesting facts and articles, topical talks. Phone Ewa for more info & to join on 020 3713 8736 .
Phone Club: Creative Writing Group For the Housebound	4.15-5.15	In the comfort of your own home.	N/A	FREE	Develop your creative writing skills with optional homework activities and opportunity to read work aloud for constructive feedback. Phone Ewa for more info & to join on 020 3713 8736 .

TUESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Steady & Stable (High Level) MUST BOOK	10.00-11.00 No Half Term!	Penfold Com. Hub, 60 Penfold St, NW8 8PJ	6, 16, 98, 332, 414	FREE	A fun tried and tested exercise programme to improve balance, strength, reduce falls and improve mobility. To book please contact Tina on 020 8962 5582 .
Simply Art 1 NEW TIME!! MUST BOOK	10.00-12.00 Starts 3 rd Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28 ,228	£2	Join this exciting art course and bring out your artistic flair! Begin to look at objects in a new way as you learn how to sketch, draw, collage, paint & more! All abilities welcome!


Book Break	10.30-12.00 	Hardy House, 64 Great Western Road, W11 1AA	28, 31, 328	FREE* Suggested Donation £1.50*	Enjoy some fun and interesting texts as we read together, or relax and just listen, to short stories and articles. Great way to socialise over a cup of tea or coffee!
Creative Writing (12 week course) 'Lives of Others' NEW VENUE!	10.30-12.30 Starts 17 th Sept	St Mary Magdalene's Church, Paddington Rowington Close, W2 5TF	18, 36, 187	£2	Explore and develop your storytelling and creative writing skills in this exciting course – all abilities welcome. 'Lives of Others' The theme of this term is about exploring biography and autobiography, through the lives of famous individuals. Fictional and Historical.
Zumba Gold	11.00-12.00	Fitzrovia Centre, 2 Foley Street, W1W 6DL	18, 27, 3088, 453	£1	Join our dance fitness classes that are fun, energetic, and make you feel amazing! All abilities welcome.
Stretch and Tone MUST BOOK!	11.15-12.15	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Strengthen your muscles, increase flexibility, improve posture and balance while reducing stress & tension in this lively and engaging exercise class. Please see front of programme for how to book!
Steady & Stable (Low Level) MUST BOOK	11.15-12.15 No Half Term!	Penfold Com. Hub, 60 Penfold St, NW8 8PJ	6, 16, 98, 332 414	FREE	A fun tried and tested exercise programme to improve balance, strength, reduce falls and improve mobility. To book please contact Tina on 020 8962 5582 .
Walking Football	11.15-12.15 No half term break 	The Hub, Regents Park, Inner Circle, London, NW1 4RU	6, 18, 31, 139, 187, 189, 414	FREE	Walking Football is a great way to get fit, learn new skills, have fun and socialise at the same time! <i>In association with Chelsea FC Foundation</i>
'Lipreading for Hearing Loss' NEW TIME & VENUE!	12.15-1.15 Starts 17 th Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18, 28, 228	£1	This course teaches lip-reading to adults who have acquired hearing loss in later life together with social coping strategies to help bridge the divide between hearing loss and social isolation.
Men's Space: "Active Men" exercise class with local walks	12.30-1.30	Hardy House, 64 Great Western Road, W11 1AA	28, 31, 328	£1	Are you getting enough exercise? Join the Active Men group for weekly exercise regular with local walks. Call Russell on 020 8962 5583 for more info or to join the group.
Exercise to Music MUST BOOK!	12.30-1.30	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18, 28, 228	£1	This class will improve your stamina & strength and help you to burn some calories! Please see front of programme for how to book!
Beginners French NEW TIME! MUST BOOK!	1.30-2.30 Starts 10 th Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Have you always wanted to learn the language of love or do you just love learning a new skill? Join this beginner's class & learn the basics of communicating simply & effectively, everyone is welcome!

