

Activities for people over 50

FREE MEMBERSHIP

 Charitable Incorporated Organisation No. 1160125



Open Age Virtual Programme

Monday 6th - Friday 10th July

“Click” to make an
Activity Donation

PLEASE NOTE - Adult Community Learning (ACL), you need to commit to a number of sessions. Once on an ACL course you do not need to rebook.

If you attended last week, there is no need to rebook through bookings@openage.org.uk this week for the activities you attended, we will be in contact with you to confirm the details.



Includes standing exercise








Includes floor exercise




Includes chair exercise



Monday

Time	Class
10.00-11.00am 	Ballet on Zoom
10.00-11.00am ACL	Italian for (Almost) Beginners on Zoom
10.00 – 11.00am	Literature and Poetry Appreciation
10.00-11.30am ACL	IT – Excel for Personal Budgeting on Zoom
10.30-11.30am	Phone Group: Kensington Activity Group (KAG) (a range of topical discussions and shared stories and quizzes)
11.00-12.30	Shared Reading on Zoom *NEW*
11.15-12.15pm ACL	Italian for complete Beginners on Zoom
11.45-12.45 ACL	ART – Drawing and Painting (Yorkshire Sculpture Park and Monet’s Garden at Giverny) on Zoom
11.30–12.30pm 	Latin Dance on Zoom
11.30-12.30pm	Monday Forum Phone Group (a range of topical discussions and shared stories and quizzes)
12.15-1.15pm	<i>Look & Cook:</i> Recipes from around the world on Zoom Fortnightly, next class on 6th July
12.45-1.45pm 	Pilates on Zoom
1.00-2.30pm ACL	IT – Word and Touchtyping on Zoom

2.00-3.00pm		Yoga on Zoom
2.00-3.30pm		DRAMA – The Actor’s Toolbox (creating and understanding a character)
2.15- 3.15pm		Phone Group: Men’s Social Group
2.30-3.30pm		Chair Exercise on Zoom *NEW*
2.30–3.30pm		Osteo Blast on Zoom <i>(for Westminster residents)</i>
2.30–3.30pm ACL		ART – Drawing and Painting (Yorkshire Sculpture Park and Monet’s Garden at Giverny) on What’s App
3.30-4.30pm		Cricket and Bowls Social
4.00-5.00pm		Phone Group: Creative Writing
4.00-4.50pm *South West Fest Event*		A guided visit at The National Gallery brought to you by Open Age & The National Gallery



Tuesday

Time		Class
10.00–11.00am		Zumba on Zoom <i>*Bookings open from 9am one week before</i>
10.00-11.00am		Open Space Talks: *NEW* The world Of Bee Keeping & The Benefits Of Honey
10.00-11.00am	ACL	French for Almost Beginners on Zoom
10.00-11.30am	ACL	IT – Improve Internet Skills through taking a journey down Memory Lane on Zoom
10.00-11.00		Fun with Art on Zoom – “Rear Window” project
10.30–11.30am		Steady and Stable on Zoom <i>(for members who were attending the programme before closure)</i>
11.15-12.15pm	ACL	French for Complete Beginners on Zoom
11.15-12.15pm	ACL	Creative Writing
11.30-12.30pm		Kundalini Yoga on Zoom
12.30-1.30pm		Lifestories (Creative Writing) on Zoom
1.00-2.00pm		Singing for Joy on Zoom (Group 2)
1.00-2.00pm	ACL	IT - How to use Further Functions as a Participant on Zoom (Part 1 of 10)
1.00-2.00pm		Keep Fit on Zoom <i>*Bookings open from 9am one week before</i>




2.00-3.30pm	ACL	IT – Social Media and staying online Safely on Zoom
2.30-3.30pm	ACL	Creative Writing
2.30-3.30pm		Time for Me: Carers Phone Group & Social (Nutrition talk about the vegan diet)
2.30-4.00pm	NEW	Open Age and The Courtauld Gallery: “Journeys”. A 3-week workshop series. *NEW*
3.00-4.00pm		Yoga on Zoom
3.30-4.30pm		Pilates on Zoom

