

## Queen's Park & Harrow Road Activity Programme

January 7<sup>th</sup> – April 5<sup>th</sup> 2019

Open Age QPHR Hub  
New Avenues  
3-7 Third Avenue  
London, W10 4RS

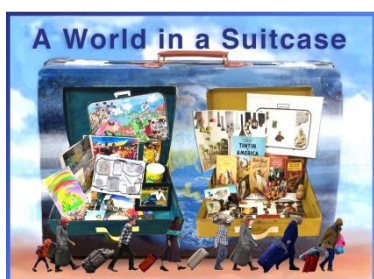
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**B** Bus stops  
Buses: 18, 28, 228

**E** Entrance to New Avenues / Open Age QPHR Hub



### NEW A World in a Suitcase

Starts Monday 25<sup>th</sup> Feb, FREE  
10.30am-12.30pm

This mixed media project, inspires people to take a fresh look at their 'Worlds' through sharing stories, art, photography, paper collage and film. See inside for more details and call to book on 07717201791.

Open Age QPHR Hub, New  
Avenues, 3-7 Third Avenue,  
W10 4RS



### NEW Circuit Training Class

Every Friday, £1  
12.30pm-1.30pm

Join this new class where you will use circuits to work the whole body. Great for building strength and improving fitness whilst working at your own pace. The instructor will be on hand to provide adaptations and correct technique to prevent injuries.

Open Age QPHR Hub, New  
Avenues, 3-7 Third Avenue,  
W10 4RS

### BOOKING

Please note booking for activities, trips and classes on the QPHR Programmes opens on Thursday 3<sup>rd</sup> January. We will be unable to make any reservations before this date!



### HALF TERM

Monday 18<sup>th</sup> February - Friday 22<sup>nd</sup> February 2019. There will be no classes this week unless stated inside.

# MONDAY CHOICES

## Activities are for Westminster residents ONLY

Open Age has instigated a pricing structure of £1 per hour. With no obligation however to do so, it is our hope that those who are in a position to pay a higher fee of £3 per hour & £5 for a 2 hour class will do so. Thank-you!

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Ballet Fitness</b> (Positively Physical)	10.00-11.00 Starts 7 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Improve mobility, posture, balance and coordination. Have fun and move to music. All abilities welcome!
<b>Monday Social with Speakers</b>	10.30-12.00 Starts 7 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	FREE	Join this friendly social group for a range of interesting and stimulating talks and workshops with speakers from museums, local organisations and charities. Please speak to Geoff for the schedule of speakers!
<b>Bowls at Paddington Sports Club</b>	10.30-12.30  First Monday of Every Month	Paddington Sports Club, Castellain Road, Maida Vale W9 1HQ  (Entrance next to Bon Appetit)	6, 18, 36, 187, 228	FREE	A great chance for you to learn Lawn Bowls. No experience needed. A great activity for everyone! Refreshments will be provided. Call Jade to book on <b>0208 962 4537</b> .
<b>A World in a Suitcase</b>  <b>NEW CLASS!!</b>  <b>MUST BOOK!</b>	10.30-12.30 Starts 25 <sup>th</sup> Feb  6 week course!	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	FREE	This mixed media project, inspires people to take a fresh look at their 'Worlds' through sharing stories, art, photography, paper collage and film. As a container a Suitcase can represent a 'World'. These two hour sessions are a great way of meeting new people, making use of iPads as a creative tool and producing artwork. We will combine natural media (paper) and iPad collages to make the sessions varied and interesting. Please book on <b>07717201791</b> .
<b>Cricket and Bowls</b>  <b>NEW TIME!!</b>	10.30-12.30 21 <sup>st</sup> Jan 11 <sup>th</sup> Feb 18 <sup>th</sup> March 29 <sup>th</sup> April	Lords Cricket Ground, St John's Wood Rd, London NW8 8QN	16, 18, 98, 139, 187, 189, 414	FREE	Come down to Lords where you will get the chance to play Cricket and Lawn Bowls in an amazing sporting venue! Cricket coaches will be on hand to develop your cricket skills. Refreshments will be provided after the class.
<b>Steady and Stable</b> <b>MUST BOOK</b>	11.00-12.00 Starts 7 <sup>th</sup> Jan  No Half Term!	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187, 189	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility. To book please contact Open Age on <b>020 8962 5582</b> .
<b>Boxing Fitness</b> (Positively Physical)	11.30-12.30 Starts 7 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Come and try this fun and interactive boxing fitness class designed to improve your heart, health, strength and co-ordination.