Intermediate IT 6 Week Course MUST BOOK!	1.00-3.00 Starts 3 rd Sept No Class 1 st Oct	Paddington Library, Porchester Rd, W2 5DU	7, 18, 23, 27, 36	£2	An intermediate course for those who have got to grips with the basics and would like to improve and progress. To book call 07717201791 or 0203 713 8737.
Beginners IT 7 week course MUST BOOK!	1.00-3.00 Starts 29 th Oct	Paddington Library, Porchester Rd, W2 5DU	7, 18, 23, 27, 36	£2	A beginner course for all needs and abilities, led by our expert tutor learn the basics of using a computer and its programmes. To book call 07717201791 or 0203 713 8737.
Table Tennis Drop In	1.30-2.30	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18, 28, 228	Free* Suggested donation £1*	Whether you're a complete novice or total pro pop along to this friendly drop-in & have a game! This is a volunteer led session so just turn up & have a go!
T'ai Chi	2.00-3.00 	Paddington Recreation Ground, Randolph Avenue, Maida Vale, W9 1PD (Meet in the Bowls Pavilion)	6, 31, 316, 328	£3	Improve your balance and stability as our tutor guides you through this ancient Chinese physical art. Refreshments will be provided.
Beginners French Plus NEW TIME! MUST BOOK!	2.30-3.30 Starts 10 th Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28 ,228	£1	Perfecting the basics but looking for the opportunity to practice your francais? Pop along to our Beginners French Plus and perfect your knowledge.
Yoga MUST BOOK!	2.30-3.30	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18, 28, 228	£1	An energizing yoga class that promotes good health for body, mind & soul. Please see front of programme for how to book!
Keep Fit, Get Strong and Stay Balanced	5.30-6.30	1 Frith St, Soho, London, W1D 3HZ	10, 25, 55, 73, 98, 390	£1	Join this mixed ability class which guarantees a great workout for the whole body! For more info please contact Jade on 0208 962 4537.

WEDNESDAY CHOICES

Activities are for Westminster residents **ONLY**

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Chi-Gong MUST BOOK! NEW TIME!!	10.00-11.00 Starts 4 th Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28,2 28	£1	Improve your health and wellbeing, give your energy levels a boost and reduce stress in this gentle class which focuses on a range of posture, exercise, meditation and breathing techniques. Suitable for all abilities. Please see front of programme for how to book!
Singing for Pleasure	10.30-11.30 Starts 4 th Sept	St Paul's Church Marylebone, 5 Rossmore Rd, NW1 6NJ	9, 18, 139	£1	New to singing? Want to brush up? This class is for you! Come and join the fun and learn how to develop your voice in this lively, friendly class!

Sketching and Painting MUST BOOK!	10.30-12.00 Starts 4 th Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18, 28, 228	£1.50	Learn a two-step approach to creating a painting, first sketching the subject which can feature still life, landscape or more and then learn to paint with acrylics or water colours. Learn how to represent 3D forms, composition skills, the colour wheel, how to mix paint as well as different painting styles.
Meditation NEW TIME!	11.00-12.00 Starts 4 th Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28,228	£1	Join this class which helps to induce relaxation by focusing awareness on breathing and encouraging positive attitudes to achieve a healthy, balanced mental state.
Yoga NEW TIME! NEW VENUE!	11.00-12.00	The Stowe Centre, 258 Harrow, Road, Paddington, W2 5ES	18, 36,	£1	Unwind & relax the mind, maintain flexibility & build strength. All abilities welcome.
Bolder Not Older Dance Class MUST BOOK! NEW TIME!!	12.00-1.00 Starts 25 th Sept Last Class 4 th Dec	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	These DanceWest classes improve balance, posture, mobility and coordination. Have fun and move to music! Open to active adults and those with mobility issues. Beginners are warmly welcomed. Please see front of programme for how to book!
Gentle Zumba	12.00-1.00 	St Paul's Church Marylebone, 5 Rossmore Rd NW1 6NJ	139, 189	£1	Inspired by Latin Dance and music, Zumba is a great workout for the whole body!
Social Cycling MUST BOOK	1pm start 11 th September	Paddington Recreation Ground Randolph Avenue, Maida Vale W9 1PD	31, 316, 328	£1	Fancy cycling in London but don't know where to ride then come and join this led group ride. Bike and helmets are available to use! Other dates available, please call Tina on 0208 962 5582 for more info and to BOOK
Steady & Stable (High level) MUST BOOK	1.15-2.15	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	FREE	A fun tried and tested exercise programme to improve balance, strength, reduce falls and improve mobility. To book please contact Tina on 020 8962 5582 .
Sketching at Museums & Galleries MUST BOOK!	2.00-4.00 Starts 11 th Sept	Various Museums or Galleries	N/A	£2	Each week the class explores and sketches at a different Museum or Gallery. Locations include The British Museum, Wellcome Collection, V & A and many more! You must bring your own sketch pad but pencils will be provided. Book now by calling 07717201791 or 0203 713 8737 .
Please speak to Geoff or Andrea or call 07717201791 / 0203 713 8737 for a list of venues!					

