

Open Age

Centre and Online Combined Programme

Monday 13th September – Friday 22nd October (up to Half Term, a second programme will follow this)

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.

<u>Please note</u>: 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.



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@o
10.00 - 11.00	Kullualilii Toga	200111	penage.org.uk
10:00 - 11:30	Quilt Making	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	020 4516 9974
10:00 - 12.00	Jewellery Making	New Horizons	020 4156 9970
10:30 - 11:30	Kensington Activity Social Group (KAG)	Phone Group	020 2713 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	020 4516 9974
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	020 4516 9974
11:15 - 12:15	Boxing	Avenues	020 3713 8737

















Activities for people over 50 -FREE MEMBERSHIP- Openage.org.uk

11:30 - 12:30	Monday Forum Phone Group	Phone Group	020 4516 9977
11:30 - 12:30	Chair Exercise	Pepper Pot	020 4516 9974
			physicalactivitybookings@o
11:30 - 12:30	Latin Dance	Zoom	penage.org.uk
12:00 - 13:00	Social – Mind Games (volunteer led)	Avenues	020 3713 8737
12:00 - 13:00	Pilates	New Horizons	020 4156 9970
12:15 - 13:45	Singing Class	St Stephen Church	020 4516 9969
12:15 - 13:45	International Cooking with Manju (Bi-weekly)	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	020 4516 9974
13:00 - 14:00	Ballet	New Horizons	020 4516 9970
13:00 - 14:00	Osteo Pro	Seymour Leisure Centre	020 4516 9974
13:00 - 15:00	Italian for Beginners ACL	The Reed Centre	020 4516 9972
13:30 - 15:00	Shared Reading	New Horizons	020 4516 9970
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
13:00 - 15:00	Getting to Know Your iPhone ACL	New Horizons	020 4516 9972
13:45 - 15:45	Singing For All	Second Half Centre	020 4516 9971
14.00 - 16.00	Monday Games	New Horizons	020 4516 9970
14:00 - 15:30	Film Festival - starts 27 th September	Avenues	020 3713 8737
14:00 - 16:00	Pranayama Yoga	New Horizons	020 4516 9970
14.00 - 16.00	Creative Wrting	St Margaret	020 4516 9969

















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14:15 - 15:45	Still Life & Life Drawing	Second Half Centre	020 4516 9971
14:30 - 15:30	Begin to Gym	Porchester Centre	020 4516 9974
14:30 - 15:30	Pilates	Marshall Street Leisure Centre	020 4516 9974
14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones	Zoom	07570429309
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@
20.00 12.00	1 11000		<u>openage.org.uk</u>
10:00 - 11:00	Exercise to Music (Ouside)	Chippendale Pitch, Churchill Gardens	020 4516 9974
10:00 - 12:00	Computer for Beginners ACL	Second Half Centre	020 4516 9972
10:00 - 12:00	In The News	New Horizons	020 4516 9970
10:00 - 11:30	Simply Art	Avenues	020 3713 8737
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

















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10:00 - 12:00	Creative Writing ACL	Response Community Projects	020 4516 9972
10:30 - 11:30	Healthy Lungs: Exercise for Breathing Conditions	Zoom	020 4516 9975
10:30 - 11:30	Chi Gong (outdoors)	Fulham Palace	020 4516 9974
11:00 - 12:00	Steady & Stable: Falls Prevention Exercise Programme	Bishop Creighton House	020 4516 9975
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
	Outreach Tech Support (own devices)	Second Half Centre	020 4516 9977
12:30 - 13:30			outreachbookings@opena
		Centre	ge.org.uk
12:30 - 13:30	Exercise to Music	Avenues	020 3713 8737
12:30 - 13:30	Zumba	Zoom	physicalactivitybookings@
12.50 - 15.50	Zumba	200111	<u>openage.org.uk</u>
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	Confidence Using Your Email ACL (Gmail/mail/outlook)	Second Half Centre	020 4516 9972
13:00 - 16:00	Bridge Club	Ixworth Place	020 4516 9970
13:00 - 15:00	Italian - Next Step 2 ACL	Zoom	020 4516 9972
13:30 - 14.30	Tai Chi – No booking required	St George's Church	020 4516 9974
13:30 - 15:00	Spanish - Next Step 1 ACL	Zoom	020 4516 9972
13:00 - 15:00	Social - Table Tennis	Avenues	020 3713 8737
13:00 - 14:00	German Conversation	New Horizons	020 4516 9970
13:15 - 14:15	Dance Exercise (outdoors)	South Park	020 4516 9974

















