

North Westminster Activity Programme

April 23rd – July 21st 2019

Find us:
Open Age, New Avenues
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London, W10 4RS

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B Bus stops
Buses: 18, 28, 228

E Entrance to New Avenues / Open Age QPHR Hub

Telephone:
07717201791 or 0203 713 8737

Changes to the North Westminster Programmes

Please note that this term there are not separate Westbourne Park and Queens Park activity programmes- these have instead been combined into one programme. You will therefore only receive one programme for all classes in North Westminster. Please read carefully for information on all classes.

HALF TERM

Half term is Monday 27th May – Sunday 2nd June 2019. There will be no classes this week unless stated inside.

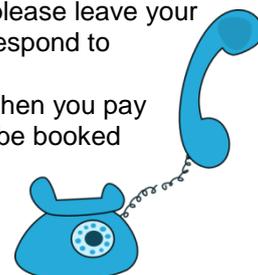
BOOKING for EXERCISE CLASSES AT NEW AVENUES

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.



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 Starts 29 th April No Class 6 th May	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	10.00-11.00 Starts 13 th May	Dance Studio at Paddington Arts, 32 Woodfield Rd, W9 2BE	18, 28, 31	£1	A great, gentle way to stretch, tone and work on core strength - floor mat based exercise session. Please note later start date!!
Ballet Fitness MUST BOOK!	10.00-11.00 Starts 29 th April No Class 6 th May	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!
T'ai Chi	10.30-11:30 Starts 29 th April No Class 6 th May	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.
Monday Social with Speakers	10.30-12.00 Starts 29 th April No Class 6 th May	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	FREE Suggested Donation £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.
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 Weds 8th May (this is due to Bank Hol) Mon 3rd June Mon 1st July	Paddington Sports Club, Castellain Road, Maida Vale, W9 1HQ (Entrance next to Bon Appetit)	6, 187, 414	FREE	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 .
Cricket and Bowls	10.30-12.30 29th April- Lords 13th May- Lords 24th June- Pad Rec 22nd July- Pad Rec	Lords Cricket Ground, St John's Wood Rd, London NW8 8QN OR Paddington Recreation Ground, Randolph Avenue, Maida Vale, W9 1PD	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. 29th April, 10.30-12.30 at Lords 13th May, 10.30-12.30 at Lords 24th June, 10-11.30 at Paddington Recreation Ground 22nd July, 10-11.30 at Paddington Recreation Ground
Steady & Stable (High Level) MUST BOOK!	10.45-11.45 Starts 29 th April No Class 6 th May	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 Starts 29 th April No Class 6 th May	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 Starts 29 th April No Class 6 th May	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	12.00-1.00 Starts 29 th April No Class 6 th May	Warwick Community Hall, 300 Harrow Road, W2 5HG	18, 36	£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 29 th April No Class 6 th May	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 Starts 29 th April No Class 6 th May	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 Starts 29 th April No Class 6 th May	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 Starts 29 th April No Class 6 th May	Seymour Leisure Centre, Seymour Place, W1H 5TJ	7, 12, 18, 23	£1	**To be eligible for this you must have previously attended the Osteo Blast programme.** Osteo Pro is an exercise class designed to develop muscle strengthening and further increase bone density.
Play Reading	1.00-2.00 Starts 29 th April No Class 6 th May	Warwick Community Hall, 300 Harrow Road, W2 5HG	18, 36	£1	Join this lively group for some exciting play reading. Read through a variety of well-known plays, no experience necessary.
Drop in and Draw NEW TIME!	1.00-3.00 Starts 29 th April No Class 6 th May	Warwick Community Hall, 300 Harrow Road, W2 5HG	18, 36	£1 per hour	Pick up a pencil and practice sketching and still life in this relaxed self-led group. All abilities and experience welcome.
Chi-Gong MUST BOOK!	1.30-2.30 Starts 29 th April No Class 6 th May	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£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!

