

Centre and Online Programme (including walks & trips)

Summer Break Programme

(Monday 25th July – Friday 2nd September 2022)

All classes taking place in New Horizons, St Margaret's, Avenues and Second Half Centre need to be booked 7 days in advance. To book an activity or for more information, please call the number provided under 'booking details'. Ensure you speak to a member of the team, as booking requests left on voicemails cannot be accepted. Clinical exercise classes, (Steady & Stable, Osteo Blast and Healthy Lungs) require advanced booking. Please contact the relevant number and/or email to make an enquiry or find out more information.

Important notice regarding the cost of activities

For activities running in centres and community venues, we ask that members continue to contribute to Open Age £1 per hour, unless otherwise stated. At the moment Open Age does not have the ability to take payments online, therefore we kindly ask those members who attend online activities to make a donation via our website, www.openage.org.uk or pop into one of your nearest centres to contribute.

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Activities at Second Half Centre (North Kensington)

Monday

TIME	CLASS	LOCATION	CONTACT
11:00–12:00	Men's Space Social	Second Half Centre	Russell 07467 952564
12:30–14:00	Create & Connect Social Discover new people through your love of creativity. Bring your creative projects along and get to know, other Open Age members. Starting from Monday 1 st August .	Second Half Centre	020 4516 9971

Tuesday

TIME	CLASS	LOCATION	CONTACT
11:15 – 12:15	Community Kitchen Gardening	Second Half Centre	020 4516 9971
12:30 – 13:30	Outreach Tech Support (own devices)	Second Half Centre	020 4516 9977 outreachbookings@openage.org.uk
13:00 – 14:00	Steady & Stable 1 (*until the 9 th Aug)	Second Half Centre	020 4516 9975
14:15 – 15:15	Steady & Stable 2 (*until the 9 th Aug)	Second Half Centre	020 4516 9975

Thursday

TIME	CLASS	LOCATION	CONTACT
11:00 - 13:00	Petanque (Boules) 4 th August	West London Bowling Club	020 4516 9974
12:30 – 13:30	Chair Exercise	Second Half Centre	020 4516 9971
13:45 - 14:45	Healthy Lungs: <i>Exercise for Lung Health (for</i>	Second Half Centre	020 4516 9973 dbath@openage.org.uk

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	<i>Westminster and RBKC residents)</i> Until 11 th August		
14:00–16:30	Spanish Films Hosted by Anna Cbuak Dates: 28/07/22 04/08/22 11/08/22	Second Half Centre	020 4516 9971

Friday

TIME	CLASS	LOCATION	CONTACT
14:00 – 16:00	Friday Classic Films (August Only) Starting from 05/08/22	Second Half Centre	020 4516 9971
14:00 - 16:00	Bowls 19 th August	West London Bowling Club	020 4516 9974
14:15 – 15:15	Pilates <i>*29th July only</i>	Second Half Centre	020 4516 9970

Activities at New Horizons (Chelsea)

Monday

TIME	CLASS	LOCATION	CONTACT
10:00 – 12:00	Jewellery Making (Advanced)	New Horizons	020 4516 9970
10:15 – 11:45	Unsupported Art	New Horizons	020 4516 9970
12:00 – 13:00	Unsupported IT Drop In	New Horizons	020 4516 9970
13:30 – 15:30	Shared Reading	New Horizons	020 4516 9970
14:30 – 16:30	Pranayama Yoga <i>*25th July only</i>	New Horizons	020 4516 9970

Tuesday

TIME	CLASS	LOCATION	CONTACT
10:00 – 12:00	Italian Conversation (Advanced)	New Horizons	020 4516 9970
12:00 – 14:00	Unsupported IT Drop In	New Horizons	020 4516 9970
13:00 – 16:00	Bridge Club (Advanced)	Ixworth Place	020 4516 9970