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13:45 - 15:45	Lipreading & Managing Hearing Loss ACL	Second Half Centre	020 4516 9972
14:00 - 15:00	Tai Chi	Paddington Recreation Ground	020 4516 9974
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	New Horizons	020 4516 9972
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise Programme	Second Half Centre	020 4516 9975
14:15 - 15:15	Open Space Talks (monthly) starts 14 th September	Zoom	bookings@openage.org.uk
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
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

















Wednesday

TIME	CLASS	LOCATION	CONTACT
9:30 -11:00	Sketching in Sculpture Parks (Beginners) ACL	Zoom	020 4516 9972
10:00 - 12.00	Newsletter Group	New Horizons	020 4516 9970
9:45 -10:45	Steady & Stable: Falls Prevention Exercise Programme	New Horizons	020 4516 9975
10:00 - 11:00	Keep Fit	St Margaret's	020 4516 9969
10:00 - 11:00	Chi Gong (outside)	Chippendale Pitch, Churchill Gardens	020 4516 9974
10:00 - 11:00	Yoga	Avenues	020 3713 8737
11:00 - 12:30	Greek Mythology	Zoom	bookings@openage.org.uk
10:00 - 11.30	Creative Writing	Avenues	020 3713 8737
10.00 - 11.00	Exercise to Music	Kensington Memorial Park	07799369033
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	Italian Beginners Plus + ACL	The Reed 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 - 12:00	Chi Gong/Tai Chi (outside)	Cremorne Gardens	020 4516 9974
	Time for Me Carers:		020 4516 9976
11:00 - 13:00	Accessible Yoga, Relaxation	Zoom	carerstimeforme@openage.
	& Gong (monthly)		<u>org.uk</u>
11:15 -12:15	Steady & Stable: Falls Prevention Exercise Programme	Avenues	020 4516 9975

















Activities for people over 50 -FREE MEMBERSHIP- Openage.org.uk

11:30 - 13:00 12:30 Sketching in Sculpture Parks (Advanced) ACL 12:30 Shared Reading (with Ewa) Zoom 020 2713 8736 12:00 - 13:00 Chi Gong New Horizons 020 4516 9970 12:00 - 14:00 Guest Speaker and social - starts 29th September Avenues 020 3713 8737 12:00 - 13:00 Outreach Tech Support (own devices) New Horizons Outreachbookings@opena ge.org.uk 12:15 - 14:15 Men Space: Lunch & Cookery (Bi weekly) Centre O7467 952 564 Centre 12:30 - 13:30 Men's Yoga St Margaret's 020 4516 9975 Outreachbookings@opena ge.org.uk 12:30 - 13:30 Men's Yoga St Margaret's 020 4516 9969 Steady & Stable: Falls Prevention Exercise Avenues O20 4516 9975 Programme 13:00 - 15:00 Italian - Next Step 1 ACL The Reed Centre 020 4516 9972 Outreachbookings@opena ge.org.uk O20 4516 9975				
12:00 - 13:00	11:30 - 13:00	Sketching in Sculpture Parks (Advanced) ACL	Zoom	020 4516 9972
12:00 - 14:00 Guest Speaker and social - starts 29th September Avenues 020 3713 8737	11:30 - 12:30	Shared Reading (with Ewa)	Zoom	020 2713 8736
12:00 - 14:00 starts 29th September	12:00 - 13:00	Chi Gong	New Horizons	020 4516 9970
12:00 - 13:00 Outreach Tech Support (own devices)	12:00 - 14:00	1	Avenues	020 3713 8737
12:10 - 13:00 devices		Outreach Tech Support Jown		020 4516 9977
12:15 -14:15 Men Space: Lunch & Cookery (Bi weekly) Second Half (Centre	12:00 - 13:00		New Horizons	outreachbookings@opena
12:15 - 14:15 (Bi weekly) Centre U7467 932 364 12:30 - 13:30 Men's Yoga St Margaret's O20 4516 9969 12:30 - 13:30 Prevention Exercise Avenues O20 4516 9975 12:30 - 15:00 Italian - Next Step 1 ACL The Reed Centre O20 4516 9972 13:00 - 14:00 Chair exercise New Horizons O20 4516 9970 13:30 - 15:30 Meditation & Mindfulness (Beginners) ACL Centre O20 4516 9972 13:30 - 15:30 Men Space: IT, Smartphones & Poetry ACL Second Half Centre O7467 592 564 13:30 - 15:30 Poetry ACL Second Half Centre O20 4516 9972 13:30 - 15:30 Pilates (outdoors) Normand Park O20 4516 9972 13:30 - 15:30 Time for Me Carers: Creative Writing (monthly) Zoom & Phone Carerstimeforme@openage. org.uk 13:30 - 15:30 Time for Me Carers: Social & Creative Activities (monthly) Avenues O20 4516 9976 13:30 - 15:30 Chair Exercise Zoom Phone Carerstimeforme@openage. org.uk 14:00 - 15:00 Chair Exercise for Healthy Bones Avenues O7570429309 14:00 - 15:00 Exercise to Music Our Lady of Fatima O20 4516 9974 14:00 - 16:00 Bridge Club St Margaret's O20 4516 9969		devicesy		ge.org.uk
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13:30 - 15:30 Men Space: IT, Smartphones & iPads Tasters Classes ACL Second Half Centre 13:30 - 15:30 Poetry ACL Second Half Centre 13:30 - 15:30 Pilates (outdoors) Normand Park 13:30 - 15:30 Time for Me Carers: Creative Writing (monthly) Zoom & Phone Writing (monthly) 13:30 - 15:30 Time for Me Carers: Social & Creative Activities (monthly) 14:00 - 15:00 Chair Exercise Zoom Dhysicalactivitybookings@ Openage.org.uk 14:00 - 15:00 Exercise to Music Our Lady of Fatima 14:00 - 16:00 Bridge Club St Margaret's O20 4516 9969	42.20 45.20	Meditation & Mindfulness	Second Half	020 4546 0072
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	14:00 - 15:00	Exercise to Music	-	020 4516 9974
14:00 - 16:00 Singing New Horizons 020 4516 9970	14:00 - 16:00	Bridge Club	St Margaret's	020 4516 9969
	14:00 - 16:00	Singing	New Horizons	020 4516 9970

