Osteo Blast MUST BOOK!	2.00-3.00 Starts 29 th April No Class 6 th May	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 Starts 29 th April No Class 6 th May	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.
Current Affairs NEW TIME!	2.00-3.00 Starts 29 th April No Class 6 th May	Warwick Community Hall, 300 Harrow Road, W2 5HG	18, 36	£1	Review and discuss national and international affairs over a cup of tea with our lively and talkative group!
Sew, Knit and Chat Group NEW TIME!	2.00-3.00 Starts 29 th April No Class 6 th May	Warwick Community Hall, 300 Harrow Road, W2 5HG	18, 36	£1	Have fun and learn how to: use the machine; do simple repairs and alterations; hand stitching; create a range of projects – or bring in your own items to repair, make, embroider or knit. All abilities welcome!
Film Festival	2.00-3.30 Starts 29 th April No Class 6 th May	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1 Or Suggested Donation £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 Starts 29 th April No Class 6 th May	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 Hester for more info & to join on 020 3713 8736 .
Mindfulness Meditation	2.30-3.30 Starts 29 th April No Class 6 th May	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.
Phone Club: Creative Writing Group For the Housebound	4.00-5.00	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 Hester for more info & to join on 020 3713 8736 .

TUESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Strictly Open Age MUST BOOK!	10.00-11.00 Starts 23 rd April	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Calling all dancers! Join our dance class with Armand to learn a range of Ballroom and Latin dances in this supportive and fun session! All abilities welcome! Please see front of programme for how to book!
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 .
Book Break	10.30-12.00 Starts 23 rd April	Hardy House, 64 Great Western Road, W11 1AA	28, 31, 328	FREE	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!
Simply Art 1	10.30-12.30 Starts 23 rd April	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!
Creative Writing (12 week course) 'Fiction from Facts' NEW VENUE!	10.30-12.30 Starts 23 rd April	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. 'Fiction from Facts' The theme of this term is about capturing the elements of places, we will look at real places and objects and create fictional stories and poems around the facts. No need to book just turn up!
Zumba Gold	11.00-12.00 Starts 23 rd April	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.
Walking Netball	11.00-12.00 Starts 23 rd April	Will to Win Hyde Park, South Carriage Drive, W2 2UH	9, 10, 52, 70, 452	FREE	Love netball but not sure the fast game is for you anymore? Then come and join our new walking netball class! Suitable for both beginners and experienced players.
Stretch and Tone MUST BOOK!	11.15-12.15 Starts 23 rd April	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 Starts 23 rd April 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 Starts 23 rd April	The Hub, Regents Park, Inner Circle, London, NW1 4RU	6, 18, 31, 139, 187, 189, 414	TBC	"The beautiful game without the running". Walking Football is a great way to get fit, learn new skills, have fun and socialise at the same time! Less pace, more grace... a purely beautiful game.
Men's Space: "Active Men" exercise class with local walks	12.30-1.30 Starts 23 rd April	Hardy House, 64 Great Western Road, W11 1AA	28, 31, 328	FREE	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 Starts 23 rd April	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!	1.00-2.00 Starts 23 rd April	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. Don't be shy, everyone is welcome!
Intermediate IT 5 Week Course MUST BOOK!	1.00-3.00 Starts 23 rd April	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 4 th June	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.
Lunch Club (Note: Staff only present at start, self-run)	1.00 Sharp! Starts 23 rd April	Westbourne Grove area restaurants.	7, 23, 27, 36	£9 to £12	No need to book, informal group. Dated programme of restaurants for April to March available, please call 07717201791 or 0203 713 8737 for more info.
Table Tennis	1.30-2.30 Starts 23 rd April	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	FREE	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 Starts 23 rd April	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!	2.00-3.00 Starts 23 rd April	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Perfect the basics but looking for the opportunity to practice your francais? Pop along to our Beginners French Plus and perfect your knowledge.

