

Activities for people over 50  
FREE MEMBERSHIP  
[openage.org.uk](http://openage.org.uk)



## North Westminster Activity Programme

January 6<sup>th</sup> - April 3<sup>rd</sup> 2020

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

Senior Centre Co-Ordinator:  
**Geoff Brown-**  
[gbrown@openage.org.uk](mailto:gbrown@openage.org.uk)

Centre Co-Ordinator:  
**Andrea-**  
[acarrington@openage.org.uk](mailto:acarrington@openage.org.uk)



**B** Bus stops  
Buses: 18, 28, 228

**E** Entrance to New Avenues / Open Age QPHR Hub

Half term is Monday 17<sup>th</sup> – Sunday 23<sup>rd</sup>  
February 2020. There will be no classes  
this week unless stated inside.

Telephone:  
**07717201791 or 0203 713 8737**

**Please note – Due to funding requirements Westminster Residents will have priority for booking classes that are busy, if you are out of the borough, you can book 2 days AFTER the activity has begun bookings. For more information please ask a member of staff in our centres or give us a call. Thank you!**

### 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. E.g. 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

### Westminster resident's priority

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
<b>Pilates</b>	10.00-11.00	The Stowe Centre, 258 Harrow, Road, Paddington, W2 5ES	18, 36	£1	Pilates is a slow and controlled system of mind-body exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility.
<b>Ballet Fitness</b> <b>MUST BOOK!</b>	10.00-11.00	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Improve your posture, mobility and energy in this graceful ballet class. Suitable for beginners. <b>Please see front of programme for how to book!</b>
<b>Cricket and Bowls</b>	10.00-12.00  13 <sup>th</sup> January 10 <sup>th</sup> February 9 <sup>th</sup> March	Lords Cricket Ground, St John's Wood Rd, London NW8 8QN	16, 18, 98, 139, 187, 189, 414	FREE	A chance to play cricket and bowls in this iconic sporting venue. A talented cricket coach will be on hand to help you improve your skills.
<b>Monday Social with Speakers</b>	10.15-11.45 Starts 13 <sup>th</sup> January	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. To find out who's speaking call 0203 713 8737
<b>T'ai Chi</b>	10.30-11:30	Warwick Community Hall, 300 Harrow Road, W2 5HG	18, 36	£1	A slow moving and gentle exercise carried out in a relaxed manner. Exercises are done in standing but can be adapted for individuals who need to sit down. Sessions help to promote health and wellbeing, increase stability and relieve joint pain.
<b>Lawn Bowls</b>	10.30-12.30 6 <sup>th</sup> January 3 <sup>rd</sup> February 2 <sup>nd</sup> March	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.
<b>Steady &amp; Stable</b> (High Level) <b>MUST BOOK!</b>	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 <b>020 8962 5582</b> .