Steady & Stable (Low level) MUST BOOK!	2.15-3.15	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	FREE	A fun tried and tested exercise programme to improve balance, strength, reduce falls and improve mobility. To book please contact Tina on 020 8962 5582 .
Begin to Gym	2.30-3.30  No half term break	Porchester Leisure Centre, Queensway, Bayswater, W2 5HS	36	£3	Come and join us in the quiet space at Porchester where a personal trainer will be on hand to show you how to work the machines with the correct technique. Great for improving strength and cardiovascular fitness!
Wednesday Social with Speakers	2.30-4.00 Starts 4 th Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1.50	Join this friendly social group for a range of interesting and stimulating topics with speakers from museums, local organisations and charities.
Please speak to Geoff or Andrea or call 07717201791 / 0203 713 8737 for a listing of speakers!					
Tennis	5.30-6.30	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW	18, 36	Free* Suggested donation £1*	Practice your swing and have fun at this free self-led drop in session at Academy sport's tennis courts. Balls provided. Sign in at reception upon arrival.

THURSDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Complementary Therapies (Munro Health Co-Op)	Half hour or hourly slots	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	6,31, 36, 187, 228, 328, 414	£12 per half hour	Massage, Shiatsu and Reflexology. To enquire about availability please call 07717201791 or 0203 713 8737 . Some availability on other days!
T'ai Chi MUST BOOK!	10.00-11.00	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	Improve your balance and stability as our tutor guides you through this ancient Chinese physical art – relaxing & strengthening. Please see front of programme for how to book!
Singing For All	10.15-11.45 Starts 5 th Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1.50	If you are new to singing or you'd like to brush up on an old hobby then this class is perfect for you! Come and join the fun and learn how to develop your voice in this lively class!

Osteoblast MUST BOOK!	11.15-12.15	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	A 16 week exercise programme designed to initiate muscle and bone strength to improve independent living and overall bone health. To book please call Jade on 020 8962 4537 .
Intermediate Guitar Lessons MUST BOOK! NEW TIME!!	12.00-1.30 Starts 5 th Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1.50	If you're looking to rediscover an old passion but already have a little experience join this lively class! To book call 07717201791 or 0203 713 8737 as spaces are limited. Must have own guitar!
Pilates MUST BOOK!	12.30-1.30	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	Special exercises that concentrate on strengthening & toning your whole body. Please see front of programme for how to book!
W2 Active Citizens Chair Exercise	1.30-2.30	The Stowe Centre, 258 Harrow, Road, Paddington, W2 5ES	18, 36	£1	Join this fun and popular session for a seated exercise. Improve your balance and muscle strength in this class that stretches & tones the whole body.
Arabic Women's Social Drop In (Women only)	1.30-3.30 Starts 5 th Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	FREE*	Come along for tea and a social afternoon with other Arabic & Kurdish speakers.
Beginners Guitar Lessons NEW TIME!	1.45-2.45 Starts 5 th Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	It's never too late to discover a love of music so if you're looking to discover a new hobby or have just a little experience join our Beginners Guitar class. Must have own guitar!
Phone Club: Book Talk For the Housebound (Monthly)	2.30-3.30	In the comfort of your own home.	N/A	FREE	Discuss a different book each month delivered by home library service - from Crime to Historical Fiction. Call Ewa for info on 020 3713 8736 .
Chair Yoga MUST BOOK!	3.00-4.00	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	This chair based exercise class involves moving & releasing tension in the joints, breathing exercises, and overall relaxation. Please see front of programme for how to book!
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 020 3713 8736 .