Activities for people over 50 -FREE MEMBERSHIP- Openage.org.uk

14:00 - 16:00	Quiz	New Horizons	020 4516 9970
14:00 - 16:00	Lipreading & Managing Hearing Loss ACL	New Horizons	020 4516 9972
14:30 - 15:30	Campden Ward Social Group	Phone Group	020 2713 8736
14:30 - 15:30	Begin to Gym	Porchester Centre	020 4516 9974
15:00 - 16:00	Troubleshoot Tech (monthly 1/09, 6/10)	Zoom	outreachbookings@opena ge.org.uk
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	Second Half Centre	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	020 4516 9974
10.00 - 11.00	Starts 30 th September	Church	020 4316 9974
10:00 - 11:00	Chair Yoga	New Horizons	020 4516 9970
10:00 - 11:00	Voga	Second Half	020 4516 9971
10.00 - 11.00	Yoga	Centre	020 4316 9971
10:00 - 12:00	Speaking English with	Second Half	020 4516 9972
10.00 - 12.00	Confidence ACL	Centre	020 4310 9972
10:00 - 12:00	Literature & Poetry	New Horizons	020 4516 9970
10:00 - 11:30	Singing For All	Avenues	020 3713 8737
10:00 - 12:00	Imagine, Interact, Improvise:	Zoom	07824 484 984
10.00 - 12.00	Drama Improv	200111	07824 484 984
10:00 - 12:00	Confidence Using Your Email	Second Half	020 4516 9972
	(Gmail/mail/outlook) ACL	Centre	020 4310 3372
10:00 - 12:00	Art Class	Ixworth Place	020 4516 9970



















