

Open Age Virtual Programme

Mon, 26th - Fri, 30th July

“Click” to make an
Activity Donation







PLEASE NOTE

All our classes are held on Zoom unless specified (i.e. Phone Groups)



Our ‘How to Zoom’ classes have now finished for this term. We will resume them in September when the new term begins.

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

Key Table:

Activities				Notes
Physical Activities	 Seated	 Standing	 Floor	<i>Bookings open from 9am one week before the class.</i> <u>physicalactivitybookings@openage.org.uk</u>
Arts and Culture				<i>Bookings open from 9am one week before the class.</i> <u>bookings@openage.org.uk</u>
Adult Community Learning (ACL)				<u>aclbookings@openage.org.uk</u> Half-term: 31 st May - 4 th June
Outreach team				<u>outreachbookings@openage.org.uk</u> Time for Me carers only: <u>carerstimeforme@openage.org.uk</u>












Monday

TIME	CLASS	Click & Book
10:00 - 11:00am	Literature & Poetry Appreciation	
10:00 - 11:00am	Ballet Fitness	
10:15 - 11:15am	Tai Chi	
10:30 - 11:30am	Steady & Stable (a falls prevention class for those with concerns about their balance) *Ask about eligibility	
10:30 - 11:30am	Phone Group: Kensington Activity Group (KAG) on Summer Break – back 9 th August	
11:00 - 12:30pm	Shared Reading on Zoom (with Ghada no class the week of the 9 th Aug)	
11:30 - 12:30pm	Latin Dance	
11:30 - 12:30pm	Phone Group: Monday Forum (a range of topical discussions and shared stories and quizzes)	
12:00 - 1:00pm	A Spanish Chat	
12:15 - 1:15pm	Look & Cook (Fortnightly Next Class 2nd Aug) Recipes from around the world on Zoom	
12:45 - 1:45pm	Pilates	
2:00 - 3:00pm	Yoga	
2:30 - 3:30pm	Steady & Stable (a falls prevention class for those with concerns about their balance) *Ask about eligibility	
2:30 - 3:30pm	Osteo Blast: Exercise for Healthy Bones (open to Westminster and RBKC residents)	
2:30 - 3:30pm	Chair Exercise	

Tuesday

TIME	CLASS	Click & Book
10:00 - 11:00am	Zumba	
10:00 - 11:00am	Fun with Art	
10:00 - 11:00am	Open Space: Quiz! Music through the decades Test your knowledge in our friendly quiz. Including multiple choice, picture rounds, no1's and 'where were they born' rounds!	
10:30 - 11:30am	Healthy Lungs <i>(Open RBKC and Westminster residents only)</i> <i>*Ask about eligibility</i>	 
10:30 - 11:30am	Steady & Stable (a falls prevention class for those with concerns about their balance) <i>*Ask about eligibility</i>	 
11:00 – 12:00pm	Time for Me Carers: Shared reading on Zoom & Phone	
11:30 - 12:30pm	Kundalini Yoga	
11:30 - 12:30pm	Fun with Art	
12:15 - 1:15pm	Men's Space Active Exercise on Zoom <i>(with Russell)</i>	
1:00 - 2:00pm	Singing for Joy	
2:00 - 2:45pm	Steady & Stable Phone Group (a falls prevention class for those with concerns about their balance) <i>*Ask about eligibility</i>	 
3:00 - 4:00pm	Yoga	
3:00 - 4:00pm	Well Read - Play reading with the Playground Theatre	
3:30 - 4:30pm	Pilates	







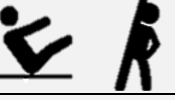




Wednesday

TIME	CLASS	Click & Book
10:00 - 11:00am	Yoga	
11:00 - 12:30pm	Greek Mythology on Zoom (no class the week of the 9 th Aug)	
11:30 - 12:30pm	Exercise to Music	
11:30 - 12:30pm	Shared Reading on Zoom (with Ewa) on Summer Break – back 11 th August	
12:00 - 13:15pm	Phone Group: Men's Cooking Group (with Manju & Russell)	
1:00 - 2:00pm	Pilates	
2:00 - 3:00pm	Chair Exercise	
2:30 - 3:30pm	Phone Group: Campden Ward Social Group on Summer Break – back 11 th August	
2:30 - 3:30pm	Soca dance	
2:30 - 3:30pm	Steady & Stable (a falls prevention class for those with concerns about their balance) *Ask about eligibility	
3:00 - 4:00pm	'Troubleshooting' - Tech Drop-in (Weekly Zoom drop-in for support with technological issues or question about your device *Small numbers.	



Thursday

TIME	CLASS	Click & Book
9:45 - 10:45am	Pilates	
10:30 - 11:30am	Boxing Fitness	
11:00 - 12:00pm	Italian Archaeology <i>*Fortnightly, next class 29th July</i>	
11:00 - 12:00pm	Osteo Blast: Exercise for Healthy Bones <i>(open to Westminster and RBKC residents)</i>	
11:30 - 12:30pm	Reggaeton	
11:30 - 12:30pm	Chair Exercise	
11:45 - 12:45pm	Osteo Pro <i>Must have completed Osteo Blast.</i>	
2:00 - 3:00pm	Spanish Conversation: Intermediate Level	
2:00 - 3:00pm	Chair Exercise Phone Group	
2:00 - 3:00pm	Chi Gong	
2:00 - 3:00pm	Phone Group: Shared Reading on Summer Break – back 12 th August	
2:00 - 4:00pm	Time for Me Carers: Relaxation class on Zoom <i>Please have a chair available for session (Time for Me carers only)</i>	
2:30 - 3:30pm	Steady & Stable <i>(a falls prevention class for those with concerns about their balance) *Ask about eligibility</i>	
4:00 - 5:00pm	Phone Group: Topical Hour on Summer Break – back 12 th August	