Wednesday

TIME	CLASS	LOCATION	CONTACT
09:45 – 10:45	Steady & Stable 1 (*until 10 th August)	New Horizons	020 4516 9975
10:00 – 12:00	Open Age Members' Newsletter Group	New Horizons	020 4516 9970
10:00 – 16:00	Third Age Counselling	New Horizons	0207 976 6667 enquiries@thirdagecounselling.com
10:45 – 11:45	Steady & Stable 2 (*until 10 th August)	New Horizons	020 4516 9975
11:00 – 13:00	French Conversation (Upper Intermediate / Advanced) *no class 27 th July	New Horizons	020 4516 9970
12:00 – 13:00	Outreach Tech Support (own devices)	New Horizons	020 4516 9977 outreachbookings@openage.org.uk
12:00 – 13:00	Osteo Blast: Exercise for Bone Health (for Westminster and RBKC residents) Until 10 th August	New Horizons	020 4516 9973 dbath@openage.org.uk
13:15 – 14:15	Chair Exercise	New Horizons	020 4516 9970
14:15 – 16:15	Quiz	New Horizons	020 4516 9970
14:30 – 16:00	Summer Singing Social	New Horizons	020 4516 9970

Thursday

TIME	CLASS	LOCATION	CONTACT
10:00 – 16:00	Third Age Counselling	New Horizons	0207 976 6667

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			enquiries@thirdagecounselling.com
12:00 – 14:00	Supported IT Drop In *until 11 th August	New Horizons	020 4516 9970
13:00 – 15:00	One You Clinic: Healthy Lifestyle, Weight Loss & Exercise program	New Horizons	0203 434 2500
14:00 – 15:00	Circuits (in partnership with Chelsea FC foundation)	Response Community project	No booking needed

Friday

TIME	CLASS	LOCATION	CONTACT
10:45 – 11:45	Zumba *29 th July only	New Horizons	020 4516 9970
12:00 – 13:00	Unsupported IT Drop In	New Horizons	020 4516 9970
12:15 – 13:45	Film Club (fortnightly)	New Horizons	020 4516 9970
14:15 – 15:15	Pilates *29 th July only	New Horizons	020 4516 9970
15:30 – 16:30	Open Space	New Horizons	020 4516 9970

Activities in North Westminster

Monday

TIME	CLASS	LOCATION	CONTACT
10:00 – 12:00	Bowls 1 st August and 5 th September	Paddington Sports Club	No booking needed
10:30 - 11:30	Walking Cricket July 21 st	Paddington Recreation Ground	No booking needed
10:00 - 11:00	Osteo Blast: <i>Exercise for Healthy Bones (for Westminster and RBKC residents)</i>	Seymour Leisure Centre	020 4516 9973 dbath@openage.org.uk

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	Until 8 th August		
11:00 - 12:00	Healthy Lungs: Exercise for Lung Health (<i>for Westminster and RBKC residents</i>) Until 8 th August	Seymour Leisure Centre	020 4516 9973 dbath@openage.org.uk
11:00-12:00	Zumba 25 th July- TBC	Westminster Academy	020 4516 9974
11:30 – 12:30	Steady & Stable 1 (* <i>until 8th August</i>)	Barbara Brosnan Court	020 4516 9975
14:30 – 15:30	Begin to Gym (£3)	Porchester Leisure Centre	No booking needed

Tuesday

TIME	CLASS	LOCATION	CONTACT
12:30 – 13:30	Exercise to Music (outside)	Queens Park Gardens	No booking needed
10.00 – 12:00	Walking Cricket 2 nd August - TBC	Lords Cricket Ground	No booking needed

Wednesday

TIME	CLASS	LOCATION	CONTACT
10.00 – 12.00	Beginners Cycling Course (<i>starts 10th August</i>)	Paddington Recreation Ground	020 4516 9974
10:30 – 11:30	Chi Gong in the Park	Porchester Square Gardens	No booking needed
11:00 – 12:00	Steady & Stable 1 (* <i>until 10th August</i>)	Emmanuel Church	020 4516 9975
12:15 – 13:15	Steady & Stable 2 (* <i>until 10th August</i>)	Emmanuel Church	020 4516 9975
12.30 – 14.30	Beginners Cycling Course (<i>starts 10th August</i>)	Paddington Recreation Ground	020 4516 9974
14:00 - 15:00	Osteo Blast: <i>Exercise for Healthy Bones (for Westminster and RBKC residents)</i> Until 10 th August	Emmanuel Church	020 4516 9973 dbath@openage.org.uk

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14:30 – 15:30	Begin to Gym (£3)	Porchester Leisure Centre	No booking needed
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Thursday

TIME	CLASS	LOCATION	CONTACT
11:00 – 12:00	Walking Football <i>28th July, 4th & 11th August</i>	The Hub, Regents Park	No booking needed

