

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



Charitable Incorporated Organisation No. 1160125

## Open Age Virtual Programme

Monday 3<sup>rd</sup> August -Friday 7<sup>th</sup> August

“Click” to make an  
Activity Donation

**PLEASE NOTE - Adult Community Learning (ACL) classes have now ended. We will be putting on a new programme for September so keep checking the programme on when to book. If you attended last week, there is no need to rebook through [bookings@openage.org.uk](mailto:bookings@openage.org.uk) this week for the activities you attended, we will be in contact with you to confirm the details.**

**Please note there will be no more How to Use Zoom sessions after Friday 31<sup>st</sup> July until September. Thank you for your support this Term.**



Includes standing exercise









Includes chair exercise




Includes floor exercise





### Monday

Time	Class
10.00-11.00am	 Ballet on Zoom
10.00 – 11.00am	Literature and Poetry Appreciation
10.30-11.30am	Phone Group: Kensington Activity Group (KAG) (a range of topical discussions and shared stories and quizzes)

10:30 – 11:30am		<b>Steady &amp; Stable on Zoom*</b> (a falls prevention class for those with concerns about their balance)
11.00-12.30		<b>Shared Reading on Zoom</b>
11.30–12.30pm		<b>Latin Dance on Zoom</b>
11.30-12.30pm		<b>Monday Forum Phone Group</b> (a range of topical discussions and shared stories and quizzes)
12.15-1.15pm		<b>Look &amp; Cook: Recipes from around the world on Zoom</b> <b>Fortnightly, next class on 3<sup>rd</sup> August</b>
12.45-1.45pm		<b>Pilates on Zoom</b>
2.00 - 3.00pm		<b>Yoga on Zoom</b>
2.15- 3.15pm		<b>Phone Group: Men's Social Group</b>
2.30-3.30pm		<b>Mindfulness &amp; Relaxation</b> <i>Find your calm in unsettled times</i>
2.30-3.30pm	 	<b>Chair Exercise on Zoom</b>
2.30–3.30pm		<b>Osteo Blast on Zoom</b> (for Westminster residents)
2.30-4.00pm		<b>Memoir Writing, a 4-week course with Soho Poly Theatre</b>
4.00-5.00pm		<b>Phone Group: Creative Writing</b>

## Tuesday


Time		Class
10.00–11.00am		<b>Zumba on Zoom</b>
10.00-11.00am		<b>Open Space Talks: *NEW*</b> <i>Talking Therapies discussion on Health During Covid</i>
10.00-11.00		<b>Fun with Art on Zoom</b>
10.30–11.30am		<b>Steady and Stable on Zoom</b> (for members who were attending the programme before closure)
11.30 – 1.00pm		<b>Open Science: *NEW*</b> <i>First in a series exploring current scientific topics in partnership with Imperial College</i> <b>Discussion and Q&amp;A with leading experts on the very latest discoveries in Covid-19 research</b>
11.45-12.45pm		<b>French for Complete Beginners on Zoom</b> (learn to have simple conversations in French)
12.30-1.30pm		<b>Lifestories (Creative Writing) on Zoom</b>
1.00-2.00pm		<b>Singing for Joy on Zoom (Group 2)</b>






1.00-2.00pm	 	Keep Fit on Zoom
2.00-2:45pm		Steady & Stable Phone Group <i>(for members who were attending the programme before closure)</i>
2.00-3.00pm		Pilates on Zoom
2.30-3.30pm		Time for Me: Carers Phone Group & Social – Audio described talk the with the National Gallery
3.00-4.00pm		Yoga on Zoom

## Wednesday







Time		Class
10.00-11.00am		Yoga on Zoom
10.00- 11.00am		Chair Exercise Phone group
10.00 – 11.00am		Creative Sewing on Zoom
11.00- 12.30pm		Greek Mythology on Zoom
11.30-12.30pm		Exercise to Music
12.15-1.15pm		Phone Group: Men's Cooking Social Group
1.00–2.00pm		Pilates on Zoom
1.00-2.00pm		Guitar for All on Zoom
1.30-3.30pm		Creative Writing for Carers on Zoom <i>(Time for Me carers only)</i>
2.00-3.00pm		Writing for Laughs <i>(Exploring and writing Comedy)</i>
2:30-3:30pm		Steady and Stable on Zoom <i>(for members who were attending the programme before closure)</i>
2.30-3.30pm		Soca on Zoom (dance to Caribbean carnival music)
2.30-3.30pm		Phone Group: Camden Ward Social Group <b>(WAITING LIST)</b>
3.00–4.00pm		Theatre Discussion Class on Zoom
3.00-4.00pm		Chi Gong on Zoom



## Thursday

Time		Class
10.00-11.00am		Boxing Fitness on Zoom
11.00-12.00pm		Osteo Blast on Zoom <i>(for Westminster residents)</i>

11.00–12.00pm		Philosophy on Zoom – class 1
11.30-12. 30pm		Chair Exercise to Music on Zoom
12.45- 1.45pm		Philosophy on Zoom – class 2
2.00-3.00pm	 	Chair Exercise phone group
2.00-3.00pm		Phone Group: Shared Reading <b>(WAITING LIST)</b>
2.00-3.00pm		Bolder not Older Dance
2.30–3.30pm		Steady and Stable on Zoom <i>(for members who were attending the programme before closure)</i>
2.30-3.30pm		Spanish Conversation (intermediate level) <b>(LIMITED SPACES AVAILABLE)</b>
3.00 – 4.00pm		History of Art on Zoom
3.15-4.15pm		Fit Steps
4.00-5.00pm		Phone Group: Topical Hour