Activities for people over 50 -FREE MEMBERSHIP- Openage.org.uk

10:30 - 11:30 Boxing Fitness Zoom				
10:30 - 12:00 Mosaics & Ceramics Second Half Centre O20 4516 9971	10:30 - 11:30	Boxing Fitness	Zoom	
10:30 - 12:00 Mosaics & Ceramics Centre 020 4516 9971 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 075 70429309 11:15 - 12:15 Body Conditioning Second Half Centre O20 4516 9971 11:15 - 12:45 Singing for All (Starts on 30 th September) St Andrews Church 07824484984 12:00 - 13:00 Zumba Our Lady of Fatima 020 4516 9974 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 O20 4516 9971 12:45 - 13:45 Pilates Avenues 020 3713 8737 13:00 - 14:00 Chi Gong New Horizons 020 4516 9972 13:00 - 15:00 Microsoft Word & Touch Typing ACL Centre O20 4516 9972 13:30 - 15:30 Art Class St Margaret's 020 4516 9972 13:30 - 15:30 Art Class St Margaret's 020 4516 9969 13:30 - 15:00 Men Space: Meet up & Social (Bi-weekly) Men Space: Meet up & Social (Bi-weekly) Avenues 07467 952 564 14:00 - 15:00 Chi Gong Zoom Dhysicalactivitybookings@openage.org.uk O20 3713 8737		3		enage.org.uk
11:00 - 12:00 Yoga New Horizons O20 4516 9970 11:00 - 12:00 Italian Archaeology (Fortnightly) Zoom bookings@openage.org.uk 11:00 - 12:00 Osteo Blast: Exercise for Healthy Bones Second Half Centre 11:15 - 12:15 Body Conditioning Second Half Centre 11:15 - 12:45 Singing for All (Starts on 30th September) Our Lady of Fatima 12:00 - 13:00 Zumba Our Lady of Fatima 12:00 - 14:00 Supported IT Drop In New Horizons 12:00 - 13:00 Intermediate Guitar Avenues O20 4516 9970 12:30 - 13:30 Chair Exercise Second Half Centre 12:30 - 14:30 Spanish - Beginners ACL Second Half Centre 12:45 - 13:45 Pilates Avenues O20 3713 8737 13:00 - 15:00 Microsoft Word & Touch Typing ACL How to use Zoom - Basic Introduction 13:30 - 15:30 Art Class St Margaret's O20 4516 9972 13:30 - 15:30 Art Class St Margaret's O20 4516 9969 13:30 - 15:00 Men Space: Meet up & Social (Bi-weekly) Avenues O7467 952 564 14:00 - 15:00 Chi Gong Zoom Dhysicalactivitybookings@openage.org.uk 14:00 - 15:00 Chi Gong Avenues O20 3713 8737 14:00 - 15:00 Chi Gong Zoom Dhysicalactivitybookings@openage.org.uk 14:00 - 15:00 Chi Gong Avenues O20 3713 8737	10:30 - 12:00	Mosaics & Ceramics		020 4516 9971
11:00 - 12:00	10.50 12.00	Wiesdies & Cerumies	Centre	020 1010 3371
11:00 - 12:00	11:00 - 12:00	Yoga	New Horizons	020 4516 9970
11:00 - 12:00	11.00 - 12.00	Italian Archaeology	700m	hookings@onenage.org.uk
11:00 - 12:00	11.00 - 12.00	(Fortnightly)	200111	bookings@openage.org.uk
Healthy Bones Second Half Centre O20 4516 9971	11.00 12.00	Osteo Blast: Exercise for	Zoom	075 70420200
11:15 - 12:15 Body Conditioning Centre 020 4516 9971 11:15 - 12:45 Singing for All (Starts on 30th September) St Andrews Church 07824484984 12:00 - 13:00 Zumba Our Lady of Fatima 020 4516 9974 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 9972 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 13:30 - 15:30 Art Class St Margaret's 020 4516 9972 13:30 - 15:30 Creative Writing - writers workshop (Bi-weekly) Avenues 020 3713 8737 14:00 - 15:00 Chi Gong Avenues 07467 952 564	11.00 - 12.00	Healthy Bones	200111	073 70429309
Centre 11:15 - 12.45 Singing for All (Starts on 30th September) St Andrews Church Our Lady of Fatima Fatima 020 4516 9974 12:00 - 13:00 Zumba New Horizons O20 4516 9970 12:00 - 13:00 Intermediate Guitar Avenues O20 3713 8737 12:30 - 13:30 Chair Exercise Second Half Centre Second Half Centre 020 4516 9971 12:30 - 14:30 Spanish - Beginners ACL Second Half Centre 020 3713 8737 13:00 - 14:00 Chi Gong New Horizons O20 4516 9970 13:00 - 15:00 Microsoft Word & Touch Typing ACL Second Half Centre 020 4516 9970 13:00 - 15:00 How to use Zoom - Basic Introduction Zoom O20 4516 9972 13:30 - 15:30 Art Class Art Class Avenues St Margaret's O20 4516 9969 13:30 - 15:30 Men Space: Meet up & Social (Bi-weekly) Avenues O7467 952 564 14:00 - 15:00 Chi Gong Zoom Physicalactivitybookings@openage.org.uk 14:00 - 15:00 Chair Yoga Avenues O20 3713 8737	11.15 12.15	Rody Conditioning	Second Half	020 4516 0071
11:15 - 12:45 September Church	11:15 - 12:15	Body Conditioning	Centre	020 4516 9971
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Typing ACL	12.00 15.00		Second Half	000 4546 0050
13:00 - 15:00 How to use Zoom - Basic Introduction Zoom 020 4516 9972 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@op enage.org.uk 14:00 - 15:00 Chair Yoga Avenues 020 3713 8737	13:00 - 15:00	Typing ACL	Centre	020 4516 9972
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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@op enage.org.uk 14:00 - 15:00 Chair Yoga Avenues 020 3713 8737	13:30 - 15:30	Art Class	St Margaret's	020 4516 9969
13:30 - 15:30	12.20 45.20	Creative Writing – writers	_	020 2742 0727
14:00 - 15:00 Men Space: Meet up & Social (Bi-weekly) Avenues 07467 952 564 14:00 - 15:00 Chi Gong Zoom physicalactivitybookings@op enage.org.uk 14:00 - 15:00 Chair Yoga Avenues 020 3713 8737	13:30 - 15:30	_	Avenues	020 3/13 8/3/
14:00 - 15:00 Social (Bi-weekly) Avenues 07467 952 564 14:00 - 15:00 Chi Gong Zoom physicalactivitybookings@op enage.org.uk 14:00 - 15:00 Chair Yoga Avenues 020 3713 8737		Men Space: Meet up &		
14:00 - 15:00 Chi Gong Zoom physicalactivitybookings@op enage.org.uk 14:00 - 15:00 Chair Yoga Avenues 020 3713 8737	14:00 - 15:00	-	Avenues	07467 952 564
14:00 - 15:00 Chi Gong Zoom physicalactivitybookings@op enage.org.uk 14:00 - 15:00 Chair Yoga Avenues 020 3713 8737		(Bi-weekly)		
14:00 - 15:00 Chi Gong 14:00 - 15:00 Chair Yoga Avenues 020 3713 8737	14.00 45.00		Zoom	physicalactivitybookings@op
14:00 - 15:00 Chair Yoga Avenues 020 3713 8737	14:00 - 15:00	Cni Gong		
	14:00 - 15:00	Chair Yoga	Avenues	
Thou Told Shared Redding with Ewa Holle Gloup 020 27 13 07 30	14:00 - 15:00	Shared Reading with Ewa	Phone Group	020 2713 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	020 4516 9974
16:00 - 17:00	Topical Hour	Phone Group	020 2713 8736

