

Open Age Virtual Programme

Monday 21st - Friday 25th September

"Click" to make an
Activity Donation

PLEASE NOTE

- **Adult Community Learning (ACL)** run over a number of weeks (between 8 and 10) and require a commitment to attend all sessions. Our classes will start in the week beginning 21st September. Please note, you will be required to complete an enrolment and other forms. We receive Government funding and these are requirements to receive our funding.
- **ACL Language class guidance :**
 - Absolute Beginners is for members who have never done the language before.
 - Almost Beginners is for members who have had a minimum of 20 hours tuition.
 - Next Step 1 is for members who have had a minimum of 50 hours tuition and if new to us a short assessment will be carried out to ensure level is the right one.
 - Next Step 2 is for members who had had a minimum of 100 hours tuition and if new to us a short assessment will be carried out to ensure level is the right one.
- You can now book a place on the *How to Use Zoom* sessions. Please state the device you will be using to access Zoom.
- Too many e-mails? want to unsubscribe? We would encourage to think carefully before doing so. If you click unsubscribe, please understand that we will no longer be able to send you our programmes or any news. If you unsubscribed and want to join in again, please contact mail@openage.org.uk.



Standing Exercise




Seated Exercise



Floor Exercise

Monday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:00am	Ballet Fitness on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 

10:00 - 11:00am	Literature & Poetry Appreciation	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Excel for Beginners (WAITING LIST)	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Italian for Absolute Beginners	bookings@openage.org.uk
10:30 - 11:30am	Phone Group: Kensington Activity Group (KAG) <i>(a range of topical discussions and shared stories and quizzes)</i> (WAITING LIST)	bookings@openage.org.uk
10:30 - 11:30am	Steady & Stable on Zoom* <i>(a falls prevention class for those with concerns about their balance)</i> <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
11:00 - 12:30pm	Shared Reading on Zoom <i>(with Ghada)</i>	bookings@openage.org.uk
11:30 - 12:30pm	Latin Dance on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:30 - 12:30pm	Monday Forum Social Group <i>(a range of topical discussions and shared stories and quizzes)</i>	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Art – Watercolours (WAITING LIST)	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Italian for Almost Beginners	bookings@openage.org.uk
12.15-1.15pm	Look & Cook: Recipes from around the world on Zoom *Fortnightly, next class 21st Sept*	bookings@openage.org.uk
12:45 - 1:45pm	Pilates on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:30 - 2:30pm	Chair Exercise Phone Group	physicalactivitybookings@openage.org.uk or call 07799 369713 
1:30 - 3:00pm (ACL)	Getting to Know Your Android Phone	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Drama	bookings@openage.org.uk
2:00 - 3:00pm	Yoga on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 


2:15 - 3:15pm	Phone Group: Men's Social Group	bookings@openage.org.uk
2:30 - 3:30pm	Osteo Blast on Zoom <i>(for Westminster residents)</i>	bookings@openage.org.uk
2:30 - 3:30pm	Chair Exercise on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Local History on Zoom <i>From Ragged Schools to Holland Park Comprehensive – A Short History of Education in North Kensington</i>	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Art - Beginners' Watercolours (WAITING LIST)	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Further Functions on Zoom for Participants	bookings@openage.org.uk
3:30 - 5:00pm	Mindfulness & Relaxation <i>Discover your calm with tutor Stephanie</i>	bookings@openage.org.uk

Tuesday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:00am	Zumba on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:00am (ACL)	French for Absolute Beginners	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Creative Writing	bookings@openage.org.uk
10:00 - 11:30am (ACL)	How to Use Your iPhone – starts 29 September	bookings@openage.org.uk
10:00 - 11:00am	Open Space Talks: *NEW* Royal Institute of British Architects <i>Join us for an Interactive workshop where you'll use household materials and stationary to create art! Starting with architecture and the buildings around us as inspiration, you'll be guided by Wilson from the RIBA to make your own artwork using Instant coffee and an eraser.</i>	bookings@openage.org.uk
10:00 - 11:00am	Fun with Art	bookings@openage.org.uk