'Help to Hear' Learn to Lip Read!	2.00-3.00 Starts 23 rd April Last class 9 th July!	Warwick Community Hall, 300 Harrow Road W2 5HG	18, 36	£2	Lip Reading helps you fill the gaps so you can continue to enjoy activities and conversations! Information leaflets on hearing loss available. Includes refreshments after class.
Yoga MUST BOOK!	2.30-3.30 Starts 23 rd April	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 Starts 23 rd April	1 Frith St, Soho, London, W1D 3HZ	10, 25, 55, 73, 98, 390	FREE	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
Singing for Pleasure	10.30-11.45 Starts 24 th April Last class 26 th June	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!
Simply Art 2	10.30-12.00 Starts 24 th April	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18, 28, 228	£1.50	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!
Art for All	10.30-12:30 Starts 24 th April	Hardy House, 64 Great Western Road, W11 1AA	28, 31, 328	£2	Let our expert tutor help you to develop your creative talents, learn new techniques, and find your own style, as part of a friendly social group. All materials provided.
Men's Monthly Social Lunch MUST BOOK!	11.00-1.00 1 st May 5 th June 3 rd July	Depart 11.30 Stowe Community Centre, 258 Harrow Road, W2 5ES	18, 36	£1.50	Have good fun & enjoy lively wide ranging discussions over Lunch at local Design Studios Café, 10 mins walk away. To book call 07717201791 or 0203 713 8737 . Must book at least one day before!
Bolder Not Older Dance Class (60+ only!) MUST BOOK!	11.45-12.45 Last class 3 rd July	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	These DanceWest classes for adults over 60's 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 Starts 24 th April Last class 10 th July	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!
Steady & Stable (High level) MUST BOOK	1.15-2.15 Starts 24 th April Half Term at different venue!	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 .
Yoga	2.00-3.00 Starts 24 th April No class 1 st May	Dance Studio at Paddington Arts, 32 Woodfield Rd, W9 2BE	18, 28, 36, 228	£1	Unwind & relax the mind, maintain flexibility & build strength. All abilities welcome. Please note: 1 st May- No class!! 19 th June- In the Pyramid Room at Paddington Arts!
Sketching at Museums & Galleries MUST BOOK!	2.00-4.00 Starts 24 th April	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!					
W9 Monthly Social	2.00-4.00 1 st May 5 th June 3 rd July	Rayne House, 170 Delaware Road, W9 2LW	6, 187, 414	£2 incl. raffle	Friendly monthly social afternoon for locals with guest speakers, raffle & tea with Maureen. Please remember to bring something for the raffle!
1st May- Age UK Westminster - Hear about their local services for you! 5th June- Westminster Archives - A slice of local history 3rd July- TBC at time of printing – call 07717201791 or 0203 713 8737 for more info!					
Steady & Stable (Low level) MUST BOOK!	2.15-3.15 Starts 24 th April Half Term at different venue!	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 Starts 24 th April	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 NEW TIME!	2.30-4.00 Starts 24 th April	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	FREE Suggested Donation £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 Starts 24 th April	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW	18, 36	FREE	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.
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THURSDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Trips Around London	See Trips Programme	See Trips Programme	N/A	Varied	See Trips Programmes! To book please contact Open Age on 020 8962 4141 .
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, Reflexology, Reiki or Indian Head massage. To enquire about availability please call 07717201791 or 0203 713 8737 . Some availability on other days!
T'ai Chi NEW VENUE! MUST BOOK!	10.00-11.00 Starts 25 th April	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 25 th April	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!
Walking Football Session	10.30-12.00 Starts 25 th April No Half Term!	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW	18, 28, 36, 228	£1	"The beautiful game without the running". Walking Football is a great way to get fit, learn new skills, have fun and socialise at the same time! Less pace, more grace... a purely beautiful game. Call Russell 020 8962 5583 for more details.
Ukulele Lessons	10.30-12.00 Starts 6 th June	Warwick Community Hall, 300 Harrow Road, W2 5HG	18, 36	£1.50	Ever wanted to learn the Guitar? Try your hand at Ukulele! Whether you have played before or are a beginner all are welcome! Please note later start date!!
Osteoblast MUST BOOK! NEW TIME!	11.15-12.15 Starts 25 th April	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	A 16 week exercise programme designed to initiate muscle strengthening and increase bone density to improve independent living and overall bone health. To book please call Jade on 020 8962 4537 .