Wednesday

Time		Class
10.00-11.00am		Yoga on Zoom
10.00 – 11.00am		Creative Sewing on Zoom
10.00-11.30am	ACL	How to Video call Family and Friends on Zoom
10.00-11.30am	ACL	How to Host a Zoom Meeting
10.00-11.00am	ACL	French Next Step up on Zoom
11.00- 12.30pm		Greek Mythology on Zoom
11.00-11.45		Sizzling Salsa Dance Class with Armand
		SouthWestFest Event
11.15-12.15pm	ACL	French Next Step up on Zoom
11.15-12.15pm	ACL	Creative Writing on Zoom
11.45-12.45pm	ACL	ART -Drawing on the Right Hand Side of the Brain on Zoom
11.30-12.30pm		Exercise to Music (includes floor based exercise)
12.15-1.15pm		Phone Group: Men’s Cooking Social Group
12.15-2pm		How to Use Zoom
1.00-2.00pm		Pilates on Zoom
1.00-2.00pm		Guitar for All on Zoom
1.30-3.30pm		Carers Creative Writing on Zoom (Time for Me carers only)
1.30-2.30pm	ACL	Meditation and Mindfulness for beginners (starts 17 June)
2:30-3:30pm		Steady and Stable on Zoom (for members who were attending the programme before closure)
2.30-3.30pm	ACL	Drawing on the Right Hand Side of the Brain – What’s App

2.30-3.30pm	ACL	Creative Writing on Zoom
2.30-3.30pm		 Soca on Zoom (dance to Caribbean carnival music)
2.30-3.30pm		Phone Group: Camden Ward Social Group
3.00-4.00pm		Theatre Discussion Class on Zoom
3.00-4.00pm		 Chi Gong on Zoom
3.15-5.00pm		How To Use Zoom
4.00-5.00pm	ACL	Poetry on Zoom
4.00-5.00pm	ACL	Meditation and Mindfulness for those who have some experience
6.00-7.00pm	NEW	Talk Series: A Challenge in Memory of Nancy by The Open Age Kilimanjaro Climbers 2020

Thursday

Time		Class
10.00-11.00am		 Boxing Fitness on Zoom
10.00-11.00am	ACL	English with Confidence (English as a second language) on Zoom
10.00-11.30am	ACL	IT – Creating a Website using WordPress on Zoom
11.00-12.00pm		Osteo Blast on Zoom <i>(for Westminster residents)</i>
11.00-12.00pm		Philosophy on Zoom – class 1
11.15-12.15pm	ACL	Spanish for Complete Beginners on Zoom
11.30-12.30pm		 Chair Exercise to Music on Zoom 
12.45- 1.45pm		Philosophy on Zoom – class 2
1.00-2.00pm	ACL	IT - How to use Further Functions as a Participant on Zoom (Part 2 of 10)
1.00-2.00pm	ACL	Italian – Next Step up from Beginners on Zoom
1.30-3.15pm		How to Use Zoom
2.00-3.00pm		Phone Group: Shared Reading
2.00-3.00pm		Bolder not Older Dance *NEW*
2.30-3.30pm		Steady and Stable on Zoom <i>(for members who were attending the programme before closure)</i>
2.30 – 3.30pm	ACL	Spanish conversation on Zoom
2.45-4.15pm		How to Use Zoom
3.00 – 4.00pm		History of Art on Zoom

3.15-4.15pm	Fit Steps
4.00-5.00pm	Phone Group: Topical Hour
6.00-7.00pm *SouthWestFest Event*	Talk Series: To the Mountain Top for Nancy & Open Age by Will and Emily Bouwman

Friday

Time	Class
10.00-11.00am ACL	IT – IPad ART on Zoom
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: Chi Kung <i>Gentle exercise for health & wellbeing. Please have a chair available. (Time for Me carers only)</i>
11.15-12.45pm ACL	Getting to know your Ipad during lockdown on Zoom
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)
12.15– 2.00pm	How to use Zoom
12.30–1.30pm ACL	Spanish for almost beginners on Zoom
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 ACL	Getting to know your IPHone during lockdown on Zoom
2.30–3.30pm ACL	Spanish next step up from Beginners on Zoom
2.30-3.30 pm 	Step up from Steady on Zoom
3.45-4.45pm ACL	Spanish next step up from Beginners on Zoom

Other

	Class	EMAIL FOR BOOKING
South West Fest 6th-12th July	The festival has gone online this year, please check all their amazing event and activities on the link >>>>>	https://southwestfest.org.uk/whats-on/ Updated
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 abit 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 • Latin 	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.