10:30 - 11:30am	Steady and Stable on Zoom <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
11:30 - 12:30pm	Kundalini Yoga on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	French for Almost Beginners	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Improve Internet Skills Down Memory Lane – starts 29 September	bookings@openage.org.uk
12.30 – 1.30pm	Lifestories (creative writing)	bookings@openage.org.uk
1:15 – 2:15pm	Keep Fit on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:00 - 2:00pm	Singing for Joy with Milly - Session 1	bookings@openage.org.uk
1:30 – 2.30pm (ACL)	Spanish Next Step 2 Group 1 (WAITING LIST)	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Creative Writing (WAITING LIST)	bookings@openage.org.uk
2:00 - 2:45pm	Steady & Stable Phone Group <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
2:30 - 3:30pm	Time for Me: Carers Phone Group & Social.	carerstimeforme@openage.org.uk
2.45-3.45 (ACL)	Spanish Next Step 2 Group 2 (WAITING LIST)	bookings@openage.org.uk
3:00 - 4:00	Yoga on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:45pm	How to Zoom	bookings@openage.org.uk
3:30 - 4:30pm	Pilates on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 

Wednesday


TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:00am	Yoga on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 

10:00 - 11:30am (ACL)	French Next Step 1	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Lip-reading & Managing Hearing Loss	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Social Media Starts 6 October	bookings@openage.org.uk
10:00 - 11:00am	Creative Sewing on Zoom	bookings@openage.org.uk
11:00 - 12:30pm	Greek Mythology on Zoom	bookings@openage.org.uk
11:30 - 12:30pm	Shared Reading on Zoom *NEW* (with Ewa)	bookings@openage.org.uk
11:30 - 12:30pm	Exercise to Music <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	Art-Drawing on the Right Hand Side of the Brain	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Lip-reading & Managing Hearing Loss	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	How to Host Zoom meetings OR How to make Video Calls (2 sessions)	bookings@openage.org.uk
1:00 - 2:00pm	Pilates on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:00 - 2:00pm	Guitar for All on Zoom	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Meditation and Mindfulness	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Creative Writing	bookings@openage.org.uk
2:30 - 3:30pm	Phone Group: Camden Ward Social Group (WAITING LIST)	bookings@openage.org.uk
2:30 - 3:30pm	Steady and Stable on Zoom (for members who were attending the programme before closure)	bookings@openage.org.uk
2:30 - 3:30pm	Soca dance on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:00 - 4:00pm	Theatre Discussion Class on Zoom	bookings@openage.org.uk
3:00 - 4:00pm	Chi Gong on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:45pm (ACL)	Art – Yorkshire Sculpture Park	bookings@openage.org.uk

3:15 - 4:45pm (ACL)	Poetry	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Meditation and Mindfulness	bookings@openage.org.uk

Thursday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:00am	Boxing Fitness on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	Microsoft Word with Touch Typing	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Speaking with Confidence - ESOL	bookings@openage.org.uk
11:00 - 12:00pm	Osteo Blast on Zoom <i>(for Westminster residents)</i>	bookings@openage.org.uk
11:30 - 12:30pm	Chair Exercise on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	French Next Step 1	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Spanish Next Step 1	bookings@openage.org.uk
1:30 - 3:00pm	How to Zoom	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Italian Next Step 1	bookings@openage.org.uk
2:00 - 3:00pm	Spanish Conversation: *NEW* Intermediate Level	bookings@openage.org.uk
2:00 - 3:00pm	Chair Exercise Phone Group <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk or call 07799 369713 
2:00 - 3:00pm	Phone Group: Shared Reading	bookings@openage.org.uk
2:30 - 3:30pm	Steady and Stable on Zoom <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
2:30-4:00pm (ACL)	Your Life Stories	bookings@openage.org.uk
3:00 - 4:00pm	History of Art on Zoom	bookings@openage.org.uk
3:15 - 4:45pm	Disco Fever *NEW*	bookings@openage.org.uk

(ACL)		
3:15 - 4:15pm	Fit Steps <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:15pm (ACL)	Italian Next Step 2	bookings@openage.org.uk
4:00 - 5:00pm	Phone Group: Topical Hour	bookings@openage.org.uk

Friday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:00am	Pilates on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	Art on iPad	bookings@openage.org.uk
10:00 - 11:30am (ACL)	ESOL for Health	bookings@openage.org.uk
10:00 - 11:30am (ACL)	How to use your iPad (moved from Thurs to Friday)	bookings@openage.org.uk
10:00 - 11:00am	Philosophy Discussion Group	bookings@openage.org.uk
10:45 - 11:45am	Healthy Lungs on Zoom (for members who were attending the programme before closure)	bookings@openage.org.uk
10:30 - 11:30am	Members' Social Quiz on Zoom	bookings@openage.org.uk
11:00 - 1.00pm	Time for Me Carers: Creative Writing for Wellbeing on Zoom (Time for Me carers only)	carerstimeforme@openage.org.uk
11:15 - 12:15	Beginner's Drawing on Zoom (with Clare)	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Spanish for Absolute Beginners (WAITING LIST)	bookings@openage.org.uk
11:45 - 1.15pm (ACL)	Build Your Own Website 1 (WAITING LIST)	bookings@openage.org.uk
11:45 - 1.15pm (ACL)	Windows 10 for Beginners (moved from Thurs to Friday)	bookings@openage.org.uk
11:45 - 12:45pm	Stretch and Tone on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk  
11:45 - 12:45pm	Philosophy Writing Group	bookings@openage.org.uk

