



Open Age

Centre and Online Combined Programme

Monday 1st November – Friday 17th December

Welcome to our new combined centre and online programme!

This term we've added all our activities together. You'll find contact numbers for each activity and all addresses below.

Please note : All classes taking place in New Horizons, St Margaret, Avenues and Second Half Centres need to be booked one week in advance, please call us on the numbers below for more Information. Steady and Stable, Osteo Blast and Healthy Lungs sessions also need to be booked on the numbers displayed below.

IMPORTANT NOTICE REGARDING COST OF ACTIVITIES:

Please note, 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 on-line activities to make a donation via our website, www.openage.org.uk or pop in to one of your nearest centres to contribute.

Adult Community Learning (ACL)

Please be aware that we are now halfway through most ACL courses which means it may be too late to join. If you are interested please contact us as we might be able to offer you a place and there are some new courses starting after Half Term. We are leaving all courses we offer on our programme so you have an idea of the range of courses we do and it is very likely they will be on again next term. If you are particularly interested in any of the courses, please get in touch for more information.

ACL Costs

Our ACL courses are a slightly different cost to all the other Open Age classes as we are funded by the government via the Royal Borough of Kensington and Chelsea. Our fees are **£3 per session**. However the course may be free if you meet the eligibility criteria.

Monday

TIME	CLASS	LOCATION	CONTACT
09:45 - 11:30	Coffee Morning & Craft	St Margaret's	020 4516 9969
10:00 - 11:00	Ballet Fitness	Avenues	020 3713 8737
10:00 - 11:00	Dance Mix	Second Half Centre	020 4516 9971
10:00 - 11:00	Kundalini Yoga	Zoom	physicalactivitybookings@openage.org.uk
10:00 - 11:30	Patchwork Making Craft Class	Avenues	020 3713 8737
10:00 - 12:00	Computer for Beginners ACL	Second Half Centre	020 4516 9972
10:00 - 12:00	Art - Watercolours (All Levels) ACL	New Horizons	020 4516 9972
10:00 - 12:00	Getting to Know Your Android Phone ACL	New Horizons	020 4516 9972
10:00 - 12:00	Bowls (First Monday of every month)	Paddington Sports Club	No booking needed
10:00 - 12:00	Jewellery Making	New Horizons	020 4516 9970
10:30 - 11:30	Kensington Activity Social Group (KAG)	Phone Group	020 3713 8736
10:30 - 11:30	Steady & Stable: Falls Prevention Exercise Programme	Zoom	020 4516 9975
10:30 - 12:30	Italian for Absolute Beginners ACL	The Reed Centre	020 4516 9972
10:30 - 11:30	Yoga	Edward Woods Community Centre	No booking needed
11:00 - 12:00	Chair Exercise	Victoria Medical Centre	No booking needed
11:00 - 12:30	Shared Reading with Ghada	Zoom	bookings@openage.org.uk
11:15 - 12:15	Tai Chi	Second Half Centre	020 4516 9971
11:15 - 12:15	Zumba	St Stephen's Church	No booking needed
11:15 - 12:15	Boxing	Avenues	020 3713 8737