Friday

TIME	CLASS	LOCATION	CONTACT	
10:00 - 11:00	Stretch and Tone	Zoom	physicalactivitybookings@o	
10.00 - 11.00	Stretch and rone	200111	penage.org.uk	
10:00 - 11:00	Dance Exercise	St	020 4516 9969	
10.00 - 11.00	Dance Exercise	Margaret's	020 4310 3303	
10:00 - 11:00	Pilates	Second Half	020 4516 9971	
10.00 - 11.00	Filates	Centre	020 4310 9971	
10:00 - 12:00	Spanish for Absolute	Second Half	020 4516 9972	
10.00 - 12.00	Beginners ACL	Centre	020 4310 9972	
10:00 - 12:00	Book Club (Monthly)	New	020 4516 9970	
10.00 - 12.00	BOOK Club (Monthly)	Horizons	020 4310 9970	
10:00 - 12:00	iPad for Poginners ACI	New	020 4516 9972	
10.00 - 12.00	iPad for Beginners ACL	Horizons	020 4310 9972	
10:15 - 11:15	Pilates	EveryOne	020 4516 9974	
10.15 - 11.15	Pliates	Active	020 4316 9974	
10:30 - 11:30	Philosophy	Zoom	bookings@openage.org.uk	
10:30 - 11:30	Vaca	Chelsea	020 4516 9974	
10.50 - 11.30	Yoga	Theatre	020 4310 9974	

















Activities for people over 50 -FREE MEMBERSHIP- Openage.org.uk

10:30 - 11:30	Members Quiz (First Friday	Zoom	bookings@openage.org.uk
10.30 - 11.30	of the Month)	200111	bookings@openage.org.uk
10:30 - 12:30	Men Space: Walking Football	TBC	07467 952 564
10:30 - 12:30	Time for Me Carers IT Group: Get more from your smartphone / tablet / computer ACL	Second Half Centre	0204 516 9976 carerstimeforme@openage .org.uk
11:00 - 12:00	Zumba	New Horizons	020 4516 9970
10:45 - 11:45	Pilates Starts 24 th September	St. Mary The Boltons	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	EveryOne Active	020 4516 9974
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 Starts 24 th September	St. Mary The Boltons	020 4516 9974
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
12:30 - 14:30	Spanish - Next Step 2 ACL	Second Half Centre	020 4516 9972
12:45 - 13:45	Exercise to Music	Second Half Centre	020 4516 9971
13:00 - 15:00	iPad - Learn to Draw on an iPad 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

