	<i>(Spaces are limited, please enquire about current availability)</i>	
1:00 - 2:00pm	Singing for Joy with Milly - Session 2	bookings@openage.org.uk
1:00 - 2:00pm	Chi Gong on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:00 - 1:45pm	Healthy Lungs by Phone <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Spanish for Almost Beginners	bookings@openage.org.uk
2:00 – 3:00pm	Open Health: Physical activity and heart health led by a cardiac exercise specialist	bookings@openage.org.uk
2:30 - 3:30pm	Step up from Steady on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:45pm (ACL)	Disco Fever *NEW*	bookings@openage.org.uk

Other

<u>SERVICE</u>	<u>INFORMATION</u>	<u>EMAIL FOR BOOKING</u>
Falls Prevention	If you have recently had a fall at home and require support and guidance to stay safe at home the Specialist Falls Prevention Team are ready to help.	dbath@openage.org.uk spage@openage.org.uk
Link Up	Would you benefit from a chat about your interests and what we offer to help you explore what might be suitable? Or to find out a bit more about how our activities could benefit you and what they are like? You can get in touch with a member of our LinkUp team (RBKC) on the provided email.	ecohen@openage.org.uk
YouTube	The following classes are now available on YouTube to do in your own time: <ul style="list-style-type: none"> Pilates 	physicalactivitybookings@openage.org.uk Please make it clear in your email which class (es) you would like to try and that you are registering for YouTube.

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|--|--|--|
| | <ul style="list-style-type: none"> • Boxing Fitness *NEW!* • Latin • Chair Exercise • Yoga • Fit Steps • Swing • Aerobics • Chair Exercise • Upper and Lower Body Strengthening | |
|--|--|--|

!!!IMPORTANT NOTICE REGARDING TRACK AND TRACE!!!

Please be aware that a telephone scam is coming to light.... callers contact residents saying they are from NHS Track & Trace, telling the resident that they have been in contact with someone suffering from Covid 19 and need to have a test sent out to them. This is then followed with a request for the resident's bank details; the caller states that the test and results cost £500.

Please do not fall for this scam. If you need a test sent out to you because you are unable to attend a test site, this is done for free, both delivery and collection, followed up by the result.

Important things to note, The NHS Test and Trace service will NOT:

- ❖ ask for bank details or payments
- ❖ ask for details of any other accounts, such as social media
- ❖ ask you to set up a password or PIN number over the phone
- ❖ ask you to call a premium rate number, such as those starting 09 or 087

DANCE-A-THON



Celebrating Silver Sunday week at Open Age

Dance-a-thon!

ONLINE on Friday 2nd October 10.00am -4.00pm

Grab your dancing shoes and join us Online for six 'fab-u-lous' hours of dance classes with the best instructors and fantastic music! All abilities welcome. Celebrating the 50+ community!

10am – DanceWest to the Movies

Guys and Dolls, Forget your troubles, Get happy and Sing with us in the rain!

A dance celebration of Hollywood.

11am – Bollywood with Step Change Studios

Enjoy the art of Indian dance through the rhythm and energy of Bollywood beats

12pm – Tap Dance

Come live out your Fred and Ginger dreams! Whether you've been a professional tap dancer or not! (No Tap shoes needed!)

1pm – Seated Sosa Dance Fitness

Inspired by Ballroom, Latin and other international dance styles, this class is suitable for everyone and will guarantee you won't be able to resist singing along!

2pm – Disco Fever

Rewind back to the 70s and join the soul train for an hour of fun!

3pm – Jump 'n' Jive with DanceWest

Dance to music from the 40's to the 60's in a fun workshop.

TO BOOK - email us at bookings@openage.org.uk
and let us know which dance you'd like!



life's just begun

Charitable Incorporated Organisation no:1160125



SILVER SUNDAY
CELEBRATING OLDER PEOPLE



DANCEWEST.