Intermediate Guitar Lessons MUST BOOK!	12.15-1.45 Starts 25 th April	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 Starts 25 th April	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 Starts 25 th April	St Stephen's Church Hall, Talbot Rd, W2 5QT (entrance behind large red notice board)	7, 18, 23, 27, 28, 31, 36 70, 328	£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 Group (Women only)	1.30-3.30 Starts 25 th April	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 Women's English Lessons (Women only) NEW PRICE!	1.45-2.45 Starts 25 th April	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	If English is not your first language come & join our friendly and supportive English lessons and let us help you practice your conversational and writing skills while having lots of fun!
Beginners Guitar Lessons	1.45-3.15 Starts 25 th April	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1.50	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!
W2 Active Citizens Social Refreshments & Talks	2.30-3.30 Starts 25 th April	St Stephen's Church Hall, Talbot Rd, W2 5QT (entrance behind large red notice board)	7, 18, 23, 27, 28, 31, 36 70, 328	£1	Followed by Social, Tea & regular guest speakers, details below.
25 th April- Social & Spring Quiz 2 nd May- Social 9 th May- Age UK Westminster 16 th May- Westminster Archives 23 rd May- Keats House 30 th May- Half Term 6 th June- Social 13 th June- TBC at time of printing			20 th June-TBC at time of printing 27 th June-TBC at time of printing 4 th July- Social 11 th July- Chelsea Physic Gardens 18 th July- TBC at time of printing Please speak to Maureen or call 07717201791 or 0203 713 8737 for a full listing of speakers!		
Phone Club: Book Talk For the Housebound	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 Hester for info on 020 3713 8736.

Chair Yoga MUST BOOK!	3.00-4.00 Starts 25 th April	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 Hester 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 Starts 26 th April	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!
Simply T'ai Chi	10.00-11.00 Starts 26 th April	Warwick Community Hall, 300 Harrow Road, W2 5HG	18, 36	£1	Introduction to learning single position T'ai Chi. Learn the key moves from our expert, as she guides you easily through this relaxing class. Improve your posture, flexibility and focus.
Games Café Drop In	10.00-12.00 Starts 26 th April	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 Starts 26 th April	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!
Play Reading	11.00-12.00 26 th April 10 th & 24 th May 7 th & 21 st June 5 th & 19 th July	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	If you enjoy plays, scripts and sketches and want to read together in a small friendly group, our play reading class is for you! Absolutely no experience necessary, it's just for fun so pop along when you can!

Water Splash	12.00-1.00 Starts 26 th April	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 Fish N' Chip Fridays MUST BOOK!	12.15-1.30 10 th May 14 th June 12 th July	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£5	Join us for a delicious Fish n Chip lunch and the best company in town with our growing group of diners! Tea & Coffee, Condiments and Bread & Butter all thrown in! Fish and Chips provided by Mr Fish in Queens Park! To book call 07717201791 or 0203 713 8737. Must book and pay in advance at New Avenues!
Circuit Training Class MUST BOOK!	12.30-1.30 Starts 26 th April	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Join this class where you will use circuits to work the whole body. This is great for building strength and improving fitness whilst working at your own pace. The instructor will be on hand to provide adaptations and correct technique to prevent injuries. Please see front of programme for how to book!
Monthly Social	1.30-3.30 26 th April 24 th May 28 th June 19 th July	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1 Or Suggested Donation £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 Starts 26 th April	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 Starts 26 th April	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW	18, 36	FREE	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

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Badminton	9.00-10.00 Starts 27 th April	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW	18, 36	FREE	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 Starts 27 th April No Half Term!			£1.50	Cardiovascular aerobic exercise to get the whole body moving and improve fitness and strength.
Pilates	12.00-1.00 Starts 27 th April No Half Term!			£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 Starts 27 th April	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 Starts 27 th April			£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 Starts 27 th April No Class of 23 rd June or 21 st July	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!
Strictly Sunday - Ballroom & Latin Dancing	2.00-4.00 Starts 27 th April	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW	18, 36	£3	A Sunday session for all dance abilities with an expert tutor and refreshments.
Free Gym	All Day Sundays	Jubilee Hall Trust, 30 The Piazza, Covent Garden, WC2E 8BE	23	FREE	Drop in between 10am and 5pm any Sunday and you can exercise in the gym for free! This is available to anyone of any age so why not bring a friend. Classes and gym inductions are available throughout the day. A membership form will need to be completed on your first session.