Activities for people over 50 -FREE MEMBERSHIP- Openage.org.uk

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14:00 - 15:00	Pilates	New	020 4516 9970	
		Horizons		
14:00 - 16:00	Cryptic Crossword	New	020 4516 9970	
14.00 - 10.00	Cryptic Crossword	Horizons	020 4310 9370	
14:00 - 16:00	Computer for Paginners ACI	New	020 4516 9972	
14.00 - 10.00	Computer for Beginners ACL	Horizons	020 4516 9972	
	Steady & Stable: Falls			
14:30 - 15:30	Prevention Exercise	Zoom	020 4516 9975	
	Programme			
14:30 - 15:30	Step Up from Steady	Zoom	physicalactivitybookings@o	
14.50 - 15.50		200111	<u>penage.org.uk</u>	
15:00 - 17:00	Spanish - Beginners Plus +	Second Half	020 4516 9972	
15.00 - 17:00	ACL	Centre	020 4516 9972	
15.15 17.15	Disco Fever (Improvers) ACL	Second Half	020 4516 0072	
15:15 - 17:15		Centre	020 4516 9972	

Saturday

TIME	CLASS	LOCATION	CONTACT	Borough
13:00 - 14:00	Multi-Sports (Table Tennis,	St	020 4516 9974	North
	Short Tennis and Badminton)	Augustine's	020 4510 9974	Westminster

















Open Age Walking Programme

DATE & TIME	WALK	LOCATION	CONTACT
17/09 12pm	Nordic Walking	Second Half Centre	physicalactivitybookings@ openage.org.uk 07799 369733
20/09 1pm	Nordic Walking	Avenues	physicalactivitybookings@openage.org.uk 07799 369733
22/09 10am	Capital Ring Walk	Osterley Lock to Greenford	physicalactivitybookings@openage.org.uk 07799 369733
24/09 12pm	Nordic Walking	Second Half Centre	physicalactivitybookings@openage.org.uk 07799 369733
27/09 1pm	Nordic Walking	Avenues	<pre>physicalactivitybookings@ openage.org.uk 07799 369733</pre>
29/09 10am	Meditation Walk	Holland Park	<pre>physicalactivitybookings@ openage.org.uk 07799 369733</pre>
01/10 12pm	Nordic Walking	Second Half Centre	physicalactivitybookings@openage.org.uk 07799 369733
04/10 1pm	Nordic Walking	Avenues	<pre>physicalactivitybookings@ openage.org.uk 07799 369733</pre>
06/10 10am	Social Walk and Quiz	Regents Park	physicalactivitybookings@openage.org.uk 07799 369733
08/10 12pm	Nordic Walking	Second Half Centre	physicalactivitybookings@openage.org.uk 07799 369733
11/10 1pm	Nordic Walking	Avenues	<pre>physicalactivitybookings@ openage.org.uk 07799 369733</pre>

















Activities for people over 50 -FREE MEMBERSHIP- Openage.org.uk

			physicalactivitybookings@
13/10	Art Walk	Ravencourt	openage.org.uk
10am		Park	07799 369733
		Hackney	physicalactivitybookings@
20/10	Capital Ring Walk	Wick to	openage.org.uk
10am		Beckton	07799 369733
		Trafalgar	physicalactivitybookings@
27/10	History Walk	Trafalgar Square	openage.org.uk
10am		Square	07799 369733



THE ROYAL BOROUGH OF KENSINGTON AND CHELSEA















One-off Events and Workshops

SAATCHI GALLERY

Annie Nicholson – The Fandangoe Kid –Workshop, to be held at The Saatchi Gallery

Tuesday 21st September 2 – 4pm

Visual artist The Fandangoe Kid will be working with Open Age to develop ideas and responses to the current exhibition, JR: Chronicles, looking at telling stories about our experiences of the past 18 months, living in London and how we engage with the city, and watching it come back to life.

We will develop our own paper based stories, which tell visual (and written) narratives about our relationship with our environment and talk about where we would put these in the city and why.