FRIDAY CHOICES

Activities are for Westminster residents **ONLY**

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Chair Exercise to Music- High Level MUST BOOK!	10.00-11.00 No class on 4 th Oct and 13 th Dec	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	Join this fun and popular session for a higher level seated exercise class to some great music! Improve your balance and muscle strength in this class that stretches & tones the whole body. Please see front of programme for how to book!
Games Café Drop In	10.00-12.00 Starts 6 th Sept	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Drop in and try your hand at one of our games or just come to chat & relax and enjoy the friendly atmosphere! Everyone welcome! Refreshments just 30p! Table Tennis ~ Pool ~ Hookey ~ Battleships ~ Draughts ~ Chess Scrabble ~ Cards ~ Dominoes
Exercise to Music 2 MUST BOOK!	11.30-12.30 No class on 4 th Oct and 13 th Dec	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	Join this energetic exercise class to improve your stamina & strength! Burn some calories while boogying to your favourite songs! Please see front of programme for how to book!
Water Splash	12.00-1.00	Moberley Sports Centre, 25 Chamberlayne Rd, NW10 3NB *Meet in the swimming pool	28, 52, 187, 316, 452	£1	You will benefit from a full body workout by using the water as resistance to challenge the muscles. This is a low impact exercise class so great for those with joint pain and arthritis.
Monthly Social NEW PRICE!	1.30-3.30 27 th Sept 1 st Nov 29 th Nov	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£2	Lively social with speakers on a range of interesting and stimulating topics from museums to local organisations and charities. Followed by bingo and sandwiches!
Please speak to Geoff or Andrea or call 07717201791 or 0203 713 8737 for a listing of speakers!					
Line Dancing MUST BOOK!	2.00-3.00 No class on 4 th Oct and 13 th Dec	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	It doesn't matter if you already know your shuffle & coaster steps or are a complete beginner come & join this class for a lively and fun afternoon learning steps and sequences to some great tunes. Please see front of programme for how to book!
Tennis	5.30-6.30	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW	18, 36	Free* Suggested donation £1*	Practice your swing and have fun at this free self-led drop in session at Academy sport's tennis courts. Balls provided. Sign in at reception upon arrival.

SATURDAY CHOICES

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ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Badminton	9.00-10.00	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW	18, 36	Free* Suggested donation £1*	Get free access to the sports hall to practice and learn in this self-led group. Sign in at reception upon arrival.
Keep Fit / Get Strong	11.00-12.00 No Half Term!		18, 36	£1.50	Cardiovascular aerobic exercise to get the whole body moving and improve fitness and strength.
Pilates	12.00-1.00 No Half Term!		18, 36	£1.50	A great, gentle way to stretch, tone and work on core strength - floor mat based exercise session.
Saturday Shape-Up Multi Sports	1.00-3.00	St Augustine's Hall, Oxford Road, London NW6 5SN	6,16, 31, 36, 98, 187, 228, 316, 328, 332	£2	Suitable for individuals of all levels wanting to play badminton, table tennis and soft tennis. Beginners and experienced players alike have the opportunity to learn or play competitive matches with others of a similar standard. Includes short warm-up and stretching.
Badminton	3.00-4.00			£1	A 1-hour session for competent badminton players who enjoy playing more competitive matches

SUNDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Zumba Gold	9.00-10.00 No Class of 29 th September and 15 th December	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW	18, 36	£1.50	Inspired by Latin Dance and music, Zumba is a great workout for the whole body!
Westminster Tea Dance	2.00-4.30 Sunday 1 st December Only!	Grosvenor House, AJW Marriott Hotel, 86-90 Park Lane, W1K 7TN	6, 16, 23, 36, 414	FREE	The Westminster Tea Dance is hosted by the Sir Simon Milton Foundation and supported by Westminster City Council. They look forward to welcoming you to a memorable afternoon of live music, featured performers and afternoon tea. Attendees must be Westminster residents, over 65 and able to organise their own transport. Call 07717201791 to book.

Trips

Please note all trips being organised by the Westminster Team are included in Open Age's main trips programme and not in this programme so please refer to that for information on exciting trips between September and December 2019!!

Another way to support Open Age:

The first ever anthology written by Open Age members. By purchasing a paperback copy for £5 will give Open Age £1 per copy sold; by purchasing an eBook for £3.50 will give Open Age £2 per copy sold. It's a great read, so please make an order through www.Amazon.co.uk

Thank you



Email Bulletin

Join our North Westminster email bulletin to keep up to date with all our exciting activities and events, plus any additional trips we are able to organise throughout the term to ensure you don't miss a thing!

If you would like to receive this please email gbrown@openage.org.uk and we will add you to the list!



Time For Me Carers Project

Time for Me is a programme dedicated to people who look after a family member or friend as an unpaid carer. It offers support & advice from like-minded people in a similar situation, and the opportunity to have some fun! Activities, trips out, relaxation sessions and talks are all decided by this lovely group. Activities take place on Wednesdays and Thursdays. For more information call **020 8962 4536**.



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/

**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



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





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



Celebrating Silver Sunday week at Open Age

Dance-a-thon!

Friday 4th October - 10.30am-3.30pm

Grab your dancing shoes and join us for five 'fab-u-lous' hours of dance classes with the very best instructors and fantastic music! Absolutely all abilities & toe-tapping styles are welcome! Come for one dance or stay all day! We will also be hosting a Raffle, Quiz and Refreshments so pop along for a jam packed afternoon celebrating our 50+ community in Westminster!

Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, London, W10 4RS (Buses: 18,28,228) 0203 713 8737/ 07717 201791



JOIN US FOR OUR END OF TERM CHRISTMAS PARTY

Friday 13th December
12.00pm-3.00pm

Come & join our festive party with music, dancing, singing, a quiz and raffle!

This event is FREE but we would welcome everyone to bring a small contribution of food on the day to share!

EAT, DRINK & BE MERRY!



South Westminster Activities

Please note term start dates for the activities below may differ from the other activities in this programme so please call 020 7976 6354 for more details on how to book.