Trips and Events

FREE Creative Writing Workshops, Saturday 27th & Sunday 28th April, 12.00-4.00pm @ Tate Modern's Blavatnik Building - Come to the Open Age Creative Writing workshops to enjoy writing stories that investigate change and ageing in people, places and things as they move through time. For more information call The Second Half Centre on **0208 962 5500**.

FREE Choral Concerts - Join us for these free concerts throughout May and June. Free transport provided to and from the venue from New Avenues, 3-7 Third Avenue, W10 4RS. Transport leaves 90 mins before the concert begins. To book call **07717201791 or 0203 713 8737**.

3rd May at Southwark Cathedral, 3.00-4.00pm

31st May at Southwark Cathedral, 3.00-4.00pm

13th June at St James' Piccadilly, 7.30-9.00pm

£7- Westminster Mile, Sunday 26th May, Time TBC

Come and join Open Age in the Westminster Mile. You can walk, jog or run this route which starts right outside Buckingham Palace. Following the event there will be plenty of activities in Green Park. Anyone of any age is welcome to join the Open Age team! Please call Jade on **0208 962 4537** to register your interest or to find out further info. £7 for Westminster residents, £8 for non-Westminster residents (includes medal & goodie bag!)

FREE Reminiscence Workshop at The Museum of Brands, Tuesday 28th May, 9.30am-10.30am - Step back in time and enjoy this reminiscence session using objects inspired by the museum's collection of family favourite brands! Free time to explore the museum after the session! To book call **07717201791 or 0203 713 8737**.

FREE Secret City Gardens Walk, Tuesday 18th June, 10.30am-12.30pm - Enjoy a walk through the City of London's hidden gardens, taking in the sights and finding history as far back as 2000 years! From The Postman's Park, Barbican complex to The Barber-Surgeons Garden! We'll be starting from St Pauls Station (Central Line) and the walk will last Approximately 2 Hours (With a Break) at a medium pace. To book call **07717201791 or 0203 713 8737**.

FREE Sky Garden Trip, Tuesday 25th June, 10.15am - Back by popular demand! Join us for this fantastic opportunity to see breath-taking views from 155 metres up above the city! To book call **07717201791 or 0203 713 8737**.

FREE Thames Clipper Boat Trip, Tuesday 9th July, 10.45am - Join us for a trip down the river Thames to Greenwich. Enjoy free time to explore the beautiful surroundings or have lunch (not included) then return with us on the boat. To book call **07717201791 or 0203 713 8737**.

FREE Explore and Discover @ The Science Museum, Tuesday 9th July, 2.00-4.30pm - Come and explore the Science Museum collection and discover more about space as we celebrate the 50th Anniversary of the first human landing on the moon. To get your ticket please book from the 1st May 2019 by calling **020 7942 4000** between 8.30 and 6.00 OR you can book online here sciencemuseum.org.uk/exploreapollo.

As part of Dementia Action

Week 2019

(Monday 20th May-Sunday 26th May)

Open Age will be hosting activities to raise awareness across the organisation.

This week unites people, workplaces, schools and communities to take **action** and improve the lives of people living with **dementia**.

Almost all of us know someone affected by **dementia**, so join us to help raise awareness!

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

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 **Zannah Cooper on 020 8962 4536**.



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!



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

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

A Tale as Old as Time...