SUPPORTED BY



11:30 - 12:30	Monday Forum Phone Group	Phone Group	020 4516 9977
11:30 - 12:30	Chair Exercise	Pepper Pot	No booking needed
11:30 - 12:30	Latin Dance	Zoom	physicalactivitybookings@openage.org.uk
12:00 - 13:00	Social - Mind Games (volunteer led)	Avenues	020 3713 8737
12:00 - 13:00	Pilates	New Horizons	020 4516 9970
12:00 - 13:00	Advanced Spanish Chat	Zoom	bookings@openage.org.uk
12:15 - 13:45	Singing Class	St Stephen Church	020 4516 9969
12:15 - 13:45	International Cooking with Manju (<i>Bi-weekly</i>)	Second Half Centre	020 4516 9971
12:30 - 13:30	Stretch and Tone	Avenues	020 3713 8737
12:30 - 13:30	Stretch and Tone	Second Half Centre	020 4516 9971
12:45 - 13:45	Step Up from Steady	Barbara Brosnan Court	No booking needed
13:00 - 14:00	Ballet	New Horizons	020 4516 9970
13:00 - 14:00	Osteo Pro	Seymour Leisure Centre	No booking needed
13:00 - 15:00	Italian for Beginners ACL	The Reed Centre	020 4516 9972
13:00 - 15:00	Getting to Know Your Android Phone ACL	Second Half Centre	020 4516 9972
13:00 - 15:00	Art - Watercolours (All Levels) ACL	Response Community Projects	020 4516 9972
13:30 - 15:30	Shared Reading	New Horizons	020 4516 9970
13:45 - 15:45	Singing For All	Second Half Centre	020 4516 9971
14:00 - 16:00	Monday Games / Club	New Horizons	020 4516 9970
14:00 - 15:30	Film Festival	Avenues	020 3713 8737
13:00 - 15:00	Getting to Know Your iPhone ACL	New Horizons	020 4516 9972
14:00 - 16:00	Pranayama Yoga	New Horizons	020 4516 9970
15:00 - 17:00	Creative Writing	St Margaret	020 4516 9969
14:15 - 15:45	Still Life & Life Drawing	Second Half Centre	020 4516 9971
14:30 - 15:30	Begin to Gym (£3)	Porchester Centre	No booking needed

SUPPORTED BY



14:30 - 15:30	Pilates	Marshall Street Leisure Centre	No booking needed
14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones	Zoom	07570 429 309
14:30 - 15:30	Steady & Stable: Falls Prevention Exercise Programme	Zoom	020 4516 9975
14:30 - 15:30	Local History (monthly)	Zoom	bookings@openage.org.uk
15:30 - 17:00	Mindfulness & Relaxation	Zoom	07824 484 984
15:30 - 17:30	Men Space: Meet up & Social	Second Half Centre	07467 952 564

Tuesday

TIME	CLASS	LOCATION	CONTACT
09:45 - 10:45	Zumba	Second Half Centre	020 4516 9971
09:45 - 11:30	Tuesday Morning Movies	St Margaret's	020 4516 9969
10:00 - 11:00	Pilates	Avenues	020 3713 8737
10:00 - 11:00	Pilates	Zoom	physicalactivitybookings@openage.org.uk
10:00 - 12:00	Computer for Beginners ACL	Second Half Centre	020 4516 9972
10:00 - 11:30	Open Science: *NEW* Where should we bury all the nuclear waste? 2nd November only. <i>To mark the COP26 conference and in partnership with Imperial College, London</i>	Zoom	bookings@openage.org.uk
10:00 - 11:30	Simply Art	Avenues	020 3713 8737
10:00 - 12:00	In The News	New Horizons	020 4516 9970
10:00 - 12:00	Italian Conversation (Advanced)	New Horizons	020 4516 9970
10:00 - 12:00	Getting to Know Your iPhone ACL	Second Half Centre	020 4516 9972
10:00 - 12:00	Drawing in Holland Park ACL	Holland Park	020 4516 9972
10:00 - 12:00	Creative Writing ACL	Response Community Projects	020 4516 9972