Churchill Hub: 0207 976 6354			Steady and Stable: 020 8962 5582
			Osteoblast: 020 8962 4537
MONDAY			
Haircuts (Drop In)	10.00-11.30	£5	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Coffee Morning	10.00-12.00	Free*	
Podiatry (Fortnightly)	10.00-16.00	£10	
Yoga	11.00-12.30	£1.50	
Zumba	11.15-12.10	£1	St Stephen with St John Westminster, 38-42 Rochester Row, London SW1P 1LE
Singing Class	12.15-1.45	£2	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ
Creative Writing	2.00-4.00	£2	Marshall Street Leisure Centre, 15 Marshall St, Soho, W1F 7EL
Pilates (Class 1)	3.00-4.00	£2	Marshall Street Leisure Centre, 15 Marshall St, Soho, W1F 7EL
Pilates (Class 2)	4.00-5.00	£2	Marshall Street Leisure Centre, 15 Marshall St, Soho, W1F 7EL
TUESDAY			
Knitting, Sewing & Craft	10.00-12.00	Free*	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Tai Chi Qi Gong	12.30-1.30	£1	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Monthly Movie Afternoon	1.30-3.30	£1.50	Eileen Anderson Court, Johnson's Place SW1V 3EZ
Chair Yoga	2.00-3.00	£1	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
WEDNESDAY			
Osteoblast	10.00-11.00	£1	MUST BOOK! Marshall Street Leisure Centre, 15 Marshall Street, W1F 7EL
Keep Fit	10.00-11.00	£1	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Art Class	10.00-1.00	£1 per hour	Thamesbank Centre, Peabody Avenue, Turpentine Lane SW1V 4BD
Chair Based Exercise for Coordination	11.00-12.00	£1	Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN
Men's Only Yoga	11.30-12.30	Free*	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Bridge Club	2.00-4.15	£7	
THURSDAY			
Steady & Stable	10.00-11.00	Free	MUST BOOK! Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN
Coffee Morning & Computer Drop In	10.30-12.30	Free*	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT
Beauty Therapy	12.30-3.30	£5	MUST BOOK! Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT
Quarterly Film Club	1.30 – 3.30	£1.50	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Yoga	3.00-4.00	£1.00	Queen Mother Sports Centre, 223 Vauxhall Bridge Rd, London SW1V 1EL
FRIDAY			
Zumba	10.00-11.00	£1	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ
IT Drop In	1.00-3.00	Free*	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Craft Afternoon	1.30-3.30	Free*	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Osteo Blast	2.30-3.30	£1	MUST BOOK! The Abbey Centre 34 Great Smith Street, SW1P 3BU
SATURDAY			
Third Age Counselling	9.00-6.00	FREE	MUST BOOK! Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT
SUNDAY			
Monthly Sunday Lunch	10.30-3.00	£5.50	MUST BOOK! St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT




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



OPEN AGE - ADULT COMMUNITY LEARNING – September to December 2019

MUST BOOK BEFORE YOU START – Maude on 020 8 962 5590
For courses at New Horizons, please call: 020 7590 8970
COURSES ARE FREE IF YOU ARE ELIGIBLE OR £3 PER SESSION

ADULT COMMUNITY LEARNING CLASSES: These classes have this symbol next to them in our programmes.  They are different from the standard Open Age drop-in classes. We are required to meet certain conditions to receive the funds to deliver these classes and must ask you to complete an enrolment form at the start of each academic year (September to August), provide specific ID, national insurance number and proof of benefits if applicable. **If we do not meet these conditions we will not receive the funds to deliver the classes.** Please help us by doing the following:

- Ask questions about the class before you join to be sure it is the right class and level for you
- Do not book the class if you know you have planned holidays. Absence and irregular attendance affects our funding and prevents other members from joining classes.
- Please arrive on time, at least 5 minutes before class starts.
- Do let us know if you will be absent, late, or need to withdraw from the class for any reason

Finally, we want you to enjoy the class and recommend Open Age to your friends.

If you have any suggestions, we'll be happy to hear from you.

Angela 020 8962 5590 asharkey@openage.org.uk Maude 020 8962 5594 machinery@openage.org.uk
 Simon 020 7590 8974 sshum@openage.org.uk

VENUES

KENSAL LIBRARY 20 Golborne Road W10 5PF	CURVE COMMUNITY CENTRE, 10 Bard Road W10 6TP	NEW HORIZONS CENTRE, Guinness Trust Estate, Cadogan Street SW3 2PF	REED CENTRE, Convent Gardens, W11 1NH
RESPONSE COMMUNITY PROJECTS, 300 Old Brompton Road SW5	SECOND HALF CENTRE, St Charles Hospital, Exmoor Street W10 6DZ	THOMAS DARBY COURT, 133 Lancaster Road W11 1TT	V&A MUSEUM, Cromwell Road Entrance, SW7 2RL