**Friday 14th June
12-4pm**

At The Second Half Centre
St Charles Centre for Health and Wellbeing,
Exmoor Street, W10 6DZ

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

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

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

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

For more information call 0208 962 5500



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



ADULT COMMUNITY LEARNING in NORTH KENSINGTON

MUST BOOK BEFORE YOU START – Maude on 020 8 962 5590
For other ACL courses in South Kensington please call: 020 7590 8970
Bookings Open 25th March 2019

ACL Classes 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

COURSES ARE FREE IF YOU ARE ELIGIBLE OR £3 PER SESSION



MONDAY

10.00-12.00 Starts April 29 th	Italian for Beginners (10 week course)	The Reed, Convent Gardens, W11 1NH
10.00-12.00 Starts April 29 th	Beginners' Computers (10 week course)	Second Half Centre, St Charles Hospital Exmoor Street W10 6DZ

1.00-3.00 Starts April 29 th	Current Affairs (10 week course)	The Reed, Convent Gardens, W11 1NH
1.00-3.00 Starts April 29 th	iPads for Beginners (10 week course)	Second Half Centre, St Charles Hospital, Exmoor Street, W10 6DZ
4.00-6.00 Starts April 29 th	Introduction to Powerpoint (10 week course)	
TUESDAY		
10.00-12.00 Starts April 30 th	French for Beginners (10 week course)	The Reed, 28 Convent Gardens, W11 1NH
10.00-12.00 Starts 7 th May	Computers for Beginners (10 week course)	Second Half Centre, St Charles Hospital, Exmoor Street, W11 1NH
10.00-12.00 Starts April 30 th	Get to really use your iPhone(5 week course)	
10.00-12.00 Starts 11 th June	Get to really use your Android phone (5 week course)	
10.30-12.30 Starts April 30 th	Lip reading and Managing Hearing Loss (10 week course)	The Reed, 28 Convent Gardens London W11 1NH
1.00-3.00 Starts April 30 th	Going further with Computers (10 week course)	Second Half Centre, St Charles Hospital, Exmoor Street, W10 6DZ
WEDNESDAY		
10.00-12.00 Starts May 1 st	Create Greeting Cards on Computers (10 week course)	Second Half Centre, St Charles Hospital, Exmoor Street, W10 6DZ
10.00-12.00 Starts May 1 st	Speak with Confidence (English as a Second Language) (10 week course)	The Reed, 28 Convent Gardens W11 6NH
12.30-1.30 Starts May 1 st	Sizzling Salsa (10 week course)	
1.00-3.00 Starts May 1 st	Internet Browsing and On-Line Safety (5 week course)	Second Half Centre, St Charles Hospital Exmoor Street W10 6DZ
1.00-3.00 Starts June 12 th	Men's Space I.T./Online Safety (6 week course)	
1.30-3.30 Starts May 1 st	Creative Writing (10 week course)	
4.00-6.00 Starts May 1 st	Microsoft Word (10 week course)	
4.00-6.00 Starts May 1 st	Poetry (10 week course)	
THURSDAY		
10.00-12.00 Starts May 2 nd	Excel Made Easy (10 week course)	Second Half Centre, St. Charles Hospital, Exmoor Street, W10 6DZ
1.00-3.00 Starts May 2 nd	Digital Photography (10 week course)	
FRIDAY		
10.00-12.00 Starts 7 th June	Online Shopping and Security (10 week course)	Second Half Centre, St Charles Hospital Exmoor Street W10 6DZ
10.30-12.30 Starts April 26 th	Time for me I.T. (Carers) (5 weeks course)	
12.30-2.30 Starts May 3 rd	Spanish for Beginners (10 week course)	The Reed, 28 Convent Gardens W11 1NH
1.00-3.00 Starts April 26 th	Social Media (10 week course)	Second Half Centre, St Charles Hospital Exmoor Street W10 6DZ
1.30-3.30 Starts May 3 rd	Spanish stepping up from Beginners (10 week course)	The Reed, 28 Convent Gardens W11 1NH

