

# Open Age Virtual Programme

Monday 8<sup>th</sup> June- Friday 12<sup>th</sup> June

**PLEASE NOTE - Adult Community Learning (ACL), you need to commit to a number of sessions (generally 10). 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](mailto:bookings@openage.org.uk) this week for the activities you attended, we will be in contact with you to confirm the details.

## Monday

Time	Class	EMAIL FOR BOOKING
10.00-11.00am <b>ACL</b>	Italian for (Almost) Beginners on Zoom <b>(COURSE FULLY BOOKED)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10.00-.11.00am	Phone Group: Kensington Activity Group (KAG) (a range of topical discussions and shared stories and quizzes) <b>(FULL)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10.00 – 11.00am	Literature and Poetry Appreciation	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10.00-11.30am <b>ACL</b>	IT – Excel for Personal Budgeting on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11.15-12.15pm <b>ACL</b>	Italian for complete Beginners on Zoom <b>(COURSE FULLY BOOKED)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11.45-12.45 <b>ACL</b>	ART – Drawing and Painting (Yorkshire Sculpture Park and Monet's Garden at Giverny) on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11.30–12.30pm	Latin Dance on Zoom <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>

12.00-1.00pm	Monday Forum (a range of topical discussions and shared stories and quizzes) <b>(FULL)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12.30-1.30pm	International Cookery (Trial) on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12.45-1.45pm	Pilates on Zoom <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
1.00-2.30pm <b>ACL</b>	IT – Word and Touchtyping on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2.00-3.00pm	Yoga on Zoom <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
2.15- 3.15pm	Phone Group: Men’s Social Group <b>(FULL)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2.30–3.30pm	Osteo Blast on Zoom <i>(for currently enrolled members only)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2.30–3.30pm <b>ACL</b>	ART – Drawing and Painting (Yorkshire Sculpture Park and Monet’s Garden at Giverny) on What’s App	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3.00-4.00pm	Ballet on Zoom <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
3.30-4.30pm	Cricket and Bowls social <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
4.00-5.00pm	Phone Group: Creative Writing <b>(FULL)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

## Tuesday

Time	Class	EMAIL FOR BOOKING
10.00–11.00am	Zumba on Zoom <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>

10.00-11.00am <b>ACL</b>	French for Almost Beginners on Zoom <b>(COURSE FULLY BOOKED)</b>	bookings@openage.org.uk
10.00-11.30am <b>ACL</b>	IT – Improve Internet Skills through taking a journey down Memory Lane on Zoom	bookings@openage.org.uk
10.00-11.00	Fun with Art on Zoom – “Rear Window” project	bookings@openage.org.uk
10.30–11.30am	Steady and Stable on Zoom <i>(for members who were attending the programme before closure)</i> <b>(COURSE FULLY BOOKED)</b>	bookings@openage.org.uk
10.30-12.00am <b>*One off Event</b>	Focus Group with the Coronet Theatre: An Opportunity to explore Creativity with Open Age members*	bookings@openage.org.uk
11.15-12.15pm <b>ACL</b>	French for Complete Beginners on Zoom <b>(COURSE FULLY BOOKED)</b>	bookings@openage.org.uk
11.15-12.15pm <b>ACL</b>	Creative Writing <b>(COURSE FULLY BOOKED)</b>	bookings@openage.org.uk
11.30-12.30pm	Kundalini Yoga on Zoom (chair based) <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk
1.00-2.00pm	Singing for Joy on Zoom (Group 2)	bookings@openage.org.uk
1.00-2.00pm <b>ACL</b>	IT - How to use Further Functions as a Participant on Zoom (Part 1 of 10)	bookings@openage.org.uk
1.00-2.00pm	Keep Fit on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk
2.00-3.30pm <b>ACL</b>	DRAMA – The Actor’s Toolbox (creating and understanding a character)	bookings@openage.org.uk
2.00-3.30pm <b>ACL</b>	IT – Social Media and staying online Safely on Zoom	bookings@openage.org.uk

2.30-3.30pm <b>ACL</b>	Creative Writing <b>(COURSE FULLY BOOKED)</b>	bookings@openage.org.uk
2.30-3.30pm	Phone Group: Time4Me Social <b>(FULL)</b>	bookings@openage.org.uk
3.00-4.00pm	Yoga on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk
3.30-4.30pm	Pilates on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk
3.30-5.00pm	Memoir Writing, a 4-week course with Soho Poly theatre.	<u>bookings@openage.org.uk</u>

## 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 - 11.00am	Creative Threads on Zoom	bookings@openage.org.uk
10.00-11.30am <b>ACL</b>	How to Video call Family and Friends on Zoom	bookings@openage.org.uk
10.00-11.00am <b>ACL</b>	French Next Step up on Zoom <b>(COURSE FULLY BOOKED)</b>	bookings@openage.org.uk
11.15-12.15pm <b>ACL</b>	French Next Step up on Zoom <b>(COURSE FULLY BOOKED)</b>	bookings@openage.org.uk
11.15-12.15pm <b>ACL</b>	Creative Writing on Zoom <b>(COURSE FULLY BOOKED)</b>	bookings@openage.org.uk
11.45-12.45pm <b>ACL</b>	ART -Drawing on the Right Hand Side of the Brain on Zoom	<u>bookings@openage.org.uk</u>
11.30-12.30pm	Exercise to Music (includes floor based exercise) <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk
12.15-1.15pm	Phone Group: Men's Cooking Social Group <b>(FULL)</b>	<u>bookings@openage.org.uk</u>
1.00-2.00pm	Pilates on Zoom	physicalactivitybookings@openage.org.uk