SUPPORTED BY



10:30 - 11:30	Healthy Lungs: Exercise for Breathing Conditions	Zoom	020 4516 9975
11:00 - 12:00	Steady & Stable: Falls Prevention Exercise Programme	Bishop Creighton House	020 4516 9975
11:00 – 12:00	Chi Gong	All Saints, Fulham	No booking needed
11:00 - 12:00	Kundalini Yoga	Second Half Centre	020 4516 9971
11:15 - 12:15	Chair Exercise	Avenues	020 3713 8737
11:45 - 12:45	Lipreading for Hearing Loss	Avenues	020 3713 8737
12:00 - 14:00	Unsupported IT	New Horizons	020 4516 9970
12:00 - 13:00	Stretch and Tone	New Horizons	020 4516 9970
12:15 - 13:15	Men Space: Active Exercise	Zoom	07467 952 564
12:30 - 13:30	Chi Gong	St Margaret's	020 4516 9969
12:30 - 13:30	Outreach Tech Support (own devices)	Second Half Centre	020 4516 9977 outreachbookings@openage.org.uk
12:30 - 13:30	Exercise to Music	Avenues	020 3713 8737
12:30 - 13:30	Zumba	Zoom	physicalactivitybookings@openage.org.uk
13:00 - 14:00	Steady & Stable: Falls Prevention Exercise Programme	Second Half Centre	020 4516 9975
13:00 - 14:00	Dance Exercise	New Horizons	020 4516 9970
13:00 - 15:00	Help with Windows 10 *NEW* ACL <i>*Starts 5th October (9 weeks)</i>	Second Half Centre	020 4516 9972
13:00 - 15:00	Italian - Next Step 2 ACL	Zoom	020 4516 9972
13:00 - 16:00	Bridge Club	Ixworth Place	020 4516 9970
13:30 - 14:30	Tai Chi	St George's Church	No booking needed
13:30 - 15:00	Spanish - Next Step 1 ACL	Zoom	020 4516 9972
13:00 - 15:00	Social - Table Tennis	Avenues	020 3713 8737
13:45 - 15:45	Lipreading & Managing Hearing Loss ACL	Second Half Centre	020 4516 9972
14:00 – 15:00	Chair based exercise	Age UK (H&F)	No booking needed

SUPPORTED BY



14:00 - 15:00	Tai Chi (£3)	Paddington Recreation Ground	Pay and register at reception in the pavillion
14:00 - 15:00	Chair Yoga	St Margaret's	020 4516 9969
14:00 - 15:30	Sketching at Museums & Galleries	Various loctions	020 3713 8737
14:00 - 16:00	Creative Writing ACL	Online	020 4516 9972
14:00 - 16:00	Drama ACL	New Horizons	020 4516 9972
14:00 - 16:00	Time for Me Carers: Social & Creative Activities (1 st Tuesday each month)	New Horizons	020 4516 9976 carerstimeforme@openage.org.uk
14:15 – 15:15	Dance Exercise	Fitzrovia Centre	No booking needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise Programme	Second Half Centre	020 4516 9975
14:15 - 15:15	Open Space Talks (monthly)	Zoom	bookings@openage.org.uk
14:30 – 15:30	TFM Carers: CNWL Talks (monthly) 9 Nov & 14 Dec	Zoom	020 4516 9976 carerstimeforme@openage.org.uk
15:00 - 16:00	Well Read: play reading <i>in partnership with the Playground Theatre</i>	Zoom	bookings@openage.org.uk
15:00 - 16:00	Yoga	Zoom	physicalactivitybookings@openage.org.uk
15:00 - 16:45	Time for Me Carers: Social & Creative Activities (3 rd Tuesday each month)	St Margaret's	020 4516 9976 carerstimeforme@openage.org.uk
15:30 - 16:30	Step up from Steady	Second Half Centre	020 4516 9971
15:30 - 17:00	How to Host on Zoom ACL	Zoom	020 4516 9972
16:15 - 17:45	Men Space: The Magic of Music	Second Half Centre	07467 952 564

SUPPORTED BY



Wednesday

TIME	CLASS	LOCATION	CONTACT
09:30 - 11:00	Sketching in Sculpture Parks (Beginners) ACL	Zoom	020 4516 9972
09:30 - 11:30	Italian Beginners Plus + ACL	Online	020 4516 9972
10:00 - 12:00	Newsletter Group	New Horizons	020 4516 9970
10:00 - 11:00	Yoga	Zoom	physicalactivitybookings@openage.org.uk
10:00 - 11:00	Keep Fit	St Margaret's	020 4516 9969
10:00 - 11:00	Yoga	Avenues	020 3713 8737
11:00 - 12:30	Greek Mythology	Zoom	bookings@openage.org.uk
10:00 – 11:00	Steady & Stable: Falls Prevention Exercise Programme	New Horizons	020 4516 9975
10:00 - 11:30	Creative Writing	Avenues	020 3713 8737
10:00 - 11:30	Painting and Drawing	Second Half Centre	020 4516 9971
10:00 - 11:30	Creative Threads	Second Half Centre	020 4516 9971
10:00 - 12:00	iPad for Beginners ACL	Second Half Centre	020 4516 9972
10:00 - 12:00	Social - Games Café	Avenues	020 3713 8737
11:00 – 12:00	Steady & Stable: Falls Prevention Exercise Programme	New Horizons	020 4516 9975
11:00 - 13:00	Time for Me Carers: Yoga, Relaxation & Gong (3 rd Weds each month)	Zoom	020 4516 9976 carerstimeforme@openage.org.uk
11:00 - 12:00	Shared Reading (with Ewa)	Zoom	020 3713 8736
11:00 – 13:00	French Conversation (Upper Intermediate/Advanced)	New Horizons	020 4516 9970