<b>Steady and Stable</b> (High Level) <b>MUST BOOK!</b>	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 <b>020 8962 5582</b> .
<b>Boxing Fitness</b> <b>MUST BOOK!</b>	11.30-12.30 	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Non-contact class combining exercises on the boxing pads with bodyweight exercises. Great for improving fitness and reducing stress! <b>Please see front of programme for how to book!</b>
<b>Mind Games!</b> (Volunteer led)	12.00-1.00 Starts 6 <sup>th</sup> January	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. Our friendly volunteer leads the group with new challenges.
<b>Collage Class</b>	12.00-1.30 Starts 6 <sup>th</sup> January	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.
<b>Soca Fit Licks</b> <b>MUST BOOK!</b>	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! <b>Please see front of programme for how to book!</b>
<b>Step Up from Steady</b>	12.45-1.45	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187	£2	A follow on from Steady and Stable to continue improving balance, strength, reduce falls and maintain independence.
<b>Osteo Pro</b>	1.00-2.00	Seymour Leisure Centre, Seymour Place, W1H 5TJ	7, 12, 18, 23	£1	A follow on from Osteo Blast designed to initiate muscle and bone strengthening.
<b>Play Reading</b>	1.00-2.00 Starts 6 <sup>th</sup> January	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.
<b>Osteo Blast</b> <b>MUST BOOK!</b>	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 learn how to exercise safely and effectively for overall bone health and independent living. To book please call Pia on <b>020 8962 4537</b> .
<b>Steady and Stable</b> (Low Level) <b>MUST BOOK!</b>	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 <b>020 8962 5582</b> .
<b>Sew, Knit and Chat Drop In</b> (Volunteer Led)	2.15-3.45 Starts 6 <sup>th</sup> January	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.
<b>Film Festival</b>	2.00-3.30 Starts 13 <sup>th</sup> January	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. <b>See the back of the programme for full listings!</b>
<b>Begin to Gym</b>	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.
<b>Phone Club: Creative Writing Group</b> Starts 13 <sup>th</sup> Jan	4.15-5.15	In the comfort of your own home, for those less able to get out and about	N/A	FREE	Tutor led with Robert Silver. Word games, writing exercises, sharing work aloud for feedback with optional homework. <b>Phone Ewa for more info &amp; to join on 020 3713 8736 .</b>


## TUESDAY CHOICES

### Westminster resident's priority

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Steady &amp; Stable</b> (High Level)  <b>MUST BOOK</b>	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 <b>020 8962 5582.</b>
<b>Simply Art</b>  <b>MUST BOOK</b>	10.00-12.00 Starts 7 <sup>th</sup> January	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! To book please call 0203 713 8737
<b>Book Break</b>  	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!
<b>Creative Writing</b> <b>'Fact or Fiction'</b>	10.30-12.30	St Mary Magdalene's Church, Paddington Rowington Close, W2 5TF	18, 36, 187	£2	Fact or Fiction? Write your own mysterious happening! Either inventing your own take or writing your own version of the events of popular Historical mysteries such as; The Titanic , Amelia Earheart, Area 51 and others!
<b>Dance Exercise</b>	11.00-12.00	Fitzrovia Centre, 2 Foley Street, W1W 6DL	18, 27, 308, 453	£1	A fun dance session combining Latin dance with other styles designed to improve your fitness.




<b>Stretch and Tone</b> <b>MUST BOOK!</b>	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. <b>Please see front of programme for how to book!</b>
<b>Steady &amp; Stable</b> (Low Level) <b>MUST BOOK</b>	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 <b>020 8962 5582</b> .
<b>Walking Football</b>	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	Fancy a kick about? A coach will be on hand to set up fun drills and matches so you can improve your fitness all whilst doing the sport you love! <i>In association with Chelsea FC Foundation</i>
<b>'Lipreading for Hearing Loss'</b>	12.15-1.15 Starts 7 <sup>th</sup> January	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.
<b>Men's Space:</b> "Active Men" exercise class with local walks	12.30-1.30 Starts 14 <sup>th</sup> Jan Half term break 18 <sup>th</sup> & 25 <sup>th</sup> Feb	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 <b>020 8962 5583</b> for more info or to join the group.
<b>Exercise to Music</b> <b>MUST BOOK!</b>	12.30-1.30	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18, 28, 228	£1	A combination of low impact moves which raise the heart rate, burn calories and improves strength. <b>Please see front of programme for how to book!</b>
<b>Beginners French</b> <b>MUST BOOK!</b>	1.30-2.30 Starts 7 <sup>th</sup> January	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!
<b>Intermediate IT 6 Week Course</b> <b>MUST BOOK!</b>	1.00-3.00 Starts 7 <sup>th</sup> January	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 <b>07717201791 or 0203 713 8737</b> .
<b>Beginners IT 6 week course</b> <b>MUST BOOK!</b>	1.00-3.00 Starts 25 <sup>th</sup> February	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 <b>07717201791 or 0203 713 8737</b> .
<b>Table Tennis Drop In</b>	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!