## Friday

Time		Class
10.00-11.00am		Pilates on Zoom
10.45-11.45am		Healthy Lungs on Zoom <i>(for members who were attending the programme before closure)</i>
10.30-11.30am		Members' Social Quiz on Zoom
11.00-1.00pm	 	Time for Me Carers: Yoga on Zoom <i>Have a chair available for this session (Time for Me carers only)</i>
11.30-12:15pm		Open Age Mile 2020! <b>*NEW*</b> <i>*Are you taking part? Join Jade for a Training Session on "How to get from 0 to 1mile or get faster at your mile!"</i>
11.45-12.45pm	 	Stretch and Tone on Zoom
11.15-12.15pm		Beginner's Drawing on Zoom
12.00-1.00pm		Phone Group :Friday Meals Social Group (Food related discussion, quizzes, recipes)
1.00–2.00pm		Singing for Joy on Zoom (Group 1)
1.00–2.00pm		Chi Gong on Zoom

1.00 – 1.45pm	Healthy Lungs by Phone <i>(for members who were attending the programme before closure)</i>
2.30-3.30pm  	Step up from Steady on Zoom

## Other

Time	Class	EMAIL FOR BOOKING
Various times	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.	<a href="mailto:ecohen@openage.org.uk">ecohen@openage.org.uk</a>
YouTube	The following classes are now available on YouTube to do in your own time: <ul style="list-style-type: none"> <li>• Pilates <b>NEW!</b></li> <li>• Latin</li> <li>• Chair Exercise <b>NEW!</b></li> <li>• Yoga <b>NEW!</b></li> <li>• Fit Steps <b>NEW!</b></li> <li>• Swing <b>NEW!</b></li> <li>• Aerobics <b>NEW!</b></li> <li>• Chair Exercise <b>NEW!</b></li> <li>• Upper and Lower Body Strengthening <b>NEW!</b></li> </ul>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> Please make it clear in your email which class (es) you would like to try and that you are registering for YouTube.

**\*\* NEW - OPEN SCIENCE - NEW \*\***

**Tuesday 4 August at 11.30am**

In a new and exciting partnership with Imperial College, London we are bringing you the chance to find out about some of the latest scientific research.

In this first session, we will separate the facts from fiction on Covid-19. Come and ask your questions to the experts.

To book, email us at [bookings@openage.org.uk](mailto:bookings@openage.org.uk)

**!!!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

**Have you signed-up for The Open Age Mile 2020?**

*"How will you be supporting our Open Age?"*

**The Open Age Mile 2020 needs YOU! Every one of us can make a difference for our Open Age.**

Last year we were able to gather in the park. We watched our very own [Christina Culhane](#) complete the Open Age Mile 2019 in 28.5 minutes after her recovery from a heart operation. You can read more about her story and see all the heartfelt comments on [Facebook!](#)

This year, **YOU** can take part wherever you are and whenever you like between **Monday 24<sup>th</sup> and Sunday 30<sup>th</sup> August**. You can walk the mile, run the mile, swim the mile, ride the mile. You can dedicate one of your daily walks during the week to Open Age.

So go ahead, [SIGN-UP](#). It takes just 2 minutes. Then talk about the mile and Open Age with your friends and family, so they can walk the mile run the mile, swim the mile, ride the mile or row the mile for Open Age! **One mile, anyway you like it!**

Let's all get active, get outdoors and make a big difference to our Open Age community! Let's get together in spirit and we're hoping that you can join, so that we can have as many Open Age members, along with their friends & families take part.

*Every penny **YOU** can raise or donate through your Open Age Mile, can help provide meaningful activities, strengthen the Open Age sense of community, help more older people in London rediscover old hobbies, find new ones, make new friends, and most of all, have fun!*

[Sign Up Here](#)

<https://www.justgiving.com/campaign/openagemile2020>

## Open Age's TOP PICKS!

### THEATRE & ARTS

- **The National Gallery** are offering FREE online creative sessions and discussions.  
**6<sup>th</sup> August at 4pm:** On the contrary - Hear opposing views about one painting and decide where you stand.  
**7<sup>th</sup> August at 4pm:** Online talk and Q&A: Pre-Raphaelite rebels.  
How did the young rebellious Victorian painters Rossetti, Holman Hunt and Millais respond to the National Gallery Collection?  
**Find it here:** <https://www.nationalgallery.org.uk/events>
- **The British Museum** - Explore the collection. Find out more about ongoing improvements. Their online database, allows you to search objects and immerse yourself in two million years of history.  
**Find it here:** <https://www.britishmuseum.org/collection>  
Whilst the museum continues to be closed you can still access the museum through our digital channels such as YouTube.  
**Find it here:** <https://www.youtube.com/user/britishmuseum>

### VIRTUAL TOUR

- **Houses of Parliament Virtual Tour** - Go on a 360° virtual tour and explore the Commons Chamber, Lords Chamber and many other parts of the building.

**Find it here:** <https://www.parliament.uk/virtualtour>

## OTHER ACTIVITIES

- **Aloud in The Cloud** – This reading group happens every Thursday at 2pm. A reading aloud adventure with no need to prepare! Read aloud with the group, comment on the story or just listen! Led by library professionals

**Find it here:** <https://www.eventbrite.co.uk/e/aloud-in-the-cloud-tickets-111124981812>

- **Royal Horticultural Society** - Do you want to get growing but not quite sure where to start? RHS How-to guides show you the first steps to successful planting and growing.

**Find it here:** <https://www.rhs.org.uk/advice/get-growing>