Friday

TIME	CLASS	Click & Book
10:00 - 11:00am	Pilates	
10:30 - 11:30am	Members Social Quiz <i>*Monthly, next quiz 6th August</i>	
10:45 - 11:45am	Healthy Lungs on Zoom <i>(Open to RBKC and Westminster residents) *Ask about eligibility</i>	
11:00 - 1:00pm	Time for Me Carers: Chi Kung on Zoom <i>(Time for Me carers only)</i>	
11:00 - 12:00pm	Osteo Blast: Exercise for Healthy Bones <i>(open to Westminster and RBKC residents)</i>	
11:15 - 12:15pm	Beginner's Drawing on Zoom	
11:45 - 12:45pm	Stretch and Tone	
1:00 - 1:45pm	Healthy Lungs Phone Group <i>(for members who were attending the programme before closure)</i>	
1:00 - 2:00pm	Lose Weight with One You 10-week course delivered on Zoom	To enquire, please call One You on 020 3434 2500
1:30 - 2:30pm	Friday Social Phone group <i>(with Emma)</i>	
2:30 - 3:30pm	Steady & Stable <i>(a falls prevention class for those with concerns about their balance) *Ask about eligibility</i>	
2:30 - 3:30pm	Step up from Steady	

Other

<u>SERVICE</u>	<u>INFORMATION</u>	<u>EMAIL FOR BOOKING</u>
YouTube	<p>The following classes are now available on YouTube to do in your own time:</p> <ul style="list-style-type: none"> • Pilates • Boxing Fitness • Latin • Chair Exercise • Yoga • Fit Steps • Swing • Aerobics • Chair Exercise • Upper and Lower Body Strengthening • Ballet • Zumba 	   <p>Please make it clear in your email which class(es) you would like to try and that you are registering for YouTube.</p>

CAF - CHARITY AID FOUNDATION

Online payments to Open Age are processed by CAF - Charities Aid Foundation - which is a charity itself that supports other charities with banking, fundraising and lots more. CAF makes it easier for us to manage our donations, processes any Gift Aid on our behalf which adds 25p to every £1 we receive. We would like to assure you that it is safe. We will also send you an immediate acknowledgement via CAF, so you are assured that we have received your gift.

OPEN AGE LOCKDOWN COOKBOOK

If you would like to see our recipes and get cooking yourself you can purchase a copy on Amazon here: https://www.amazon.co.uk/dp/B08R8Y3QNN?ref_=pe_3052080_397514860

OUR 5 TOP PICKS! EXTERNAL EVENTS

Sketch on the Square

Sketch on the Square is a programme of free run by The National Gallery, daily outdoor art activities to inspire you to have a go at creating your own masterpiece. Throughout August,

there'll be 30 easels in Trafalgar Square, ready and waiting for you to paint, draw or sketch whatever sparks your imagination, or to join one of our live artist and educator-led sessions.

All sessions will be free and open to all ages and abilities. Whether you want to learn tips and techniques, gain introductions to art history, or make art as a family, there'll be something for everyone.

Some sessions will require booking. Tickets will be released next week, for the bookable sessions.

<https://www.nationalgallery.org.uk/whats-on/sketch-on-the-square>

Free Music in Regent's Park on Weekends from 3 July to 19 September including Bank Holiday Monday

Saturday Performances are held at the Broadwalk Bandstand across from the Broadwalk Cafe. The Performers will be small Jazz Bands, sometimes with singers and choirs

Sunday and Bank Holiday Monday Performances are held at the Bandstand on Holme Green close to Clarence Gate. The Performers are varied, Brass Bands, Choirs, Jazz Bands, Concert Bands and Cuban Bands.

How To Improve Your Focus and Limit Distractions - London

Learn how to sharpen your focus so you can get more done! This class is ideal for students, professionals and lifelong learners.

This is an online event.

[CLICK HERE TO WATCH THE BROADCAST LIVE](#)

What You'll Learn:

- How to be more productive through increased focus.
- Apps and online tools that improve your concentration.
- How to trick yourself into paying more attention to tasks at hand.

Free Street art walking tour

Location and time

Shoreditch High Street Station Mon, Jul 26, 15:30

Enter a world of possibility where the walls are blank canvases and the flick of a spray can inspire rebellion and revolution.

About this event

Street Art has been described as the most important artistic movement of the 21st Century, but it actually dates back to thousands of years ago. If you're a lover of art and culture then, yes, go to the National Gallery, go to the Tate Modern, and see the masterpieces created by the most famous artists over the last 400 years, but then join us on a Street Art tour and see what is happening at the grassroots level today. The work is beautiful, ever-changing and thought provoking.

But Street Art is not just pretty pictures, it is challenging and political and tells the story of the struggles of the working classes in Britain over the last hundred years.

How To Improve Your Memory - London

Learn tips, strategies and techniques to help you remember more. This class is ideal for students, professionals and lifelong learners.

About this event

This is an online event.

[CLICK HERE TO WATCH THE BROADCAST LIVE](#)

What You'll Learn:

- Tips & strategies to improve your memory.
- Exercises to help you focus.
- Retention strategies.