<b>T'ai Chi</b>	2.00-3.00 	Paddington Recreation Ground, Randolph Avenue, Maida Vale, W9 1PD (Meet in the Bowls Pavilion)	6, 31, 316, 328	£3	A slow moving and gentle exercise carried out in a relaxed manner. Exercises are done in standing but can be adapted for individuals who need to sit down. Sessions help to promote health and wellbeing, increase stability and relieve joint pain.
<b>Beginners French Plus</b>	2.30-3.30 Starts 7 <sup>th</sup> January	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 French? Pop along to our Beginners French Plus and perfect your knowledge.
<b>Yoga</b> <b>MUST BOOK!</b>	2.30-3.30	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	The class focuses on standing and lying postures to improve core strength, balance and flexibility. <b>Please see front of programme for how to book!</b>

## WEDNESDAY CHOICES

### Westminster resident's priority

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Chi-Gong</b> <b>MUST BOOK!</b>	10.00-11.00	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Class focuses on aligning breathing movement and meditation. Involves rhythmic breathing and slow, fluid movements. <b>Please see front of programme for how to book!</b>
<b>Singing for Pleasure</b>	10.30-11.30 Starts 8 <sup>th</sup> January	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!

<b>Sketching and Painting</b>  <b>MUST BOOK!</b>	10.30-12.00 Starts 8 <sup>th</sup> January	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.To book please call 0203 713 8737
<b>Meditation</b>	11.00-12.00 Starts 8 <sup>th</sup> January	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28,2 28	£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.
<b>Yoga</b>	11.00-12.00	The Stowe Centre, 258 Harrow, Road, Paddington, W2 5ES	18, 36,	£1	The class focuses on standing and lying postures to improve core strength, balance and flexibility.
<b>Dance Exercise</b>	12.00-1.00 	St Paul's Church Marylebone, 5 Rossmore Rd NW1 6NJ	139, 189	£1	A fun dance session combining Latin dance with other styles designed to improve your fitness.
<b>Circuits</b>	1.00-2.00	Seymour Leisure Centre, Seymour Place, W1H 5TJ	7, 12, 18, 23	£1	Work at your own pace around a variety of exercises to improve strength and cardiovascular fitness.
<b>Steady &amp; Stable</b> (High level)  <b>MUST BOOK</b>	1.15-2.15 No class 29 <sup>th</sup> January	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 <b>020 8962 5582</b> .
<b>Westminster Carers Monthly Meet Up &amp; Social Drop-In</b>	1.30-3.30 15 <sup>th</sup> January 5 <sup>th</sup> February 4 <sup>th</sup> March	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Meet other Carers and enjoy doing creative, physical and social activities. Share your ideas for the Time for Me Westminster Carers programme. For more info call Vennetta on <b>020 8962 4536</b> .
<b>Sketching at Museums &amp; Galleries</b>  <b>MUST BOOK!</b>	2.00-4.00 Starts 8 <sup>th</sup> January	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 <b>07717201791 or 0203 713 8737</b> .
<b>Please speak to Geoff or Andrea or call 07717201791 / 0203 713 8737 for a list of venues!</b>					
<b>Steady &amp; Stable</b> (Low level) <b>MUST BOOK!</b>	2.30-3.30 No class 29 <sup>th</sup> January	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 <b>020 8962 5582</b> .

<b>Begin to Gym</b>	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!
<b>Wednesday Social with Speakers</b>	2.30-4.00 Starts 8 <sup>th</sup> January No class 29 <sup>th</sup> January	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. Call us to find out who is speaking on 0203 713 8737
<b>Tennis</b>	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 a self-led drop in session. Balls provided. Sign in at reception upon arrival.