SUPPORTED BY



11:15 - 12:15	Steady & Stable: Falls Prevention Exercise Programme	Avenues	020 4516 9975
11:30 - 13:00	Sketching in Sculpture Parks (Advanced) ACL	Zoom	020 4516 9972
12:00 - 13:00	Chair Exercise	Second Half Centre	020 4516 9971
12:00 - 13:00	Chi Gong	New Horizons	020 4516 9970
12:00 - 14:00	Guest Speaker and Social	Avenues	020 3713 8737
12:00 - 13:00	Outreach Tech Support (own devices)	New Horizons	020 4516 9977 outreachbookings@openage.org.uk
12:15 - 14:15	Men Space: Lunch & Cookery (Bi weekly)	Second Half Centre	07467 952 564
12:30 - 13:30	Men's Yoga	St Margaret's	020 4516 9969
12:30 - 13:30	Steady & Stable: Falls Prevention Exercise Programme	Avenues	020 4516 9975
13:00 - 14:00	Pilates	St John's Church, Fulham	No booking needed
13:00 - 15:00	Italian - Next Step 1 ACL	The Reed Centre	020 4516 9972
13:00 - 14:00	Chair Exercise	New Horizons	020 4516 9970
13:30 - 15:30	Meditation & Mindfulness (Beginners) ACL	Second Half Centre	020 4516 9972
13:30 - 15:30	Men Space: IT, Smartphones & iPads Tasters Classes ACL	Second Half Centre	07467 952 564
13:30 - 15:30	Time for Me Carers: Creative Writing (1 st Weds each month)	Zoom & Phone	020 4516 9976 carerstimeforme@openage.org.uk
13:30 - 15:30	Time for Me Carers: Social & Creative Activities (2 nd Weds of each month)	Avenues	020 4516 9976 carerstimeforme@openage.org.uk
14:00 - 15:00	Osteo Blast: Exercise for Healthy Bones	Avenues	07570 429 309
14:00 - 15:00	Chair Exercise	Zoom	physicalactivitybookings@openage.org.uk

SUPPORTED BY



14:00 - 15:00	Exercise to Music	Our Lady of Fatima	No booking needed
14:00 - 16:00	Lipreading & Managing Hearing Loss ACL	New Horizons	020 4516 9972
14:00 - 16:00	Bridge Club	St Margaret's	020 4516 9969
14:00 - 16:00	Singing	New Horizons	020 4516 9970
14:00 - 16:00	Quiz	New Horizons	020 4516 9970
14:30 - 15:30	Campden Ward Social Group	Phone Group	020 3713 8736
14:30 - 15:30	Dance Mix (includes Jazz, Musical theatre and Jive)	St John's Church, Fulham	No booking needed
14:30 - 15:30	Begin to Gym (£3)	Porchester Centre	No booking needed
14:30 - 16:30	Poetry ACL	Second Half Centre	020 4516 9972
15:00 - 16:00	Theatre Discussion	Zoom	bookings@openage.org.uk
15:15 - 16:15	Healthy Lungs: Exercise for Breathing Conditions	Zoom	020 4516 9975
15:30 - 17:00	How to use Zoom - Basic Introduction	Zoom	020 4516 9972
15:30 - 16:30	Conversational French	Zoom	bookings@openage.org.uk
16:00 - 18:00	Meditation & Mindfulness (some prior experience) ACL	Online	020 4516 9972