MONDAY

9.45- 11.45	Art Using Watercolours (Beginners)	10 week course, Starts Sept 23rd	New Horizons Centre
10.00-12.00	Italian for Beginners	10 week course, Starts Sep 23rd	Reed Centre
10.00-12.00	Android Smartphones for Beginners	10 week course Starts Sep 23rd	New Horizons Centre
10.00-12.00	Beginners' Computers	10 week course, Starts Sep 23rd	Second Half Centre
1.00-3.00	Current Affairs	10 week course, Starts Sep 23rd	Reed Centre
1.00-3.00	Italian-Next Step up from Beginners	10 week course Starts Sep 23rd	TBC
1.00-3.00	Sketching at the V&A	10 week course Starts Sep 23rd	V&A Museum
1.00-3.00	Beginners Computers Limited Spaces -	10 week course, Starts Sep 23rd	New Horizons Centre
1.00-3.00	Smartphone Photography	10 week course, Starts Sep 23rd	Second Half Centre
4.00-6.00	Ipad for Beginners	10 week course, Starts Sep 23rd	Second Half Centre

TUESDAY			
10.00-12.00	French for Beginners	10 week course, Starts Sep 24th	Reed Centre
10.00-12.00	Computers for Beginners	10 week course, starts 24 th Sept	Second Half Centre
10.00-12.00	Using an Android Smartphone	10 week course, Starts Sep 24th	Second Half Centre
10.00-12.00	Creative Writing	10 week course, Starts Sep 24th	Response Community Projects
1.00-3.00	French-Next Step up from Beginners	10 week course, Starts Sept 24th	Kensal Library
1.00-3.00	Going further with Computers	10 week course, Starts Sep 24th	Second Half Centre
2.00-4.00	Creativity in Writing	10 week course, Starts Sep 24th	New Horizons Centre
2.00-4.00	Drama Skills	10 week course, Starts Sep 24th	New Horizons
WEDNESDAY			
10.00-12.00	Excel Made Easy	10 week course, Starts Sep 25 th	Second Half Centre
10.00-12.00	ESOL for Health	10 week course, Starts 25 th Sep	Reed Centre
10.00-12.00	Lip-reading and Managing Hearing Loss	10 week course Starts 25 th Sep	North Kensington Library
1.00-3.00	Men's Space IT	5 wk course, starts 18 th Sept	Second Half Centre
1.00-3.00	Men's Space Android Smartphones Starts 30th Oct	6 week course, starts 30 th Oct	Second Half Centre
1.00-3.00	Art on iPads	10 week course, starts Sep 25th	New Horizons Centre
1.30-3.30	Meditation, Mindfulness, Stress Man.	10 week course, starts Sep 25th	Thomas Darby Court
1.30-3.30	Creative Writing	10 week course, starts Sep 25th	Second Half Centre
2.00- 4.00	Lip Reading & Hearing Loss	10 week course, starts Sep 25th	New Horizons Centre
2.00-4.00	Sketching at the V&A II	10 week course starts Sep 25th	V&A Museum
4.00-6.00	Create Greeting Cards on Computer	10 week course, starts Sept 25 th	Second Half Centre
4.00-6.00	Poetry	10 week course, starts Sept 25 th	Second Half Centre
THURSDAY			
10.00-12.00	Windows 10	10 week course, starts 26 th Sep	Second Half Centre
10.15-12.15	Speak with Confidence (English as a Second Language)	10 week course, starts Sep 26th	Curve Community Centre
1.00-3.00	Microsoft Excel-Next Step after Easy	10 week course, starts Sep 26th	Second Half Centre
2.00-4.00	Conversational English	10 week course, starts Sep 26th Sept	New Horizons
2.00-4.00	Life Stories	10 week course, Starts Sep 26th	New Horizons Centre
FRIDAY			
10.00-12.00	Build your own Website-Starter course	10 week course, Starts Sep 20th	Second Half Centre
10.00-12.00	Travel and Tech	10 week course, Starts Sep 27th	New Horizons
10.30-12.30	Time for me I.T. (For Carers only)	6 week course, starts Nov 1 st	Second Half Centre
12.30-2.30	Spanish for Beginners	10 week course, starts Sep 27th	Reed Centre
1.00-3.00	Digital Photography	10 week course, starts Sep 27th	Second Half Centre

3.00-5.00	Spanish stepping up from Beginners	10 week course, starts Sep 27th	Reed Centre
2.00-4.00	iPads for You	10 week course, Starts Sep 27th	New Horizons Centre



Film Festival @ New Avenues Monday, 2.00pm - 3.30pm

All films were voted for by Open Age members -if you have any suggestions please let us know and we will add them to the vote for next term!