Friday

TIME	CLASS	LOCATION	CONTACT
10:00 – 12:00	Multi Sports (£3)	Moberley Sports Centre	No booking needed

Activities in St Margaret's (South Westminster)

Monday

TIME	CLASS	LOCATION	CONTACT
11:00 – 13:00	Social sing and quiz	St Margaret's	020 4516 9969
14:00 – 15:00	Music Chat Hour	St Margaret's	020 4516 9969

Tuesday

TIME	CLASS	LOCATION	CONTACT
10:00 – 11:30	Crafts and Art Social Morning	St Margaret's	020 4516 9969
13:00 – 14:00	Basic Italian	St Margaret's	020 4516 9969
15.00 - 16.30	Hyde Park Senior Playground every last Tuesday	St Margaret's	020 4516 9969

Wednesday

TIME	CLASS	LOCATION	CONTACT
11:00 – 13:00	Lunch Club £3	St Margaret's	020 4516 9969
14:00 – 16:00	Cards, Crosswords and Sudoku	St Margaret's	020 4516 9969

Thursday

TIME	CLASS	LOCATION	CONTACT
10:00 – 11:00	Exercise to Music (outside)	Chippendale Pitch, Churchill Gardens	No booking needed
10:00 – 12:00	IT Drop in	St Margaret's	020 4516 9969
10:30 – 11:30	Steady & Stable (**until the 11 th Aug)	Victoria Medical Centre	020 4516 9975
11:00 – 13:00	Know what you are eating First Thursday of every month	St Margaret's	020 4516 9969
14:00 – 16:00	Unsupported Art Session	St Margaret's	020 4516 9969

Friday

TIME	CLASS	LOCATION	CONTACT
10.00 – 11.30	We are here to help (any questions or issues you may be up against we are here to help)	St Margaret's	020 4516 9969
11:30 – 13:30	Table Tennis	St Margaret's	020 4516 9969
13:30 – 15:30	Games and Crafts Afternoon	St Margaret's	020 4516 9969

Activities in Hammersmith & Fulham

Monday

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TIME	CLASS	LOCATION	CONTACT
11:15 – 12:15	Steady & Stable (**until 8 th August)	White City Community Centre	020 4516 9975

Tuesday

TIME	CLASS	LOCATION	CONTACT
10:00 – 11:00	Steady & Stable 1 (** until 9 th August)	Bishop Creighton House	020 4516 9975
11:00 – 12:00	Steady & Stable 1 (** until 9 th August)	Bishop Creighton House	020 4516 9975
14:00 - 15:00	Chair Based Exercise <i>with thanks to Hammersmith United Charities</i>	Age UK	No booking needed

Wednesday

TIME	CLASS	LOCATION	CONTACT
10:00 -12:00	Come Cycling: Beginners (** until 24 th August)	Linford Christie Stadium	physicalactivitybookings@openage.org.uk
12:30 – 15:00	Come Cycling: Social Rides (** until 24 th August)	Linford Christie Stadium	physicalactivitybookings@openage.org.uk

Friday

TIME	CLASS	LOCATION	CONTACT
10.00 – 11.30	Dance Exercise (£2) <i>(moved days)</i> <i>with thanks to Hammersmith United Charities</i>	St Andrew's Church	No booking needed

Online Activities & Phone Groups

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
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11:00 - 12:00	Monday Phone Group <i>*15th and 22nd Aug only</i>	Phone Group	020 3713 8736
10:30 - 11:30	Steady & Stable (<i>**until 8th August</i>)	Zoom	020 4516 9975
11:00 – 12:30	Shared Reading (**no class on the 22nd of August)	Zoom	bookings@openage.org.uk
14:30 - 15:30	Osteo Blast: <i>Exercise for Healthy Bones (for Westminster and RBKC residents)</i> Until 8 th August	Zoom	020 4516 9973 dbath@openage.org.uk
14:30 - 15:30	Steady & Stable (<i>**until 8th August</i>)	Zoom	020 4516 9975

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 11:30	Healthy Lungs: <i>Exercise for Lung Health (for Westminster and RBKC residents)</i> Until 9 th August	Zoom	020 4516 9973 dbath@openage.org.uk
14:15 - 15:00	Open Space Talks	Zoom	bookings@openage.org.uk