## THURSDAY CHOICES

### Westminster resident's priority

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Complementary Therapies</b> (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 <b>07717201791 or 0203 713 8737</b> . Some availability on other days!
<b>T'ai Chi</b> <b>MUST BOOK!</b>	10.00-11.00	Open Age, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	A slow moving and gentle exercise carried out in a relaxed manner. Exercises are done standing but can be adapted for individuals who need to sit down. Sessions help to promote health and wellbeing, increase stability and relieve joint pain. <b>Please see front of programme for how to book!</b>
<b>Singing For All</b>	10.15-11.45 Starts 9 <sup>th</sup> January	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!



<b>Osteoblast</b> <b>MUST BOOK!</b>	11.15-12.15	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	A 16 week exercise programme involving balance exercises, floor based strengthening exercises and weight bearing exercises. You will learn how to exercise safely and effectively for overall bone health and independent living. To book please call Pia on <b>020 8962 4537</b> .
<b>Intermediate Guitar Lessons</b>	12.00-1.30 Starts 9 <sup>th</sup> January	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 <b>07717201791 or 0203 713 8737</b> as spaces are limited. <b>Must have own guitar!</b>
<b>Pilates</b> <b>MUST BOOK!</b>	12.30-1.30	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	Pilates is a slow and controlled system of mind-body exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility. <b>Please see front of programme for how to book!</b>
<b>Chair Exercise</b>	1.30-2.30	Westbourne Grove Church, Westbourne Grove, W11 2RW	23, 27, 28, 31, 328	£1	Class focuses on improving mobility, muscle strength, co-ordination and balance through a combination of seated and optional standing exercises.
<b>Arabic Women's Social Drop In</b> (Women only)	1.30-2.30 Starts 9 <sup>th</sup> January	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.
<b>Beginners Guitar Lessons</b> <b>NEW TIME!</b>	1.45-2.45 Starts 9 <sup>th</sup> January	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. <b>Must have own guitar!</b>
<b>Phone Group The Reader: Shared Reading</b>	2.00-3.00	In the comfort of your own home, for those less able to get out and about	N/A	FREE	We read aloud and discuss a short story or poem which is sent out in advance of the session. Call Ewa for info on <b>020 3713 8736</b>
<b>Chair Yoga</b> <b>MUST BOOK!</b>	3.00-4.00	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	This is a chair based yoga class with a mix of yoga postures and breathing techniques. Some postures are taught in standing with support from the chair. <b>Please see front of programme for how to book!</b>
<b>Phone Club: Discussion Group</b>	4.00-5.00	In the comfort of your own home, for those less able to get out and about	N/A	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Ewa for more info & to join on <b>020 3713 8736</b> .

## FRIDAY CHOICES

### Westminster resident's priority

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Chair Exercise to Music</b>  <b>MUST BOOK!</b>	10.00-11.00 No class 14 <sup>th</sup> February due to staff training <b>No class 3<sup>rd</sup> April</b> <b>End of term party</b>	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	Class focuses on improving mobility, muscle strength, co-ordination and balance through a combination of seated and optional standing exercises. <b>Please see front of programme for how to book!</b>
<b>Games Café Drop In</b>	10.00-12.00 Starts 10 <sup>th</sup> January  No class 14 <sup>th</sup> February due to staff training <b>No class 3<sup>rd</sup> April</b> <b>End of term party</b>	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! Our games include; Table Tennis, Draughts, Chess Scrabble, Cards and Dominoes
<b>A World in a Suitcase: A Visual Storytelling project with Photography and ipad art</b>  <b>(5 Week Course)</b> <b>MUST BOOK!</b>	10.00-12.00 Starts 28 <sup>th</sup> February	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£2	Join this amazing 5 week visual storytelling project and have creative fun conveying and sharing stories. Exploring aspects from your life and wisdom learnt. Over five two hour sessions bring your stories to life through natural media, photography, paper collage or via art on an iPad. Themes: Happiness, Wisdom to your younger self, Health, Travel and Home. A Suitcase is a metaphor for a World. Call us to book on <b>0203 713 8737</b>
<b>Exercise to Music</b>  <b>MUST BOOK!</b>	11.30-12.30 No class 14 <sup>th</sup> February due to staff training. <b>No class 3<sup>rd</sup> April</b> <b>End of term party</b>	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	A combination of low impact moves which raise the heart rate, burn calories and improves strength. <b>Please see front of programme for how to book!</b>
<b>Water Aerobics</b>	12.00-1.00	Moberley Sports Centre, 25 Chamberlayne Rd, NW10 3NB Meet in the swimming pool	28, 52, 187, 316, 452	£1	A multi-level pool workout that offers both cardiovascular and muscle conditioning using the water's resistance to tone the entire body.
<b>Walking Football</b> "The beautiful game without the running"	10.30-12.00 Starts 10 <sup>th</sup> January	Westminster Academy, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW	18, 28, 36, 228	£1.50.	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 on 020 8962 5583 for more details.