Thursday

TIME	CLASS	LOCATION	CONTACT
10:00 - 11:00	Computer Drop In	St Margaret's	020 4516 9969
10:00 - 11:00	Tai Chi	Avenues	020 3713 8737
10:00 - 11:00	Zumba	St Andrews Church	No booking needed
10:00 - 11:00	Chair Yoga	New Horizons	020 4516 9970
10:00 - 11:00	Yoga	Second Half Centre	020 4516 9971
10:00 - 12:00	Imagine, Interact, Improvise: Improv workshop	Zoom	bookings@openage.org.uk 07824 484 984
10:00 - 12:00	Speaking English with Confidence ACL	Second Half Centre	020 4516 9972

SUPPORTED BY



10:00 - 12:00	Literature & Poetry	New Horizons	020 4516 9970
10:00 - 12:00	Online Safety *NEW* (Starts 11 th Nov, 5 weeks) ACL	Second Half Centre	020 4516 9972
10:00 - 12:00	Getting to Know Your Android Tablet *NEW* (Starts 11 th Nov, 5 weeks) ACL	Second Half Centre	020 4516 9972
10:00 - 12:00	Art Class	Ixworth Place	020 4516 9970
10:15 - 11:45	Singing For All	Avenues	020 3713 8737
10:30 - 11:30	Boxing Fitness	Zoom	physicalactivitybookings@openage.org.uk
10:30 - 12:00	Mosaics & Ceramics	Second Half Centre	020 4516 9971
11:00 – 12:00	Walking Football	The Hub, Regents Park	No booking needed
11:00 - 12:00	Yoga	New Horizons	020 4516 9970
11:00 - 12:00	Italian Archaeology (Fortnightly)	Zoom	bookings@openage.org.uk
11:00 - 12:00	Osteo Blast: Exercise for Healthy Bones	Zoom	07570 429 309
11:15 - 12:15	Body Conditioning	Second Half Centre	020 4516 9971
11:15 - 12:15	Exercise to Music	The Avenues	020 3713 8737
11:15 - 12.45	Singing for All	St Andrews Church	07824 484 984
12:00 – 13:00	Pilates	Zoom	physicalactivitybookings@openage.org.uk
12:00 - 14:00	Supported IT Drop In	New Horizons	020 4516 9970
12:00 - 13:00	Intermediate Guitar	Avenues	020 3713 8737
12:30 - 13:30	Chair Exercise	Second Half Centre	020 4516 9971
12:30 - 14:30	Spanish - Beginners ACL	Second Half Centre	020 4516 9972
12:45 - 13:45	Pilates	Avenues	020 3713 8737
13:00 - 14:00	Chi Gong	New Horizons	020 4516 9970
13:00 - 15:00	Microsoft Word & Touch Typing ACL	Second Half Centre	020 4516 9972

13:00 - 15:00	How to use Zoom - Basic Introduction	Zoom	020 4516 9972
13:00 - 15:00	OneYou Clinic	New Horizons	0203 434 2500
13:30 - 15:30	Art Class	St Margaret's	020 4516 9969
13:30 - 15:30	Creative Writing - Writers Workshop (Bi-weekly)	Avenues	020 3713 8737
14:00 - 15:00	Men Space: Meet up & Social (Bi-weekly)	Avenues	07467 952 564
14:00 - 15:00	Chi Gong	Zoom	physicalactivitybookings@openage.org.uk
14:00 - 15:00	Chair Yoga	Avenues	020 3713 8737
14:00 - 15:00	Shared Reading with Ewa	Phone Group	020 3713 8736
14:00 - 16:00	Time for Me Carers: Relaxation Class (monthly)	Zoom	020 4516 9976 carerstimeforme@openage.org.uk
14:00 - 16:00	Computer for Beginners ACL	New Horizons	020 4516 9972
14:00 - 16:00	Disco Fever - Beginners ACL	Chelsea Theatre	020 4516 9972
14:30 - 16:30	Life Stories ACL	Chelsea Theatre	020 4516 9972
14:45 - 16:15	Spanish Conversation	Second Half Centre	020 4516 9971
15:00 - 16:00	Yoga	Queen Mother Sports Centre	No booking needed
16:00 - 17:00	Topical Hour	Phone Group	020 3713 8736