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
11.00 - 12.30	Greek Mythology (with Ghada) One off session on the 17th August	Zoom	bookings@openage.org.uk
14:00 - 15:00	Chair Exercise	Zoom	physicalactivitybookings@openage.org.uk
14:30 - 15:30	Campden Social Group <i>*17th and 24th Aug only</i>	Phone Group	020 3713 8736

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
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14:00 - 16:00	Time for Me Carers: Relaxation Class (monthly)	Zoom	020 4516 9976 carerstimeforme@openage. org.uk
16:00 - 17:00	Topical Hour <i>*18th and 25th Aug only</i>	Phone Group	020 3713 8736

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 -11:30	Monthly Quiz (5 th August)	Zoom	bookings@openage.org.uk
11:00 - 13:00	Time for Me Carers: activities (including yoga, relaxation, Chi Kung, writing, talks)	Zoom & Phone	0204 516 9976 carerstimeforme@openage.o rg.uk
13:30 - 14:30	Friday Social Quiz	Phone Group	07741 656 478
14.00 – 15.00	Online Karaoke with Hannah	Zoom	bookings@openage.org.uk
14:30 - 15:30	Steady & Stable (**until 12 th August)	Zoom	020 4516 9975

Trips

DAY/TIME	DESCRIPTION	CONTACT
Monday 8 th August Meet at St Margaret's at 11:30	Trip to Tate Modern - 12 tickets available	Hannah 020 4516 9969
Thursday 18 th August 12:00	Trip and tour to Westminster Abbey – 6 tickets available	Hannah 020 4516 9969
Tuesday 23 rd of August 14:00	Trip to the Courtauld Gallery for the Munch Exhibition – 28 tickets	Jeanne 020 4516 9970
Thursday 25 th August 12:00	Trip and tour to Westminster Abbey – 6 tickets available	Hannah 020 4516 9969

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Walks

Date & Time	Walk	Borough	Meeting Point	Details
27/07 11:00 Wednesday	Meditation Walk	Kensington and Chelsea	Holland Park Station	As we wander through Holland Park we will stop by the Kyoto gardens to do some mediation.
28/07 10.30:00 Thursday	The Jubilee Greenway	Westminster	Warwick Avenue St	This route passes many of London's attractions and historic sites. Make sure to look out for the Greenway Discs. (Contact Hannah on 07530 734489)
01/08 13:00 Monday	Nordic Walking	Westminster	Avenues Centre Entrance	Nordic Walking is a full body workout using a pair of poles to work both upper and lower body while increasing your heart rate.
08/08 13:00 Monday	Nordic Walking	Kensington and Chelsea	St Charles Health and Wellbeing Centre Entrance	Nordic Walking is a full body workout using a pair of poles to work both upper and lower body while increasing your heart rate.

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Date & Time	Walk	Borough	Meeting Point	Details
01/08 11:30 Monday	Walk to and Around Battersea Power Station	Westminster	St Margaret's Activity Centre	join us for a summer time walk along the Thames from St Margaret's to Battersea Power Station to see how it has changed throughout history. (Contact Hannah on 07530 734489)
02/08 12:00 Tuesday	The Jubilee Loop	City of Westminster	Charing Cross Station	Celebrating the Queens Jubilee, we will be taking a walk in the heart of London. Looking out for the Jubilee Walkway discs on the way. (Contact Hannah on 07530 734489)
03/08 11:00 Wednesday	South West Festival Walk	Westminster	St Margaret's	Celebrating South West Festival we will walk along the Thames ending near Big Ben.
15/08 13:00 Monday	Nordic Walking	Kensington and Chelsea	St Charles Health and Wellbeing Centre Entrance	Nordic Walking is a full body workout using a pair of poles to work both upper and lower body while increasing your heart rate.
09/08 11:00 Tuesday	Queens Park Walk	Westminster	Start at the Avenues	Walk through Queens Park along the canal.

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				(Contact Hannah on 07530 734489)
10/08 11:00 Wednesday	Capital Ring Walk	Wimbledon to Richmond	Wimbledon Park Station	A more challenging and difficult walk we will take on a section of the capital ring.
16/08 10:30 Tuesday	The Jubilee Green Way	Westminster	Warwick Avenue St	This route passes many of London's attractions and historic sites. Make sure to look out for the Greenway Discs. (Contact Hannah on 07530 734489)
17/08 11:00 Wednesday	Social Walk and Picnic	Kensington and Chelsea	Hyde Park Station	Join us have a fun walk and picnic after in Hyde Park. Please bring a dish to share.

Date & Time	Walk	Borough	Meeting Point	Details
22/08 13:00 Monday	Nordic Walking	Kensington and Chelsea	St Charles Health and Wellbeing Centre Entrance	Nordic Walking is a full body workout using a pair of poles to work both upper and lower body while increasing your heart rate.
22/08 12:00 Monday	Walk around Westminster	Westminster	St Margaret's	Join us for a beautiful walk around Westminster taking a look at all its fabulous

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				Arcticture and a riverside walk. (Contact Hannah on 07530 734489)
24/08 11:00 Wednesday	Capital Ring Walk	Hackney Wick to Beckton	Hackney Wick Station	A more challenging and difficult walk we will take on a section of the capital ring.
29/08 12:00 Monday	Flower Treasure hunt walk around Battersea Park	Westminster	St Margaret's Activity Centre	Join us for a flower treasure hunt around Battersea Park (Contact Hannah on 07530 734489)
30/08 12:00 Tuesday	The Grand Canal Walk	Westminster	Meet at Third Avenues	A nice walk along the canal. (Contact Hannah on 07530 734489)
05/09 13:00 Monday	Nordic Walking	Kensington and Chelsea	St Charles Health and Wellbeing Centre Entrance	Nordic Walking is a full body workout using a pair of poles to work both upper and lower body while increasing your heart rate.
05/09 11:30 Monday	Jack the Ripper Guided Walk	Westminster	St Margarets	Enjoy a nice walk along with a little bit of history about the famous Jack the ripper (Contact Hannah on 07530 734489)
07/09 11:00 Tuesday	Meditation Walk	Kensington and Chelsea	Holland Park Station	As we wonder through Holland Park we will stop by the Kyoto

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				Gardens to do some meditation
14/09 11:00 Tuesday	Meditation Walk	Hammersmith and Fulham	Goldhawk Road	After wondering through Shepherds Bush we will stop to meditate in the Japanese Garden.
28/09 11:00 Wednesday	Museum Walk	Kensington and Chelsea	South Kensington Station	Join as we go down Exhibition Road seeing the Museums and finishing by the Royal Albert Hall.

For more information or to book any of these walks please email physicalactivitybookings@openage.org.uk or call Armand on 07799 369733

Activities outside of Open Age

- **THERAPIES:**

Shiatsu and Reflexology therapies are available on alternate Fridays between 10.00 am and 4.00 pm by appointment only, at The Reed Centre, 28 Convent Gardens, W11 1NJ. £15 for a 30-minute treatment.

To book call:

Rita Taylor, Reflexology – 07865 080969

Paula Kent, Shiatsu Massage – 07715 512703

- **BEAUTY TREATMENTS:**

Facials, massages, pedicures, manicures, and much more on Thursdays between 10:00am and 4:00pm at Anchor Court, 2 Carey Place.

To book call:

Rima Alsouss – 07944 502950

REGENT
STREET
CINEMA

Regency Seniors - Monday Matinees for the over 55s

only £4 per ticket

You can book the films here:

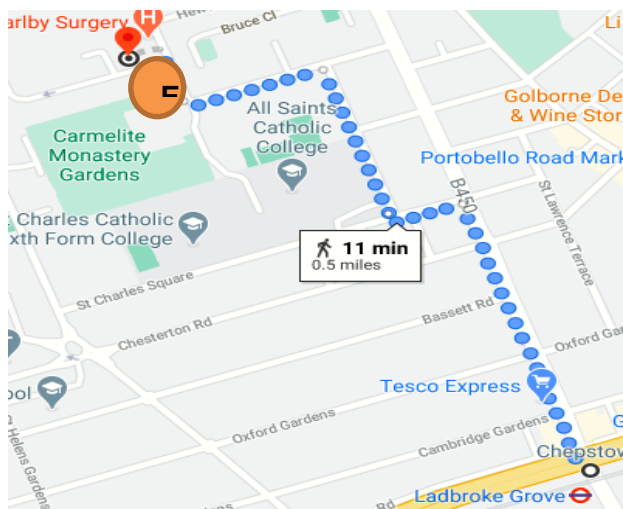
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<https://www.regentstreetcinema.com/regency-seniors/>