<b>NEW : Fish and Chips At Avenues</b>	12.30-1.45 (Please arrive time for 12.15) <b>24<sup>th</sup> January 6<sup>th</sup> March</b>	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£5	Calling all Fish and Chip lovers! Join us for a delicious Fish and chip lunch and get to know some new friends! Bread and butter and Tea/Coffee Included! Must book on 0203 713 8737 Once booked, pay on the day – No shows will still be charged. Thanks!
<b>Lose weight with One You</b>  <b>MUST BOOK!</b>	12.45-1.45 Starts 10 <sup>th</sup> January  No class 14 <sup>th</sup> February due to staff training <b>No class 3<sup>rd</sup> April End of term party</b>	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	FREE	A bespoke, 10 week adult weight management program, focusing on motivational techniques and setting achievable goals to help create sustainable weight loss. Includes a 45-minute exercise class and 60-minute nutritional talk. To book, please call One You on 020 3434 2500.
<b>Monthly Social</b>  <b>NEW PRICE!</b>	1.30-3.30 <b>31<sup>st</sup> January 28<sup>th</sup> February 27<sup>th</sup> March</b>	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! Call 0203 713 8737 to find out who's speaking.
<b>Line Dancing</b>  <b>MUST BOOK!</b>	2.00-3.00 No class 14 <sup>th</sup> February due to staff training <b>No class 3<sup>rd</sup> April End of term party</b>	Open Age, New Avenues,3-7 Third Avenue, W10 4RS	18,28, 228	£1	Have fun learning steps and sequences to some great tunes. <b>Please see front of programme for how to book!</b>
<b>Tennis</b>	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 self-led drop in session at Academy sport's tennis courts. Balls provided. Sign in at reception upon arrival.

## SATURDAY CHOICES

### Westminster resident's priority

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Badminton</b>	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.
<b>Keep Fit / Get Strong</b>	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.
<b>Pilates</b>	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.

<b>Saturday Shape-Up Multi Sports</b>	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.
<b>Badminton</b>	3.00-4.00			£1	A 1-hour session for competent badminton players who enjoy playing more competitive matches

## SUNDAY CHOICES

### Westminster resident's priority

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Zumba® Gold</b>	9.00-10.00 No class 19 <sup>th</sup> January and 29 <sup>th</sup> March	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW	18, 36	£1.50	For those who are looking for a modified class that recreates the original moves you love at a lower-intensity.
<b>Ballroom and Latin Dance</b>	14.00-16.00	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW	18, 36	£3	Learn basic dance steps and build up your skill from elementary to advanced dance routines to a variety of rhythms.

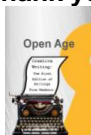
#### Trips

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 January and April!

#### 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](http://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](mailto: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**.