Friday

TIME	CLASS	LOCATION	CONTACT
10:00 - 11:00	Stretch and Tone	Zoom	physicalactivitybookings@openage.org.uk
10:00 - 11:00	Dance Exercise	St Margaret's	020 4516 9969
10:00 - 11:00	Pilates	Second Half Centre	020 4516 9971
10:00 - 12:00	Confidence Using Social Media *NEW*	Second Half Centre	020 4516 9972

	(Starts 12 th Nov 5 weeks) ACL		
10:00 - 12:00	Spanish for Absolute Beginners ACL	Second Half Centre	020 4516 9972
10:00 - 12:00	Book Club (Last Friday of each month)	New Horizons	020 4516 9970
10:00 - 12:00	iPad for Beginners ACL	New Horizons	020 4516 9972
10:15 - 11:15	Pilates	Westway Fitness Centre	No booking needed
10:30 - 11:30	Philosophy	Zoom	bookings@openage.org.uk
10:30 - 11:30	Yoga	Chelsea Theatre	No booking needed
10:30 - 11:30	Members Quiz (First Friday of the Month)	Zoom	bookings@openage.org.uk
10:30 - 12:30	Men Space: Walking Football	TBC	07467 952 564
11:00 - 12:00	Zumba	New Horizons	020 4516 9970
10:45 - 11:45	Pilates	St. Mary The Boltons	No booking needed
10:00 – 12:00	Walking Cricket 12 th , 19 th , 26 th Nov & 3 rd Dec	Lords Cricket Ground	020 4516 9974
11:00 - 13:00	Time for Me Carers: activities (including yoga, creative writing, Chi Kung, talks)	Zoom & Phone	0204 516 9976 carerstimeforme@openage.org.uk
11:30 - 12:30	Tai Chi	Westway Fitness Centre	No booking needed
11:45 - 12:45	Table Tennis	St Margaret's	020 4516 9969
12:00 - 13:00	Philosophy	Zoom	bookings@openage.org.uk
12:00 - 13:00	Chair Exercise	St. Mary The Boltons	No booking needed
12:00 - 13:00	Aqua Aerobics	Moberley Sports Centre	020 4516 9974
12:00 - 14:00	Unsupported IT Drop In	New Horizons	020 4516 9970
12:00 - 14:00	OneYou Club	New Horizons	0203 434 2500
12:30 - 14:30	Spanish - Next Step 2 ACL	Second Half Centre	020 4516 9972

SUPPORTED BY



12:45 - 13:45	Exercise to Music	Second Half Centre	020 4516 9971
13:00 - 15:00	Digital Photography *NEW* (Starts 12 th Nov 5 weeks) ACL	Second Half Centre	020 4516 9972
13:30 - 14:30	Friday Social Quiz	Phone Group	020 4516 9977
13:30 - 15:30	Games & Crafts Fridays	St Margaret's	020 4516 9969
14:00 - 15:00	Pilates	New Horizons	020 4516 9970
14:00 - 16:00	Cryptic Crossword	New Horizons	020 4516 9970
14:00 - 16:00	Computer for Beginners ACL	New Horizons	020 4516 9972
14:30 - 15:30	Steady & Stable: Falls Prevention Exercise Programme	Zoom	020 4516 9975
14:30 - 15:30	Step Up from Steady	Zoom	physicalactivitybookings@openage.org.uk
15:00 - 16:30	Well Read Project (Play Reading)	New Horizons	020 4516 9970
15:00 - 17:00	Spanish - Beginners Plus + ACL	Second Half Centre	020 4516 9972
15:15 - 17:15	Disco Fever (Improvers) ACL	Second Half Centre	020 4516 9972

Saturday

TIME	CLASS	LOCATION	CONTACT
13:00 - 15:00	Multi-Sports (Table Tennis, Short Tennis and Badminton)	St Augustine's	Call 020 4516 9974 to find out how to book

One-off Events and Workshops

- The Royal Collection – Platinum Jubilee celebration

Royal Collection Trust will be hosting two Open Space Talks on zoom for Open Age, in celebration of the Queen's Platinum Jubilee. This is an opportunity to hear a talk and watch genuine footage of Queen Elizabeth II, Britain's longest serving Monarch. These workshops are in 2 parts, following on from one another, and you will benefit mostly and get the full experience if you can book for both.

