

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



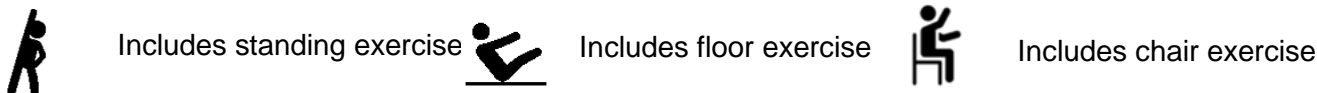
life's just begun

Open Age Virtual Programme

Monday 8th June- Friday 12th 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 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)
11.15-12.15pm	ACL	Italian for complete Beginners on Zoom
11.45-12.45pm	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 (a range of topical discussions and shared stories and quizzes)
12.30-1.30pm		International Cookery on Zoom
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
2.15- 3.15pm		Phone Group: Men's Social Group
2.30–3.30pm		Osteo Blast on Zoom <i>(for currently enrolled members only)</i>

2.30–3.30pm ACL	ART – Drawing and Painting (Yorkshire Sculpture Park and Monet’s Garden at Giverny) on What’s App
2.30-3.30pm	Local History *NEW*
4.00-5.00pm	Phone Group: Creative Writing


Tuesday





Time		Class
10.00–11.00am		Zumba on Zoom
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>
10.30-12.00am *One off Event		Focus Group with the Coronet Theatre: An Opportunity to explore Creativity with Open Age members*
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
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
2.00-3.30pm ACL		DRAMA – The Actor’s Toolbox (creating and understanding a character)
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		Carers Phone Group: Time for Me Social
3.00-4.00pm		Yoga on Zoom
3.30–4.30pm		Pilates on Zoom
3.30-5.00pm		Memoir Writing, a 4-week course with Soho Poly Theatre.

Wednesday




Time		Class
10.00–11.00am		Yoga on Zoom
10.00 – 11.00am		Creative Threads 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 *NEW*
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 (FULL)
12.15-2pm		How to Use Zoom
1.00–2.00pm		Pilates on Zoom
1.00-2.00pm		Guitar for All
1.30-3.30pm		Carers Creative Writing on Zoom
1.30-2.30pm	ACL	Meditation and Mindfulness for beginners
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	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




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 currently enrolled members only)</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
2.00-3.00pm		Zumba on Zoom
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 Reader Group
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
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	ACL	IT – IPad ART on Zoom
10.00-11.00am		Pilates on Zoom <i>*Bookings open from 9am one week before</i>
10.15-12.00pm		How to use 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
11.15-12.45pm	ACL	Getting to know your IPad during lockdown on Zoom
11.15-12.15pm		Phone Group : Men’s Walking Football
11.45-12.45pm	 	Stretch and Tone on Zoom <i>*Bookings open from 9am one week before</i>
11.15-12.15pm		Beginner’s Drawing (NEW)
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		Step up from Steady on Zoom  
3.45-4.45pm	ACL	Spanish next step up from Beginners on Zoom

Other

Class	
Various times	10 week adult weight management programme in partnership with Healthy Hearts/ One You (For K+C, H+F & Westminster residents only)
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.
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.