Pushing the Boundaries of Ballroom

Silver Sunday Dance Challenge

Open Age and Step Change Studios have teamed up to bring you a Silver Sunday Dance Challenge: #SilverShowbiz. Taking inspiration from the classic musical Singing in the Rain, Step Change Studios have created an easy to follow, upbeat dance routine to the song 'Good Morning'. The dance can be found here: <https://www.youtube.com/watch?v=OGapzalWxJc&feature=youtu.be>

To take part, please send us a video of you dancing the routine, either the whole routine or just a section by the **23rd September**. The details on how to do this are provided on the YouTube link above.

We're going to bring all the videos together into a single montage of our community of dancers performing together which will then be shared on social media on Silver Sunday! We'd love to see as many of you dancing as possible!

Warmer Home Grants

The Greater London Authority (GLA) Warmer Homes Grant program is currently open for applications. Homeowners and private tenants on benefits or low incomes, and landlords (who may apply on behalf of eligible tenants) can take advantage of the scheme which can help to fund large scale efficiency measures.

Applicants need to provide information showing they are (or their tenant is) eligible and details about the property. If the application is successful, a survey will be needed to work out which improvements are most suitable.

Eligible measures include:

- Roof insulation
- Cavity wall insulation
- External and internal wall insulation
- Floor insulation
- Draught proofing
- Boiler replacements and repairs
- First time central heating or improved heating controls
- Renewable energy systems
- Ventilation

For full details, including Frequently Asked Questions, eligibility and Terms & Conditions, see <http://www.london.gov.uk/warmerhomes>

For help to apply, residents of Hammersmith & Fulham, Brent, Ealing, Kensington & Chelsea, Westminster, and Camden can contact the **Warmer Homes Advice Service**. This service can help people who don't have access to a computer or have other circumstances which prevent them from participating without assistance. See <https://www.london.gov.uk/what-we-do/environment/energy/warmer-homes-advice-service> for details.

Do you have symptoms of Covid-19 or are you recovering?

Symptoms:

If you experience a high temperature, a new, continuous cough or changes in your sense of smell or taste, you must book a covid-19 test immediately:

[Get tested now. Test and Trace - nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or call 119

Recovering from Covid-19 or supporting someone else who is?

Information and support is available here: <https://www.yourcovidrecovery.nhs.uk/>

Open Age's TOP PICKS! THEATRE & ARTS

- **National Gallery** - Creative Session and Discussions
25th September at 4pm: Talk and draw - Join an artist and lecturer to explore a painting in two different ways. (Session held on Zoom)
Find it here: <https://www.nationalgallery.org.uk/events>
- **Curve Theatre - My Beautiful Laundrette** - Curve Theatre are delighted to share the dress rehearsal archive recording of My Beautiful Laundrette, their acclaimed 2019 Made at Curve, Belgrade Theatre Coventry, Everyman Theatre Cheltenham and Leeds Playhouse co-production. This recording will be available to stream until they are able to reopen to the public for performances.
Find it here: <https://www.curveonline.co.uk/news/watch-our-archive-recording-of-hanif-kureishis-my-beautiful-laundrette/>

VIRTUAL TOUR

- **Rijksmuseum** - The Rijksmuseum is the museum of the Netherlands. Its world-famous masterworks from the Dutch Golden Age include the Milkmaid by Vermeer and Rembrandt's

Night Watch. The Rijksmuseum itself is also a masterpiece. The collection is presented in a stunning building with amazing interior design

Find it here:

<https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv lng=4.885283712508563&sv lat=52.35984312584405&sv h=8.214068298710572&sv p=3.1890146555807632&sv pid=fOVcUXQW2wpRf33iUmxEfg&sv z=1.502937071413628>

OTHER ACTIVITIES

- **London Arts in Health Forum (LAHF)** - London Arts in Health Forum is a membership organisation which aims to develop the role of culture in wellbeing and to promote and support arts in health activity across London and nationally. The organisation is free to join and offers events, a regular newsletter, training sessions, advice and support for artists, architects, clinical staff and service users - basically anyone with an interest in arts in health.

Full details here: <http://www.lahf.org.uk/>

Latest Newsletter here: <https://mailchi.mp/lahf/lahf-newsletter-9-september?e=a8f84cdccb>

- **Annual Carers Festival: Virtually on Saturday 26th September 1-6pm** - This festival celebrates and showcase the carer role. Due to the positive feedback we have decided to run the festival again in 2020. Due to national guidance in relation to Covid-19, the 2020 festival will be a virtual event. The festival will include a range of music, games, crafts and activities with several carers being involved in their delivery.

To book a place, click here: <https://www.eventbrite.co.uk/e/celebrating-the-role-of-carers-across-the-capital-tickets-119850852125>

Carers Festival is organised by: <https://londonadass.org.uk/annual-carers-festival/>