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

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	MUST BOOK! St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Yoga	11.00-12.30	£1.50	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Zumba	11.15-12.15	£1	St Stephen with St John Westminster, 38-42 Rochester Row, London SW1P 1LE
Singing Class	12.15-1.45	£2	
Pilates (Class 1)	2.00-3.00	£2	Venue TBC – please call for more info.
Creative Writing	2.00-4.00	£2	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Pilates (Class 2)	3.00-4.00	£2	Venue TBC – please call for more info.
TUESDAY			
Knitting, Sewing & Craft	10.00-12.00	Free	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Walking Netball	11.00-12.00	Free	Will to Win Hyde Park, South Carriage Drive, London W2 2UH
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
Yoga	10.00-11.30	£1.50	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
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
FRIDAY			
Bokwa	10.00-11.00	£1	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Craft Afternoon	1.30-3.30	Free	
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



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!

29th April- Brooklyn (2016) Young Irish immigrant Ellis Lacey navigates her way through 1950s Brooklyn. Lured by the promise of America, Ellis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Ellis into the intoxicating charm of love. But soon, her past disrupts her new vivacity, and Ellis must choose between two countries and the lives that exist within.

6th May- Bank Holiday- NO FILM

13th May- Bohemian Rhapsody (2018) Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet.

20th May- The Favourite (2019) In the early 18th century, England is at war with the French. Nevertheless, duck racing and pineapple eating are thriving. A frail Queen Anne occupies the throne, and her close friend, Lady Sarah, governs the country in her stead, while tending to Anne's ill health and mercurial temper. When a new servant, Abigail, arrives, her charm endears her to Sarah.

27th May- Half Term- NO FILM

3rd June- To Catch A Thief (1955) Notorious cat burglar John Robie has long since retired to tend vineyards on the French Riviera. When a series of robberies are committed in his style, John must clear his name. Armed with a list of people who own the most expensive jewels currently in the area, John begins following the first owner, young Francie. When her jewels are stolen, Francie suspects John, destroying their tentative romance. John goes on the lam to catch the thief and clear his own name.

10th June- Mary Poppins Returns (2018) Now an adult with three children, bank teller Michael Banks learns that his house will be repossessed in five days unless he can pay back a loan. His only hope is to find a missing certificate that shows proof of valuable shares that his father left him years earlier. Just as all seems lost, Michael and his sister receive the surprise of a lifetime when Mary Poppins arrives.

17th June- The Wife (2018) Joan and Joe remain complements after nearly 40 years of marriage. Where Joe is casual, Joan is elegant. Where Joe is vain, Joan is self-effacing. And where Joe enjoys his very public role as the great American novelist, Joan pours her considerable intellect, grace, charm and diplomacy into the private role of a great man's wife. As Joe is about to be awarded the Nobel Prize for his acclaimed and prolific body of work, Joan starts to think about the shared compromises, secrets and betrayals.

24th June- Miss Potter (2006) Based on the life of early 20th-century author Beatrix Potter, creator of Peter Rabbit. As a young woman Potter rails against her parents' wishes for her to marry and settle down. Instead, she continues to write about and draw the animals she has adored since childhood. Her early attempts to find a publisher for her children's stories are unsuccessful, but an offer from a small firm will turn her into a literary phenomenon.

1st July- The Upside (2019) Phillip is a wealthy quadriplegic who needs a caretaker to help him with his day-to-day routine in his New York penthouse. He decides to hire Dell, a struggling parolee who's trying to reconnect with his ex and his young son. Despite coming from two different worlds, an unlikely friendship starts to blossom as Dell and Phillip rediscover the joy of living life to the fullest.

8th July- Stan and Ollie (2019) Laurel and Hardy - the world's greatest comedy team - face an uncertain future as their golden era of Hollywood films remain long behind them. Diminished by age, the duo set out to reconnect with their adoring fans by touring variety halls in Britain in 1953.

15th July- Can You Ever Forgive Me? (2019) Celebrity biographer Lee Israel makes her living profiling the likes of Katharine Hepburn, Tallulah Bankhead, Estee Lauder and journalist Dorothy Kilgallen. When Lee is no longer able to get published because she has fallen out of step with current tastes, she turns her art form to deception, abetted by her loyal friend Jack.