## 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 7821 7181 for more details on how to book.

St Margaret's: 0207 821 7181/ 07530734489			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	
Creative Writing	2.00-4.00	£2	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Pilates	2.15-3.15	£1	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			
Chi Gong	10.00-11.00	£1	Jubilee Hall Gym, 30 The Piazza, WC2E 8BE
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	Churchill Hall, Churchill gardens SW1V 3AL
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	
Osteoblast	2.30-3.30	£1	<b>MUST BOOK!</b> Marshall Street Leisure Centre, 15 Marshall Street, W1F 7EL
THURSDAY			
Steady & Stable	10.00-11.00	Free	<b>MUST BOOK!</b> 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
Chair based Exercise for Coordination	11.30- 12.30	£1	Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN
Beauty Therapy	12.30-3.30	£5	<b>MUST BOOK!</b> 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			
Exercise to Music	10.00-11.00	£1	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
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	<b>MUST BOOK!</b> The Abbey Centre 34 Great Smith Street, SW1P 3BU
SUNDAY			
Monthly Sunday Lunch	10.30-3.00	£5.50	<b>MUST BOOK!</b> St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT



Angela 020 8962 5590 asharky@openage.org.uk

Maude 020 8962 5594 mchinery@openage.org.uk

**Open Age 3rd Anniversary Party!**

At Open Age QPHR Hub, New Avenues,  
3-7 Third Avenue,  
London, W10 4RS



**Friday 3rd April - FREE**  
**12.00pm - 3.00pm**

Help us to celebrate three incredible years at New Avenues in our End of Term Party! Come and join us for an afternoon of dancing, nibbles and lots of fun!!

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



[www.openage.org.uk](http://www.openage.org.uk)  
Charitable Incorporated Organisation no. 1180125



**Regent Street Cinema**  
**Every Wednesday**  
**Regent Street Classic**  
**Matinees- £1.75**  
**12.00-2.00pm OR 3.30-5.00pm**

Weekly matinee film screening at the newly renovated Regent Street Cinema.  
For details of films call: **0207 911 5050** (Cinema)  
or **0208 962 4141** (Open Age)  
Or visit: [www.regentstreetcinema.com/programme/](http://www.regentstreetcinema.com/programme/)

**Regent Street Ballroom**  
**Dancing- Free**  
**2.15-3.00pm**

Join us in the bar, after the matinee, for a free informal ballroom dance class - doesn't matter if you haven't got a partner!



**307 Regent St, Marylebone,**  
**London, W1B 2HW**



**OPEN AGE - ADULT COMMUNITY LEARNING – January to April 2020**  
**MUST BOOK BEFORE YOU START – Maude on 020 8 962 5590**



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 asharky@openage.org.uk

Maude 020 8962 5594 mchinery@openage.org.uk

**VENUES**

<b>SECOND HALF CENTRE,</b> St Charles Hospital, Exmoor Street W10 6DZ	<b>NEW HORIZONS</b> <b>CENTRE,</b> Guinness Trust Estate, Cadogan Street SW3 2PF	<b>BROMPTON LIBRARY</b> 210 Old Brompton Road SW5 OBS	<b>CURVE COMMUNITY</b> <b>CENTRE,</b> 10 Bard Road W10 6TP
<b>REED CENTRE</b> 28 Convent Gardens, W10 1NH	<b>RESPONSE COMMUNITY</b> <b>PROJECTS,</b> 300 Old Brompton Road	<b>THOMAS DARBY</b> <b>COURT,</b> 133 Lancaster Road	<b>V&amp;A MUSEUM,</b> Cromwell Road Entrance, SW7 2RL