<p>9th Sept- Quartet (2012)</p> <p>At a home for retired musicians, the annual concert to celebrate Composer Giuseppe Verdi's birthday is disrupted by the arrival of Jean (Dame Maggie Smith), an eternal diva and the former wife of one of the residents.</p> 	<p>16th Sept- Mary Queen of Scots (2019)</p> <p>Queen of France at 16 and widowed at 18, Mary defies pressure to remarry. Instead, she returns to her native Scotland to reclaim her rightful throne. But Scotland and England fall under the rule of the compelling Elizabeth 1. Rivals in power and in love, and female regents in a masculine world, the two must decide how to play the game of marriage versus independence.</p>	<p>23rd Sept- All is True (2019)</p> <p>The year is 1613, Shakespeare is acknowledged as the greatest writer of the age. But disaster strikes when his renowned Globe Theatre burns to the ground, and devastated, Shakespeare returns to Stratford, where he must face a troubled past and a neglected family.</p> 
<p>30th Sept- Send Me No Flowers (1964)</p> <p>Comedy starring Doris Day. A hypochondriac believes he is dying and makes plans for his wife which she discovers and misunderstands.</p> 	<p>7th Oct- Where Hands Touch (2018)</p> <p>Germany 1944: 15-year old Leyna, daughter of a white German mother and a black father, lives in fear due to the colour of her skin. When she meets Lutz, the son of a prominent SS officer and a member of the Hitler Youth - the two fall helplessly in love, putting both their lives at risk.</p>	<p>14th Oct- The Butler (2013)</p> <p>After leaving the South as a young man and finding employment at an elite hotel in Washington, D.C., Cecil Gaines gets the opportunity of a lifetime when he is hired as a butler at the White House. Over the course of three decades, Cecil has a front-row seat to history and the inner workings of the Oval Office.</p>
<p>28th Oct- Fisherman's Friends (2019)</p> <p>A fast-living, cynical London music executive heads to a remote Cornish village on a stag weekend where he's pranked by his boss into trying to sign a group of shanty singing fishermen. He becomes the ultimate 'fish out of water' as he struggles to gain the respect or enthusiasm of the unlikely boy band.</p>	<p>4th Nov- Red Joan (2019)</p> <p>Joan Stanley is a widow living out a quiet retirement in the suburbs when, shockingly, the British Secret Service places her under arrest. The charge: providing classified scientific information including details on the building of the atomic bomb to the Soviet government for decades.</p> 	<p>11th Nov-The Keeper (2019)</p> <p>While visiting a PoW camp at the end of WWII, Margaret, the daughter of the manager of the local football team, notices young German soldier- Bert. Her father is so taken by Bert's prowess as a goal-keeper that he gets him out of the camp to play for his local team. Margaret and Bert's love blossoms despite local hostility and Bert's heroics are noticed by Manchester's City Football Club.</p>
<p>18th Nov-Colette (2019)</p> <p>After moving to Paris, author Sidonie-Gabrielle Colette agrees to ghostwrite a semi-autobiographical novel for her husband. Its success soon inspires her to fight for creative ownership and overcome the societal constraints of the early 20th century.</p> 	<p>25th Nov- Green Book (2018)</p> <p>When a bouncer from an Italian-American neighbourhood in the Bronx, is hired to drive a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans.</p> 	<p>2nd Dec- Rocketman (2019)</p> <p>Rocketman is an epic musical fantasy about the incredible human story of Elton John's breakthrough years. The film follows the fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John.</p> 