There is likely to be a 3rd workshop, where members will come together to share their memories. The December date for this is to be confirmed and may be in person. The dates are:-

- Tuesday 9 November, 2.15pm, Zoom

Celebrating The Queen's milestones: this 45 minute zoom talk will take participants through The Queen's early life, Coronation, and 1977, 2002 and 2012 jubilee celebrations.

- Tuesday 23 November, 2.15pm, Zoom

This 45 minute zoom session will show archive material from the Silver, Golden and Diamond jubilee celebrations of H.M. The Queen and encourage participants to start thinking about where they were and what they did to celebrate these historic occasions.

Places are limited so please remember to book your place. Email bookings@openage.org.uk

Activities outside of Open Age

- **THERAPIES:**

Shiatsu and Reflexology therapies available on alternate Fridays between 10.00am and 4.00pm by appointment only, at the Reed Centre (*address in community venues listing at back of programme*). £15 for a 30-minute treatment.

To book call:

Rita Taylor, Reflexology – 07865 080969

Paula Kent, Shiatsu Massage – 07715 512703

- **REGENT STREET CINEMA** Monday Matinees for the over 55s, only £4 per ticket

You can book the films here: <https://www.regentstreetcinema.com/whats-on/>
Or contact the cinema directly between 5.00pm and 10.00pm on 020 7911 5050.
307 Regent St, London W1B 2HW

SUPPORTED BY



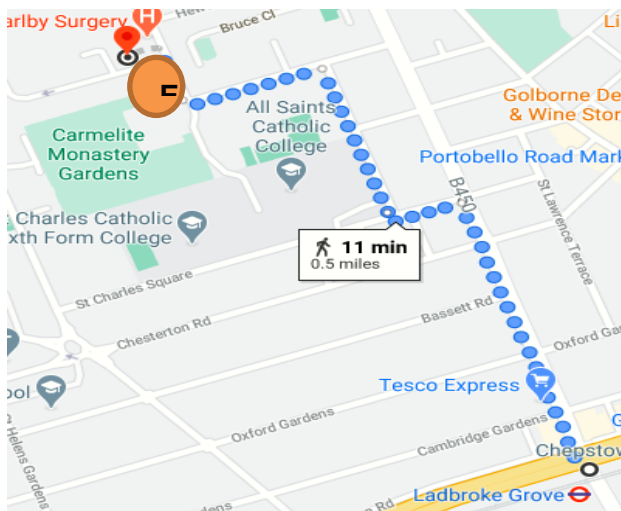
Adult Community Learning (ACL)

Adult Community Learning (ACL) offers a number of courses. These courses need to be booked and require a commitment which range between 3 and 10 weeks depending on the course. These classes are different from the standard Open Age drop in classes. You must be able to comply with the conditions listed below:

- To complete an enrolment form
- Provide evidence of ID i.e. Passport or Driving Licence number and National Insurance number
- Commitment to attend all sessions

Telephone: 020 4516 9972 - **Email:** aclbookings@openage.org.uk

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: dsingleton@openage.org.uk

Second Half Centre, left at Main Reception

SUPPORTED BY





Open Age – Avenues

New Avenues

3-7 Third Avenue

London W10 4RS

Borough – Westminister (North)