<b>MONDAY</b>			
9.45- 11.45	<b>Art Using Watercolours (Beginners)</b>	10 week course, Starts Jan 13th	New Horizons Centre
10.00-12.00	<b>Italian for Beginners</b>	10 week course, Starts Jan 13th	Reed Centre
10.00-12.00	<b>Me and My iPhone</b>	10 week course Starts Jan 13th	New Horizons Centre
10.00-12.00	<b>Going Further with Computers</b>	<b>10 week course Starts Jan 13th</b>	Second Half Centre
1.00-3.00	<b>Today's Issues</b>	10 week course, Starts Jan 13th	Reed Centre
1.00-3.00	<b>Sketching at the V&amp;A</b>	10 week course Starts Jan 13th	V&A Museum
1.00-3.00	<b>Beginners Computers</b>	10 week course, Starts Jan 13th	New Horizons
1.00-3.00	<b>Cloud</b>	10 week course, Starts Jan 13th	Second Half Centre
4.00-6.00	<b>Ipad for Beginners</b>	10 week course, Starts Jan 13th	Second Half Centre
<b>TUESDAY</b>			
10.00-12.00	<b>French for Beginners</b>	10 week course, Starts Jan 14th	Reed Centre
10.00-12.00	<b>Computers for Beginners</b>	10 week course, starts Jan 14th	Second Half Centre
10.00-12.00	<b>Me and My iPhone</b>	10 week course, Starts Jan 14th	Second Half Centre
10.00-12.00	<b>Creative Writing</b>	10 week course, Starts Jan 14 <sup>th</sup>	Response Community Projects
1.00-3.00	<b>First Steps to a Healthy On-Line Life</b>	10 week course, starts Jan 14th	Second Half Centre
2.00-4.00	<b>Creative Writing</b>	10 week course, Starts Jan 14th	New Horizons
2.00-4.00	<b>Drama Skills</b>	10 week course, Starts Jan 14th	New Horizons
4.00-6.00	<b>Excellent Excel for Budgeting (NEW )</b>	10 week course, starts Jan 14th	Second Half Centre
<b>WEDNESDAY</b>			
10.00-12.00	<b>Smartphones and Social Media Apps</b>	10 week course starts Jan 15th	Second Half Centre
10.00-12.00	<b>French Next Steps</b>	10 week course starts Jan 15 <sup>th</sup>	Reed Centre
10.30-12.30	<b>Lip-reading and Managing Hearing Loss</b>	10 week course Starts 25 <sup>th</sup> Sep	North Kensington Library
1.00-3.00	<b>Men's Space IT</b>	5 wk course, starts 15 <sup>th</sup> Jan	Second Half Centre
1.00-3.00	<b>Men's Space Android Smartphones</b>	6 week course, starts 26 <sup>th</sup> Feb	Second Half Centre
1.00-3.00	<b>Smartphones and Social Media Apps</b>	10 week course, starts Jan 15 <sup>th</sup>	New Horizons Centre
1.30-3.30	<b>Meditation, Mindfulness, Stress Man.</b>	10 week course, starts Jan 15th	Thomas Darby Court
1.30-3.30	<b>Creative Writing</b>	10 week course, starts Jan 15th	Second Half Centre
2.00- 4.00	<b>Lip Reading &amp; Hearing Loss</b>	10 week course, starts Jan 15th	New Horizons Centre
2.00-4.00	<b>Sketching at the V&amp;A II</b>	10 week course starts Jan 15th	V&A Museum