Or contact the cinema directly between 5.00pm and 10.00pm on 020 7911 5050.
307 Regent St, London W1B 2HW

Locations of Open Age centres



Open Age - St Charles Centre for Health & Wellbeing

Second Half Centre

Exmoor Street

London W10 6DZ

Borough - Kensington and Chelsea (North)

Telephone: 020 4516 9971

email: acarrington@openage.org.uk

Second Half Centre, left at Main Reception



Open Age – Avenues

New Avenues

3-7 Third Avenue

London W10 4RS

Borough – Westminster (North)

Telephone: 0203 713 8737

email: gbrown@openage.org.uk

B Bus stops
Buses: 18, 28, 228

E Entrance to New Avenues / Open Age QPHR Hub

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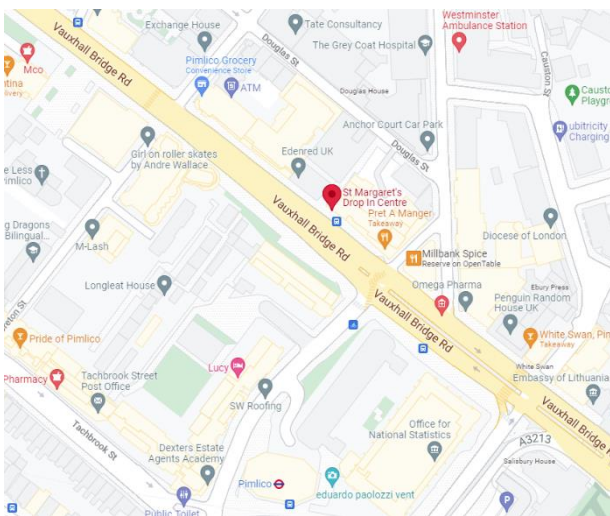


Open Age - New Horizons

Guinness Trust Estate Cadogan Street
London SW3 2PF
Borough - Kensington and Chelsea (South)

Telephone: 020 4516 9970

email: fkorenica@openage.org.uk



Open Age – St Margaret's

St Margaret's
1 Carey Place
London
SW1V 2RT
Borough – Westminster (South)

Telephone: 020 4516 9969

email: hmunns@Openage.org.uk

Locations of Community Venues (in alphabetical order)

COMMUNITY VENUE NAME	ADDRESS	POSTCODE	BOROUGH
Age UK	105 Greyhound Road	W6 8NJ	H&F
Barbara Brosnan Court	46 Grove End Road	NW8 9NN	North Westminster
Bishop Creighton House	374-380 Lillie Road	SW6 7PH	H&F
Emmanuel Church	389E Harrow Road	W9 3NA	Westminster
Holland Park	Ilchester Place	W8 6LU	North RBKC

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Ixworth Place Community Centre	2 Kimbolton Row, Samuel Lewis Trust Dwelling	SW3 6RQ	South RBKC
Linford Christie Stadium	Linford Christie Rd	W12 0DF	H&F
Lords Cricket Ground	St John's Wood Road	NW8 8QN	Westminster
Moberley Sports Centre	25 Chamberlayne Road, Ladbroke Grove	NW10 3NB	North Westminster
Paddington Sports Club	Castellain Road	W9 1HQ	North Westminster
Paddington Recreation Ground	Randolph Avenue	W9 1PD	North Westminster
Porchester Centre	Queensway	W2 5HS	North Westminster
Reed Centre, The	28 Convent Gardens	W11 1NJ	North RBKC
Regents Park (The Hub)	Regent's Park Road	NW1 4NU	Westminster
Response Community Projects	300 Old Brompton Road	SW5 9JF	South RBKC
Seymour Leisure Centre	Seymour Place	W1H 5TJ	North Westminster
St Andrew's Church	Greyhound Road	W14 9SA	H&F
Victoria Medical Centre	29 Upper Tachbrook Street	SW1V 1SN	South Westminster
White City Community Centre	India Way	W12 7QT	H&F

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**KENSINGTON
AND CHELSEA**



NHS
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Clinical Commissioning Group



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