Telephone: 020 3717 8737

Email: gbrown@openage.org.uk

acarrington@openage.org.uk



Open Age - New Horizons

Guinness Trust Estate Cadogan Street

London SW3 2PF

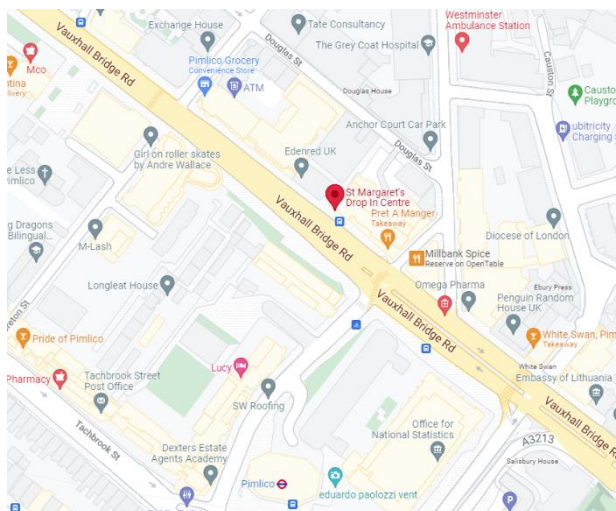
Borough - Kensington and Chelsea (South)

Telephone: 020 4516 9970

Email: fkorenica@openage.org.uk

SUPPORTED BY





Open Age South Westminster Hub

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	Post Code	Borough
Age UK	105 Greyhound Rd	W6 8NJ	H+F
All Saints	Pryors Bank, Bishops Park,	SW6 3LA	H+F
Barbara Brosnan Court	46 Grove End Road	NW8 9NN	North Westminster
Bishop Creighton House	374-380 Lillie Road	SW6 7PH	H&F
Chelsea Theatre	7 World's End Place	SW10 0DR	South RBKC
Chippendale Pitch, Churchill Gardens	Chippendale House Football Pitch Churchill Gardens Estate, Pimlico, London	SW1V 3BU	South Westminster
Cremorne Gardens	Lots Rd, London	SW10 0QJ	South RBKC
Edward Woods Community Centre	60 Norland Rd, London	W11 4TX	H&F
Fitzrovia Community Centre	2 Foley Street,	W1W 6DL	Westminster
Fulham Palace Gardens	Bishop's Ave, London	SW6 6EA	H&F
Holland Park	Ilchester Place	W8 6LU	North RBKC
Ixworth Place	2 Kimbolton Row Samuel Lewis Trust Dwelling	SW3 6RQ	South RBKC
Lords Cricket Ground	St John's Wood Rd, London	NW8 8QN	Westminster

SUPPORTED BY



Marshall Street Leisure Centre	Marshall St, London	W1F 7EL	South Westminster
Moberley Sports Centre	25 Chamberlayne Rd, Ladbroke Grove, London	NW10 3NB	North Westminster
Normand Park	84 Bramber Rd, London	W14 9PB	H&F
Our Lady of Fatima	The Presbytery, Commonwealth Ave, London	W12 7QR	H&F
Paddington Sports Club	Castellain Rd, London	W9 1HQ	North Westminster
Paddington Recreation Ground	Randolph Ave, London	W9 1PD	North Westminster
Pepper Pot	1a Thorpe Close	W10 5XL	North RBKC
Porchester Centre	Queensway, London	W2 5HS	North Westminster
Queen Mother Sports Centre	223 Vauxhall Bridge Rd, Pimlico, London	SW1V 1EL	South Westminster
Reed Centre, The	28 Convent Gardens	W11 1NJ	North RBKC
Regents Park (The Hub)	Regent's Park Rd,	NW1 4NU	Westminster
Response Community Projects	300 Old Brompton Road	SW5 9JF	
Seymour Leisure Centre	Seymour Pl, London	W1H 5TJ	North Westminster
South Park	South Park, London	SW6 3EB	H&F
St Andrew's Church	Greyhound Road	W14 9SA	H&F
St Augustine's	Oxford St, North Maida Vale, London	NW6 5AW	North Westminster
St George's Church	Aubrey Walk, Camden Hill	W8 7JG	North RBKC
St John's Church	North End Rd,	SW6 1PB	H&F
St Mary The Boltons	St Mary's Church, The Boltons	SW10 9TB	South RBKC
St Stephen's Church	38-42 Rochester Row, London	SW1P 1LE	South Westminster
Victoria Medical Centre	29 Upper Tachbrook St, Pimlico, London	SW1V 1SN	South Westminster
Westway Fitness Centre- Portobello Road	3-5 Thorpe Close	W10 5XL	North RBKC

SUPPORTED BY