To book please call New Horizons on 020 4516 9970

THE SAATCHI GALLERY: BOTANICAL ART online workshop on Zoom

Wednesday 22nd September 2 – 4pm

To book, email bookings@openage.org.uk

In response to the upcoming RHS exhibition at Saatchi Gallery of Botanical art & photography, 18 Sept – 3 October. You are invited to join an online artist led workshop, looking at the work of illustrator Katie Scott. Participants will be invited bring flowers, plants, seeds and bulbs to draw together, learning about the artist and techniques for studying detail and the fascinating science of art and botany https://www.saatchigallery.com/exhibition/rhs2021

















Open Age Members' ART EXHIBITION

20 Sept - 3 Oct 2021

Open Age continues its partnership with Saatchi Gallery and showcases the work of Open Age members as part of a community exhibition which will be held in The Saatchi's Learning Gallery (government guidelines permitting!) The exhibition will open on Monday 20th September – Sunday 3rd October with a closing event on Sunday 3rd October to celebrate Silver Sunday.

The exhibition open brief is 'WRINKLES IN THE CITY' which responds directly to our current exhibition JR: Chronicles. Over the past two decades French artist JR has emerged as one of our most powerful storytellers and connectors of diverse worlds and communities. The largest exhibition of his work in the UK opened at the Saatchi Gallery, June 4th – Oct 3rd 2021

SILVER SUNDAY

Silver Sunday is the National Day for older people and will take place on Sunday 3rd October. There will be some exciting events happening to mark the day, both on and around that day. It's an ideal opportunity to visit new places, meet new people and try new things.

A number of organisations and community groups are hosting special events in their own venues and online and all of them are open to residents of Kensington and Chelsea aged 65+.

There's also a Phone Club enabling residents who are housebound to join from the comfort of their own homes.

The programme will also introduce you to activities that are on offer throughout the year. Some events hosted in Westminster are also open to residents of Kensington and Chelsea. All events are advertised on www.silversunday.org.uk along with booking details. If you are an older resident and are interested in joining a Silver Sunday activity, but need a bit of support in getting out and meeting new people or if you don't have access to the website, please call the Open Age Link Up team on 020 4516 9977 or email silversunday@openage.org.uk.



















the DESIGN MUSEUM

COMMUNITY GARDEN PROGRAMME WITH THE DESIGN MUSEUM AND THE DESIGN INSITITUTE:

Thursday 23rd September 10.30am On Zoom

To register your interest and to book, please email bookings@openage.org.uk

The Design Museum and the Design Age Insititute are planning to host a focus group with members of Open Age in order to explore the possible impact of a community garden programme. We would like to connect with members of the local community whom the museum does not currently reach by providing a garden space to be used over the summer months. We would like to hear from you how we can make this space work for you. During the course of these focus groups, we would like to understand:

- What would make you feel more welcomed at the museum?
- How can the garden space best be used to suit you? For growing food/plants, for programming talks and workshops, for hosting coffee meetings, etc?
- What does and doesn't work well for you in terms of the garden space?

The listening session will be roughly 1.5 hours long. We are looking to invite 15 members of Open Age to the session, where you will meet designers Georgia Cottington and Elliot Lunn, who are leading on this phase of the project. Georgia and Elliot will facilitate a guided discussion session, with some activities to understand how you might like to use the space.

About the project:

The age-friendly community garden project is a year-long collaboration between the Design Museum, the Design Age Institute and members of the local community in the Royal Borough of Kensington & Chelsea. The project seeks to establish an age-friendly intergenerational community space at the Design Museum and embed the museum within the local community through a long-term participatory project.

Over the course of a year, the project aims to:





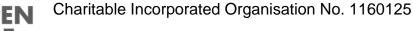














- Forge new connections and long-term relationships with local community groups
- Create social impact by removing/reducing barriers to participation, knowledge exchange and access to resources
- Place local community groups at the heart of the decision-making process for the community programme
- Respond to the needs and concerns of underrepresented groups and those not currently catered to by cultural venues
- Strengthen intergenerational and cross-cultural community building through knowledge exchange and skills sharing opportunities between diverse groups
- Establish new infrastructure for collaboration and co-creation around design and ageing
- Promote and celebrate age positivity and inclusion and support collective wellbeing.
- Demonstrate the value of socially-engaged design practice as a catalyst for community building and social integration.

This project will be delivered part of the Design Museum community programme as well as Design Age Institute's public programme.

Activities outside of Open Age

THERAPIES:

Shiatsu and Reflexology therapies available on alternate Fridays between 10.00am and 4.00pm by appointment only. £15 for a 30-minute treatment.

To book call:

Rita Taylor, Reflexology – 07865 080969 Paula Kent, Shiatsu Massage – 07715 512703



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

















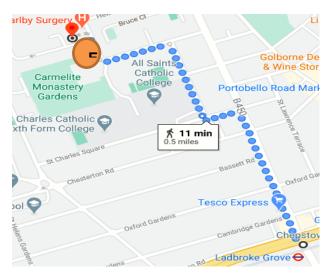
Adult Community Learning (ACL)

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 9978

Email: dsingleton@openage.org.uk

Second Half Centre, left at Main Reception.





















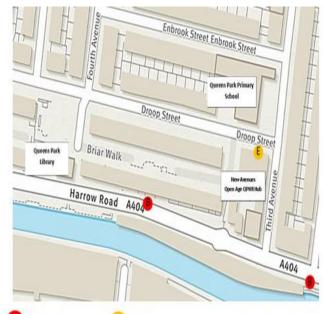




Bus stops Buses: 18, 28, 228

Charitable Incorporated Organisation No. 1160125

Activities for people over 50 -FREE MEMBERSHIP- Openage.org.uk



Entrance to New Avenues / Open Age QPHR Hub

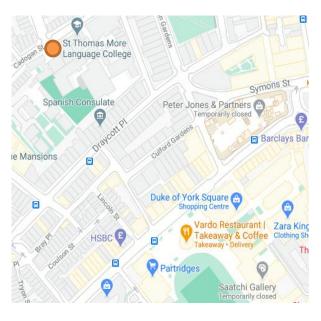
Open Age – Avenues

New Avenues 3-7 Third Avenue London W10 4RS Borough – Westminster (North)

Telephone: 07717201791

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

















Activities for people over 50 -FREE MEMBERSHIP- Openage.org.uk



Open Age South Westminster Hub

St Margaret's 1 Carey Place London SW1V 2RT

Borough – Wesminster (South)

Telephone: 020 4516 9969

Email: hmunns@Openage.org.uk

Locations of Community Venues

Community Venue Name	Address	Post Code	Borough
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
Holland Park	Ilchester Place	W8 6LU	
The Reed Centre	28 Convent Gardens	W11 1NJ	North RBKC
Kensington Memorial Park	St Mark's Road	W10 6BZ	North RBKC
Response Community	300 Old Brompton	SW5 9JF	
Projects	Road		
			North
Pepper Pot	1a Thorpe Close	W10 5XL	RBKC
St. Andrew's Church	Greyhound Road	W14 9SA	H&F
			North
St. George's Church	Aubrey Walk,Camden Hill	W8 7JG	RBKC
From One Action Machines	2.5. Thomas Class	MAO EVI	North
EveryOne Active Westway	3-5 Thorpe Close	W10 5XL	RBKC

















Activities for people over 50 -FREE MEMBERSHIP- Openage.org.uk

Ixworth Place	2 Kimbolton Row Samuel Lewis Trust Dwelling	SW3 6RQ	South RBKC
St Mary The Boltons	St Mary's Church, The Boltons,	SW10 9TB	South RBKC
Our Lady of Fatima	The Presbytery, Commonwealth Ave, London	W12 7QR	H+F
Cremorne Gardens	Lots Rd, London	SW10 0QJ	South RBKC
Fulham Palace Gardens	Bishop's Ave, London	SW6 6EA	H+F
South Park	South Park, London	SW6 3EB	H+F
Normand Park	84 Bramber Rd, London	W14 9PB	H+F
Edward Woods Community Centre	60 Norland Rd, London	W11 4TX	H+F
Porchester Centre	Queensway, London	W2 5HS	North Westminster
St Stephen's Church	38-42 Rochester Row, London	SW1P 1LE	South Westminster
Seymour Leisure Centre	Seymour PI, London	W1H 5TJ	North Westminster
Paddington Sports Club	Castellain Rd, London	W9 1HQ	North Westminster
Marshall Street Leisure Centre	Marshall St, London	W1F 7EL	South Westminster
Paddington Recreation Ground	Randolph Ave, London	W9 1PD	North Westminster
Victoria Medical Centre	29 Upper Tachbrook St, Pimlico, London	SW1V 1SN	South Westminster
Queen Mother Sports Centre	223 Vauxhall Bridge Rd, Pimlico, London	SW1V 1EL	South Westminster
Moberley Sports Centre	25 Chamberlayne Rd, Ladbroke Grove, London	NW10 3NB	North Westminster
St Augustine's	Oxford St, North Maida Vale, London	NW6 5AW	North Westminster
Chippendale Pitch, Churchill Gardens	Chippendale House Football Pitch Churchill Gardens Estate, Pimlico, London	SW1V 3BU	South Westminster





