<b>Beginners Internet &amp; Email</b> (6 week courses!)  <b>MUST BOOK</b>	11.30-1.30 Starts 7 <sup>th</sup> Jan and 25 <sup>th</sup> Feb	Queen's Park Library, 666 Harrow Road, W10 4NE	18,28, 228	£2	Sign up for this friendly, supportive class that helps beginners get started on computers, learning how to use the internet and send emails. For more information or to book a place, please phone the Hub on <b>07717201791</b> .
<b>Soca Fit Licks</b>	12.30-1.30 Starts 7 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Fun, Smiles, Giggles and Wiggles. A stress-free way to keep fit by moving and dancing to the sounds of the Caribbean!
<b>Step Up from Steady</b>	12.45-1.45 Starts 7 <sup>th</sup> Jan	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187	£2	This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.
<b>Chi-Gong</b>	1.30-2.30 Starts 7 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Improve your health and wellbeing, give your energy levels a boost and reduce stress in this gentle class which focuses on a range of posture, exercise, meditation and breathing techniques. Suitable for all abilities.
<b>Steady and Stable</b> <b>MUST BOOK</b>	2.00-3.15 Starts 7 <sup>th</sup> Jan  No Half Term!	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187, 189	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility. To book please contact Open Age on <b>020 8962 5582</b> .
<b>Film Festival</b>  <b>NOW WEEKLY!!!</b>	2.00-4.00 Starts 14 <sup>th</sup> Jan	Open Age QPHR Hub, New venues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Join us for a variety of old classics and new favourites in our weekly Film Festival. Includes a hot drink! No need to book just turn up! <b>See the back of the programme for full listings!</b>
<b>Phone Club: Current Affairs Talk</b> For the Housebound	2.30-3.30	In the comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Local and International news, sport, interesting facts and articles, topical talks. Phone Hester for more info & to join on <b>020 3713 8736</b> .
<b>Mindfulness Meditation</b>	2.30-3.30 Starts 7 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Join this class which helps to induce relaxation by focusing awareness on breathing and encouraging positive attitudes to achieve a healthy, balanced mental state.
<b>Phone Club: Creative Writing Group</b> For the Housebound	4.00-5.00	In the comfort of your own home.	N/A	FREE	Develop your creative writing skills with optional homework activities and opportunity to read work aloud for constructive feedback. Phone Hester for more info & to join on <b>020 3713 8736</b> .

## TUESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Strictly Open Age</b>	10.00-11.00 Starts 15 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Calling all dancers! Join our new class with Armand to learn a range of Ballroom and Latin dances in this supportive and fun session! All abilities welcome!
<b>Simply Art 1</b>	10.30-12.30 Starts 7 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£2	Join this exciting art course and bring out your artistic flair! Begin to look at objects in a new way as you learn how to sketch, draw, collage, paint & more! All abilities welcome! To book call <b>07717201791</b> .
<b>Stretch and Tone</b>	11.15-12.15 Starts 15 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Strengthen your muscles, increase flexibility, improve posture and balance while reducing stress & tension in this lively and engaging exercise class.
<b>Exercise to Music</b> (Positively Physical)  <b>MUST BOOK!</b>	12.30-1.30 Starts 8 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	This class will improve your stamina & strength and help you to burn some calories! <b>Book each week on the noticeboard at New Avenues.</b>
<b>Table Tennis</b> (Positively Physical)	1.30-2.30 Starts 8 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Whether you're a complete novice or total pro pop along to this friendly drop-in & have a game! This is a volunteer led session so just turn up & have a go!
<b>Beginners French</b>	1.40-2.40 Starts 8 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Have you always wanted to learn the language of love or do you just love learning a new skill? Join this beginner's class & learn the basics of communicating simply & effectively. Don't be shy, everyone is welcome!
<b>Yoga</b> (Positively Physical)	2.30-3.30 Starts 8 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	An energizing yoga class that promotes good health for body, mind & soul.
<b>Beginners French Plus</b>	2.40-3.40 Starts 8 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Perfecting the basics but looking for the opportunity to practice your francais? Pop along to our Beginners French Plus and perfect your knowledge.

## WEDNESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Simply Art 2</b>	10.30-12.00 Starts 8 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18, 28, 228	£1.50	Join this exciting art course and bring out your artistic flair! Begin to look at objects in a new way as you learn how to sketch, draw, collage, paint & more! All abilities welcome! To book call <b>07717201791</b> .
<b>National Theatre Project</b> <b>MUST BOOK!!</b>	10.30-12.30 Starts 16 <sup>th</sup> Jan  *Pre-session refreshments at 10.00am	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Come & explore the joy of expressing stories through dance & movement in this class led by professional artists from the National Theatre. Sessions will be fun, active, playful and full of music! Absolutely no previous experience necessary, everyone welcome! Limited spaces available so call <b>07717201791</b> to book
<b>Intermediate Computer Course</b> (6 week courses)  <b>MUST BOOK</b>	10.30-12.30 Starts 9 <sup>th</sup> Jan and 27 <sup>th</sup> Feb	Queen's Park Library, 666 Harrow Road, W10 4NE	18, 28, 228	£2	Increase your skills in this helpful computer class exploring Microsoft Word, Excel, Power Point & much more. For more information or to book a place, please phone the Hub on <b>07717201791</b> .
<b>Steady &amp; Stable</b> (Class 1 – high level) <b>MUST BOOK</b>	1.00-2.00 Starts 9 <sup>th</sup> Jan Half Term at Beethoven Centre	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on <b>020 8962 5582</b> .
<b>Sketching at Museums &amp; Galleries</b> <b>MUST BOOK</b>	2.00-4.00 Starts 8 <sup>th</sup> Jan	Various Museums or Galleries	N/A	£2	Each week the class explores and sketches at a different Museum or Gallery. Locations include The British Museum, Wellcome Collection, V & A and many more! You must bring your own sketch pad but pencils will be provided. All abilities are welcome, so sign up now by calling the Hub on <b>07717201791</b> .
<b>Wednesday Social with Speakers</b>	2.00-4.00 Starts 9 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Join this friendly social group for a range of interesting and stimulating topics with speakers from museums, local organisations and charities. Please speak to Geoff or Andrea for the schedule of speakers!

<b>Steady &amp; Stable</b> (Class 2 – low level) <b>MUST BOOK</b>	2.15-3.15 Starts 9 <sup>th</sup> Jan Half Term at Beethoven Centre	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on <b>020 8962 5582</b> .
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## THURSDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Trips Around London</b>	See Trips Programme	See Trips Programme	N/A	Varied	See Trips Programmes! To book please contact Open Age on <b>020 8962 4141</b> .
<b>Complementary Therapies</b> (Munro Health Co-Op) <b>MUST BOOK</b>	Half hour or hourly slots	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	6,31, 36, 187, 228, 328, 414	£12 per half hour	Massage, Shiatsu, Reflexology, Reiki or Indian Head massage. To enquire about availability please phone <b>07717201791</b> . Some availability on other days!
<b>Improve English, Improve Health</b>	10.00-12.30	Queen's Park Library, 66 Harrow Road, W10 4NE	18,28, 228	FREE	A 10 week course to improve your understanding of health, on how to stay well, learn how to access health services and to improve your English. For further details or to express an interest call Russell on <b>020 8962 5583</b> or Maude on <b>020 8962 5590</b> .
<b>Singing For All</b> <b>NEW TIME!</b>	10.15-11.45 Starts 10 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1.50	If you are new to singing or you'd like to brush up on an old hobby then this class is perfect for you! Come and join the fun and learn how to develop your voice in this lively class!
<b>American School Lunch</b>	10.30-12.30 <b>31<sup>st</sup> January Only!</b>	Transport to school provided from: Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Join us for a delicious lunch and the opportunity to meet children from the American School London in this intergenerational programme where you will chat, read, and play games before enjoying lunch together. Transport from New Avenues is provided. Call <b>07717201791</b> to book!
<b>Osteoblast</b> <b>MUST BOOK</b>	11.30-12.30 Starts 10 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	A 16 week exercise programme designed to initiate muscle strengthening and increase bone density to improve independent living and overall bone health. TO BOOK please call Jade on <b>020 8962 4537</b> .