	<i>*Bookings open from 9am one week before</i>	
1.00-2.00pm	<b>Guitar for All</b>	bookings@openage.org.uk
2:30-3:30pm	<b>Steady and Stable on Zoom</b> <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
2.30-3.30pm ACL	<b>Drawing on the Right Hand Side of the Brain – What’s App</b>	bookings@openage.org.uk
2.30-3.30pm ACL	<b>Creative Writing on Zoom</b> <b>(COURSE FULLY BOOKED)</b>	bookings@openage.org.uk
2.30-3.30pm	<b>Soca on Zoom (dance to Carribean carnival music)</b> <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk
2.30-3.30pm	<b>Phone Group: Camden Ward Social Group</b> <b>(FULL)</b>	bookings@openage.org.uk
3.00–4.00pm	<b>Theatre Discussion Class on Zoom</b>	bookings@openage.org.uk
3.00-4.00pm	<b>Chi Gong on Zoom</b> <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk
4.00-5.00pm ACL	<b>Poetry on Zoom</b> <b>(COURSE FULLY BOOKED)</b>	bookings@openage.org.uk

## Thursday

Time	Class	EMAIL FOR BOOKING
10.00-11.00am	<b>Boxing Fitness on zoom</b> <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk
10.00-11.00am ACL	<b>English with Confidence (English as a second language) on Zoom</b>	bookings@openage.org.uk
10.00-11.30am ACL	<b>IT – Creating a Website using WordPress on Zoom</b>	bookings@openage.org.uk
11.00-12.00pm	<b>Osteo Blast on Zoom</b> <i>(for currently enrolled members only)</i>	<u>bookings@openage.org.uk</u>
11.00–12.00pm	<b>Philosophy on Zoom – class 1</b>	<u>bookings@openage.org.uk</u>

11.15-12.15pm <b>ACL</b>	Spanish for Complete Beginners on Zoom <b>(COURSE FULLY BOOKED)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11.30-12.30pm	Chair Exercise to Music on Zoom <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
12.00-1.45pm	How to use Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12.45- 1.45pm	Philosophy on Zoom – class 2	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2.00–3.00pm	Zumba on Zoom <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
1.00-2.00pm <b>ACL</b>	IT - How to use Further Functions as a Participant on Zoom (Part 2 of 10)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1.00-2.00pm <b>ACL</b>	Italian – Next Step up from Beginners on Zoom <b>(COURSE FULLY BOOKED)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2.00-3.00pm	Phone Group: Shared Reader Group	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2.15–4.00pm	How to use Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2.30–3.30pm	Steady and Stable on Zoom <i>(for members who were attending the programme before closure)</i> <b>(COURSE FULLY BOOKED)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2.30 – 3.30pm <b>ACL</b>	Spanish conversation on Zoom <b>(COURSE FULLY BOOKED)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3.00 – 4.00pm	History of Art on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3.15-4.15pm	Fit Steps (Latin & Ballroom inspired dance, created by Scricly come dancing) <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
4.00-5.00pm	Phone Group: Topical Hour	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

## Friday

Time	Class	EMAIL FOR BOOKING
10.00-11.00am ACL	IT – IPad ART on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10.00-11.00am	Pilates on Zoom <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
10.45-11.45am	Healthy Lungs on Zoom <i>(for members who were attending the programme before closure)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10.30-11.30am	Members' Social Quiz on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11.15-12.45pm ACL	Getting to know your IPad during lockdown on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11.15-12.15pm	Phone Group : Men's Walking Football	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11.45-12.45pm	Stretch and Tone on Zoom (floor work included) <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
11.15-12.15pm	Beginner's Drawing (NEW)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12.00-1.00pm	Phone Group :Friday Meals Social Group (Food related discussion, quizzes, recipes) (FULL)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12.15– 2.00pm	How to use Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12.30–1.30pm ACL	Spanish for almost beginners on Zoom (COURSE FULLY BOOKED)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1.00–2.00pm	Singing for Joy on Zoom (Group 1)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1.00–2.00pm	Chi Gong on Zoom <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
1.00 – 1.45pm	Healthy Lungs by Phone <i>(for members who were attending the programme before closure)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2.15-4.00pm	How to use Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2.30–3.30pm ACL	Getting to know your IPHone during lockdown on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>



2.30–3.30pm <b>ACL</b>	Spanish next step up from Beginners on Zoom <b>(COURSE FULLY BOOKED)</b>	bookings@openage.org.uk
2.30-3.30	Step up from Steady on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk
3.45-4.45pm <b>ACL</b>	Spanish next step up from Beginners on Zoom <b>(COURSE FULLY BOOKED)</b>	bookings@openage.org.uk

## Other

	Class	EMAIL FOR BOOKING
Various times	10 week adult weight management programme in partnership with Healthy Hearts/ One You (For K+C, H+F & Westminster residents only)	bookings@openage.org.uk
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

\*Bookings for physical activity classes (only those marked with an \*) are bookable one week in advance from 9am. For example, you may book for Pilates on **Friday 12<sup>th</sup> June** by emailing [physicalactivitybookings@openage.org.uk](mailto:physicalactivitybookings@openage.org.uk) from **9am on Friday 5<sup>th</sup> June**.