4.00-6.00	<b>Create Greeting Cards on Computer</b>	10 week course, starts Jan 15th	Second Half Centre
4.00-6.00	<b>Poetry</b>	10 week course, starts Jan 15th	Second Half Centre
5.00-7.00	<b>Meditation (NEW)</b>	10 week course starts Jan 15th	Second Half Centre
<b>THURSDAY</b>			
10.00-12.00	<b>Internet and Email</b>	10 week course, starts Jan 16 <sup>th</sup>	Second Half Centre
10.15-12.15	<b>Speak with Confidence (English as a Second Language)</b> 10 week course, starts Jan 16th		Curve Community Centre
1.00-3.00	<b>Introducing Microsoft Word with Touch-Typing</b>	10 week course, starts Jan 16th	Second Half Centre
1.00-3.00	<b>Art Using Watercolours</b>	10 week course, <b>starts 16<sup>th</sup> Jan</b>	Brompton Library
2.00-4.00	<b>Speaking with Confidence</b>	10 week course, starts Jan 16th	New Horizons
2.00-4.00	<b>Life Stories</b>	10 week course, Starts Jan 16th	New Horizons Centre
3.00-5.00	<b>Italian Next Step</b>	10 week course Starts Oct 17th	Second Half Centre
<b>FRIDAY</b>			
9.30-11.30	<b>English for Health and Well Being</b>	10 week course, starts Jan 17th	North Kensington Library
10.00-12.00	<b>iPad for Beginners</b>	10 week course, starts Jan 17 <sup>th</sup>	New Horizons
10.00-12.00	<b>Build your own Website-2</b>	5 week course, Starts Feb 24th	Second Half Centre
10.30-1.00	<b>Time for me I.T. (For Carers only)</b>	5 week course, starts Jan 17th	Second Half Centre
12.30-2.30	<b>Spanish for Beginners</b>	10 week course, starts Jan 17th	Reed Centre
1.00-3.00	<b>iPad Art</b>	10 week course, starts Jan 17th	Second Half Centre
3.00-5.00	<b>Spanish stepping up from Beginners</b>	10 week course, starts Jan 17th	Reed Centre
2.00-4.00	<b>Windows 10 for Beginners</b>	10 week course, Starts Jan 17th	New Horizons Centre





## Film Festival @ New Avenues

### Monday, 2.00pm - 3.30pm

**13th January - Aladdin (2019)**

Aladdin is a lovable street urchin who meets Princess Jasmine, While visiting her exotic palace, Aladdin stumbles upon a magic oil lamp that unleashes a powerful, wisecracking, larger-than-life genie. As Aladdin and the genie start to become friends, they must soon embark on a dangerous mission to stop the evil sorcerer Jafar from overthrowing young Jasmine's kingdom. This is a new version starring Will Smith as the Genie

**20th January - The Bucket List (2007)**

Billionaire Edward Cole and car mechanic Carter Chambers are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime

**27th January - Yesterday (2019)**

Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent.

**3rd February - Philomena (2013)**

Philomena (Judi Dench) became pregnant out of wedlock and was sent to a convent. When her baby, Anthony, was a toddler, the nuns took Philomena's child away from her and put him up for adoption in the United States. For the next 50 years, she searched tirelessly for her son. When former BBC correspondent Martin Sixsmith learns of the story, They travel to America to find Anthony

**10th February - 45 Years - (2015)**

Kate Mercer and her husband are excitedly planning a party to celebrate their 45th wedding anniversary. However, one week before the celebration, a letter arrives for her husband. The body of his first love has been discovered, frozen in the icy glaciers of the Swiss Alps. As the party nears, there might not be a marriage

**24th February - Lion (2016)**

Five year old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

**2nd March - Fly Away Home(1996)**

After Amy loses her mother in a car accident, she must uproot her life and move to Canada to live with her father, Thomas, an oddball inventor with whom she has no relationship. She initially struggles, but things change when she stumbles upon a collection of abandoned goose eggs. When the eggs hatch, Amy and her dad work together teaching the motherless birds to fly .



**9th March - On Golden Pond (1981)**

Cantankerous retiree Norman Thayer and his conciliatory wife Ethel, spend summers at their New England vacation home on the shores of idyllic Golden Pond. This year, their adult daughter, Chelsea, visits with her new fiancée and his teenage son, Billy on their way to Europe. After leaving Billy behind to bond with Norman, Chelsea returns, attempting to repair the long-strained relationship with her aging father before it's too late.



**16th March - The White Crow (2018)**

Nureyev's escape to the West stunned the world at the height of the Cold War. With his magnetic presence, He emerged as ballet's most famous star, a wild, beautiful dancer limited by the world of 1950s Leningrad. His ideas led him into a game of cat and mouse with the KGB

**23rd March - Luce (2019)**

Liberal-minded couple, Amy and Peter Edgar, are forced to reconsider their image of their adopted son after they discover he has written an extremely disturbing essay for his class at school.

**30th March - Judy (2019)**

Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband.