

# Open Age

## Centre and Online Combined Programme

**Monday 13<sup>th</sup> September – Friday 22<sup>nd</sup> 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.

**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](http://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	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
10:00 - 11:30	Quilt Making	Avenues	020 3713 8737
10:00 - 12:00	Computer for Beginners <b>ACL</b>	Second Half Centre	020 4516 9972
10:00 - 12:00	Art - Watercolours (All Levels) <b>ACL</b>	New Horizons	020 4516 9972
10:00 - 12:00	Getting to Know Your Android Phone <b>ACL</b>	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 <b>ACL</b>	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	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
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

11:30 - 12:30	Monday Forum Phone Group	Phone Group	020 4516 9977
11:30 - 12:30	Chair Exercise	Pepper Pot	020 4516 9974
11:30 - 12:30	Latin Dance	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
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 <b>ACL</b>	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 <b>ACL</b>	Second Half Centre	020 4516 9972
13:00 - 15:00	Art - Watercolours (All Levels) <b>ACL</b>	Response Community Projects	020 4516 9972
13:00 - 15:00	Getting to Know Your iPhone <b>ACL</b>	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 - <b>starts 27<sup>th</sup> September</b>	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

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: <b>Exercise for Healthy Bones</b>	Zoom	07570429309
14:30 - 15:30	Steady & Stable: <b>Falls Prevention Exercise Programme</b>	Zoom	020 4516 9975
14:30 - 15:30	Local History ( <b>monthly</b> )	Zoom	<a href="mailto:Bookings@openage.org.uk">Bookings@openage.org.uk</a>
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	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
10:00 - 11:00	Exercise to Music (Ouside)	Chippendale Pitch, Churchill Gardens	020 4516 9974
10:00 - 12:00	Computer for Beginners <b>ACL</b>	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 <b>ACL</b>	Second Half Centre	020 4516 9972
10:00 - 12:00	Drawing in Holland Park <b>ACL</b>	Holland Park	020 4516 9972

10:00 - 12:00	Creative Writing <b>ACL</b>	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
12:30 - 13:30	Outreach Tech Support (own devices)	Second Half Centre	020 4516 9977 <a href="mailto:outreachbookings@openage.org.uk">outreachbookings@openage.org.uk</a>
12:30 - 13:30	Exercise to Music	Avenues	020 3713 8737
12:30 - 13:30	Zumba	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
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 <b>ACL</b> (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 <b>ACL</b>	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 <b>ACL</b>	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

13:45 - 15:45	Lipreading & Managing Hearing Loss <b>ACL</b>	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 <b>ACL</b>	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 <b>(monthly) starts 14<sup>th</sup> September</b>	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
14:00 - 16:00	Drama <b>ACL</b>	New Horizons	020 4516 9972
14:00 - 16:00	Time for Me Carers: Social & Creative Activities (1 <sup>st</sup> Tuesday each month)	New Horizons	020 4516 9976 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
15:00 - 16:00	Yoga	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
15:00 - 16:45	Time for Me Carers: Social & Creative Activities (3 <sup>rd</sup> Tuesday each month)	St Margaret's	020 4516 9976 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
15:30 - 16:30	Step up from Steady	Second Half Centre	020 4516 9971
15:30 - 17:00	How to Host on Zoom <b>ACL</b>	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) <b>ACL</b>	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	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
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 <b>ACL</b>	Second Half Centre	020 4516 9972
10:00 - 12:00	Italian Beginners Plus + <b>ACL</b>	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
11:00 - 13:00	Time for Me Carers: Accessible Yoga, Relaxation & Gong (monthly)	Zoom	020 4516 9976 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
11:15 -12:15	Steady & Stable: Falls Prevention Exercise Programme	Avenues	020 4516 9975

11:30 - 13:00	Sketching in Sculpture Parks (Advanced) <b>ACL</b>	Zoom	020 4516 9972
11:30 - 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 – <b>starts 29<sup>th</sup> September</b>	Avenues	020 3713 8737
12:00 - 13:00	Outreach Tech Support (own devices)	New Horizons	020 4516 9977 <a href="mailto:outreachbookings@openage.org.uk">outreachbookings@openage.org.uk</a>
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 - 15:00	Italian - Next Step 1 <b>ACL</b>	The Reed Centre	020 4516 9972
13:00 - 14:00	Chair exercise	New Horizons	020 4516 9970
13:30 - 15:30	Meditation & Mindfulness (Beginners) <b>ACL</b>	Second Half Centre	020 4516 9972
13:30 - 15:30	Men Space: IT, Smartphones & iPads Tasters Classes <b>ACL</b>	Second Half Centre	07467 592 564
13:30 - 15:30	Poetry <b>ACL</b>	Second Half Centre	020 4516 9972
13:30 - 14:30	Pilates (outdoors)	Normand Park	020 4516 9974
13:30 - 15:30	Time for Me Carers: Creative Writing (monthly)	Zoom & Phone	020 4516 9976 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
13:30 - 15:30	Time for Me Carers: Social & Creative Activities (monthly)	Avenues	020 4516 9976 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
14:00 - 15:00	Chair Exercise	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
14:00 - 15:00	Osteo Blast: <b>Exercise for Healthy Bones</b>	Avenues	07570429309
14:00 - 15:00	Exercise to Music	Our Lady of Fatima	020 4516 9974
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
14:00 - 16:00	Lipreading & Managing Hearing Loss <b>ACL</b>	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	<a href="mailto:outreachbookings@openage.org.uk">outreachbookings@openage.org.uk</a>
15:00 - 16:00	Theatre Discussion	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
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	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
16:00 - 18:00	Meditation & Mindfulness (some prior experience) <b>ACL</b>	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 Starts 30 <sup>th</sup> September	St Andrews Church	020 4516 9974
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	Speaking English with Confidence <b>ACL</b>	Second Half Centre	020 4516 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: Drama Improv	Zoom	07824 484 984
10:00 - 12:00	Confidence Using Your Email (Gmail/mail/outlook) <b>ACL</b>	Second Half Centre	020 4516 9972
10:00 - 12:00	Art Class	Ixworth Place	020 4516 9970

10:30 - 11:30	Boxing Fitness	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
10:30 - 12:00	Mosaics & Ceramics	Second Half Centre	020 4516 9971
11:00 - 12:00	Yoga	New Horizons	020 4516 9970
11:00 - 12:00	Italian Archaeology (Fortnightly)	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:00 - 12:00	Osteo Blast: Exercise for Healthy Bones	Zoom	075 70429309
11:15 - 12:15	Body Conditioning	Second Half Centre	020 4516 9971
11:15 - 12.45	Singing for All (Starts on 30 <sup>th</sup> 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 <b>ACL</b>	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 <b>ACL</b>	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 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	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
14:00 - 15:00	Chair Yoga	Avenues	020 3713 8737
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 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
14:00 - 16:00	Computer for Beginners <b>ACL</b>	New Horizons	020 4516 9972
14:00 - 16:00	Disco Fever - Beginners <b>ACL</b>	Chelsea Theatre	020 4516 9972
14:30 - 16:30	Life Stories <b>ACL</b>	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	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
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	Spanish for Absolute Beginners <b>ACL</b>	Second Half Centre	020 4516 9972
10:00 - 12:00	Book Club (Monthly)	New Horizons	020 4516 9970
10:00 - 12:00	iPad for Beginners <b>ACL</b>	New Horizons	020 4516 9972
10:15 - 11:15	Pilates	EveryOne Active	020 4516 9974
10:30 - 11:30	Philosophy	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:30 - 11:30	Yoga	Chelsea Theatre	020 4516 9974

10:30 - 11:30	Members Quiz (First Friday of the Month)	Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
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 <b>ACL</b>	Second Half Centre	0204 516 9976 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
11:00 - 12:00	Zumba	New Horizons	020 4516 9970
10:45 - 11:45	Pilates Starts 24 <sup>th</sup> 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 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
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	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:00 - 13:00	Chair Exercise Starts 24 <sup>th</sup> 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 <b>ACL</b>	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 <b>ACL</b>	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 <b>ACL</b>	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	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
15:00 - 17:00	Spanish - Beginners Plus + <b>ACL</b>	Second Half Centre	020 4516 9972
15:15 - 17:15	Disco Fever (Improvers) <b>ACL</b>	Second Half Centre	020 4516 9972

## Saturday

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

## Open Age Walking Programme

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

13/10 10am	Art Walk	Ravencourt Park	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 07799 369733
20/10 10am	Capital Ring Walk	Hackney Wick to Beckton	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 07799 369733
27/10 10am	History Walk	Trafalgar Square	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 07799 369733

## One-off Events and Workshops

# SAATCHI GALLERY

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

**Tuesday 21<sup>st</sup> 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 22<sup>nd</sup> September 2 – 4pm**

**To book, email [bookings@openage.org.uk](mailto: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 3<sup>rd</sup> 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](https://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](tel:02045169977) or email [silversunday@openage.org.uk](mailto:silversunday@openage.org.uk).

## the DESIGN MUSEUM

### COMMUNITY GARDEN PROGRAMME WITH THE DESIGN MUSEUM AND THE DESIGN INSITUTE:

Thursday 23<sup>rd</sup> September

10.30am

On Zoom

To register your interest and to book, please email [bookings@openage.org.uk](mailto:bookings@openage.org.uk)

The Design Museum and the Design Age Insitute 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

- **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

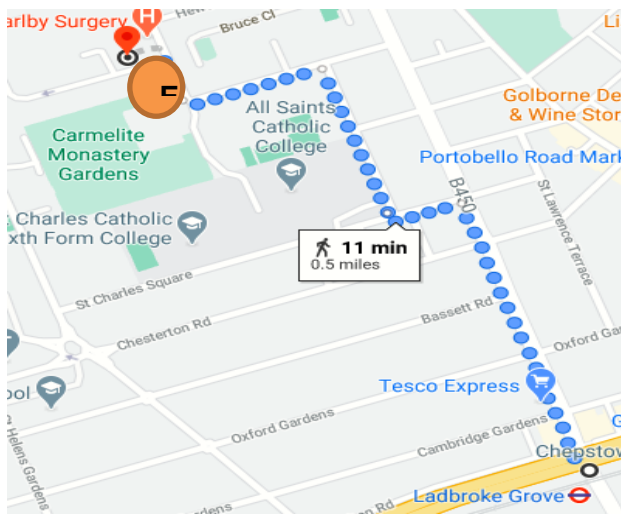
## Adult Community Learning (ACL)

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](mailto: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](mailto:dsingleton@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: 07717201791

Email: [gbrown@openage.org.uk](mailto:gbrown@openage.org.uk)

[acarrington@openage.org.uk](mailto: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](mailto:fkorenica@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](mailto: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 Projects	300 Old Brompton Road	SW5 9JF	
Pepper Pot	1a Thorpe Close	W10 5XL	North RBKC
St. Andrew's Church	Greyhound Road	W14 9SA	H&F
St. George's Church	Aubrey Walk, Camden Hill	W8 7JG	North RBKC
EveryOne Active Westway	3-5 Thorpe Close	W10 5XL	North RBKC

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 Pl, 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