<b>Intermediate Guitar Lessons</b> <b>MUST BOOK</b>	12.15-1.45 Starts 10 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1.50	If you're looking to rediscover an old passion but already have a little experience, do pop along to this lively class! Please book on <b>07717201791</b> as spaces are limited. <b>Must have own guitar!</b>
<b>Beginners Guitar Lessons</b> <b>MUST BOOK</b> <b>NEW CLASS!!</b>	1.45-3.15 Starts 10 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1.50	It's never too late to discover a love of music so if you're looking to discover a new hobby or have just a little experience join our Beginners Guitar class. Please book on <b>07717201791</b> as spaces are limited. <b>Must have own guitar!</b>
<b>Pilates</b> (Positively Physical)	12.30-1.30 Starts 10 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18, 28, 228	£1	Special exercises that concentrate on strengthening & toning your whole body.
<b>Arabic Women's Social Group</b> (Women only)	1.30-3.30 Starts 10 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Come along for tea and a social afternoon with other Arabic & Kurdish speakers.
<b>Beginners Women's English Lessons</b> (Women only)	1.45-2.45 Starts 10 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	If English is not your first language come & join our friendly and supportive English lessons and let us help you practice your conversational and writing skills while having lots of fun!
<b>Phone Club: Book Talk</b> For the Housebound	2.30-3.30	In the comfort of your own home.	N/A	FREE	Discuss a different book each month delivered by home library service - from Crime to Historical Fiction. Call Hester for info on <b>020 3713 8736</b> .
<b>Chair Yoga</b>	3.00-4.00 Starts 10 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	This chair based exercise class involves moving & releasing tension in the joints, breathing exercises, and overall relaxation.
<b>Phone Club: Discussion Group</b> For the Housebound	4.00-5.00	Comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Hester for more info & to join on <b>020 3713 8736</b> .

## FRIDAY CHOICES

### Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Chair Exercise to Music- High Level</b>	10.00-11.00 Starts 11 <sup>th</sup> Jan No Class 5 <sup>th</sup> April	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Join this fun and popular session for a higher level seated exercise class to some great music! Improve your balance and muscle strength in this class that stretches & tones the whole body.

<b>Games Cafe</b>	10.00-12.00 Starts 11 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	FREE	Drop in and try your hand at one of our games or just come to chat & relax and enjoy the friendly atmosphere! Everyone welcome! Refreshments just 30p! Table Tennis ~ Pool ~ Hookey ~ Battleships ~ Draughts ~ Chess ~ Scrabble ~ Cards ~ Dominoes Uno ~ Triominoes ~ Jenga
<b>Exercise to Music 2</b>	11.30-12.30 Starts 11 <sup>th</sup> Jan No Class 5 <sup>th</sup> April	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Join this energetic exercise class to improve your stamina & strength! Burn some calories while boogying to your favourite songs!
<b>QP Theatre Lovers: Play Reading</b>	11.00-12.00 11 <sup>th</sup> / 25 <sup>th</sup> Jan 8 <sup>th</sup> / 15 <sup>th</sup> Feb 1 <sup>st</sup> / 15 <sup>th</sup> / 29 <sup>th</sup> March	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Learn script reading & performance skills while making new friends in our theatre lovers group! This relaxed fortnightly meet features a combination of play reading and workshop time. All abilities warmly welcomed!
<b>Water Splash</b> (Positively Physical) <b>NEW VENUE!</b>	12.00-1.00 Starts 11 <sup>th</sup> Jan	Moberley Sports Centre, 25 Chamberlayne Rd, London NW10 3NB *Meet in the swimming pool	28, 52, 187, 316, 452	£1	You will benefit from a full body workout by using the water as resistance to challenge the muscles. This is a low impact exercise class so great for those with joint pain and arthritis.
<b>Monthly Fish N' Chip Fridays</b> <b>MUST BOOK AND PAY IN ADVANCE AT NEW AVENUES!</b>	12.15-1.30 18 <sup>th</sup> Jan 15 <sup>th</sup> Feb 22 <sup>nd</sup> March	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£5	Join us for a delicious Fish n Chip lunch and the best company in town with our growing group of diners! Tea & Coffee, Condiments and Bread & Butter all thrown in! Fish and Chips provided by Mr Fish in Queens Park! Call <b>07717201791</b> to book!
<b>Circuit Training Class</b> <b>NEW!!</b>	12.30-1.30 Starts 11 <sup>th</sup> Jan No Class 5 <sup>th</sup> April	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Join this new class where you will use circuits to work the whole body. This is great for building strength and improving fitness whilst working at your own pace. The instructor will be on hand to provide adaptations and correct technique to prevent injuries.
<b>Monthly Social</b> <b>NEW TIME!!</b>	1.30-3.30 25 <sup>th</sup> Jan 1 <sup>st</sup> March 29 <sup>th</sup> March	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	Lively social with speakers on a range of interesting and stimulating topics from museums to local organisations and charities followed by bingo and sandwiches!
<b>Line Dancing</b>	2.00-3.00 Starts 11 <sup>th</sup> Jan No Class 5 <sup>th</sup> April	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18,28, 228	£1	It doesn't matter if you already know your shuffle & coaster steps or are a complete beginner come & join this class for a lively and fun afternoon learning steps and sequences to some great tunes.



## SATURDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Saturday Shape-Up Multi Sports</b>	1.00-3.00 Starts 12 <sup>th</sup> Jan	St Augustine's Hall, Oxford Road, London NW6 5SN	6,16 31, 36, 98, 187, 228, 316, 328, 332	£2	Suitable for individuals of all levels wanting to play badminton, table tennis and soft tennis. Beginners and experienced players alike have the opportunity to learn or play competitive matches with others of a similar standard. Includes short warm-up and stretching.
<b>Badminton</b>	3.00-4.00 Starts 12 <sup>th</sup> Jan			£1	A 1-hour session for competent badminton players who enjoy playing more competitive matches

### QPHR Hub Trips, Events and Workshops:

Please note booking for activities, trips and classes on the QPHR Programmes opens on Thursday 3rd January. We will be unable to make any reservations before this date!

#### **FREE Queens Gallery Drama Workshop, Wednesday 16<sup>th</sup> January, 2.00pm**

Join us for a visit to the the sumptuous new exhibition *'Russia, Royalty & the Romanovs'* followed by a drama workshop which will attempt to recreate through tableau and dance one glittering winter's day in St Petersburg as the courtiers, servants, guards and officials prepare for a ball given by the Tsar. **To book phone the Hub on 07717201791.**

#### **FREE Science Museum at Open Age, Monday 11<sup>th</sup> February, 10.00-11.30am**

Come and learn about the science behind the everyday. Explore the fascinating world of chemistry, as a taster for our event happening at the Science Museum in March. This is an opportunity to try some hands on experiments and help shape our future events! For more info call **0208 962 5500**. Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ

#### **FREE Museum of London 'Peoples City' Tour, Tuesday 12<sup>th</sup> February, 10.00am**

Join us for a curator's guided tour of the 'People's City' gallery which covers the period 1850s-1940s. The tour will last approximately 45 minutes followed by questions. Members are then free to explore the other galleries in their own time! To book phone the Hub on **07717201791**.

#### **FREE Saint Paul's Cathedral Trip, Thursday 28<sup>th</sup> February, 10.15am**

Explore this world-famous and iconic feature of the London skyline at your own pace, with a guide or using a multimedia guide. Discover its awe-inspiring interior, and uncover fascinating stories about its history. Call **07717201791** to book.

#### **FREE Freemasons Hall Tour, Tuesday 5<sup>th</sup> March, 12.00pm**

Join us for a tour of the Grade II listed Freemasons' Hall which has been the centre of English freemasonry for 230 years as well as the headquarters of the United Grand Lodge of England, the oldest Grand Lodge in the world, and the meeting place for over 1000 Masonic lodges. To book phone the Hub on **07717201791**.

#### **FREE Science Museum Workshop, Wednesday 6<sup>th</sup> March, 3.00-5.00pm at the Science Museum**

Help us celebrate the 150<sup>th</sup> anniversary of the periodic table with an afternoon delving into the wonderful world of chemistry. We'll be exploring our collection in a new way. Come and discover how mistakes have led to some of the world's most colourful, life changing and loud discoveries. Spaces are limited and tickets should be booked in advance from the 1<sup>st</sup> February by calling **020 7942 4000** between 08.30 and 18.00.

**£6- Old Operating Theatre Museums, Tuesday 12<sup>th</sup> March, 12.00pm**

Join us for a talk and the chance to explore the Old Operating Theatre Museum. Housed in the attic of the early eighteenth-century church of the old St Thomas' Hospital, this atmospheric museum offers a unique insight into the history of medicine and surgery- it is the oldest surviving surgical theatre in Europe. Please note: Access to the attic is via a 52-step spiral staircase. To book phone the Hub on **07717201791**.

**Additional Information:**

**The Positively Physical Programme** is a project led by Open Age and funded by Public Health. For more information call **Jade on 0208 962 4537**.

**Time for Me** is a programme dedicated to people who look after a family member or friend as an unpaid carer. It offers support & advice from like-minded people in a similar situation, and the opportunity to have some fun! Activities, trips out, relaxation sessions and talks are all decided by this lovely group. Activities take place on Wednesdays and Thursdays. For more information call **Zannah Cooper on 020 8962 4536**.

**Need Help With Transport?** - Westway Community Transport Service is for those who have difficulties accessing public transport. It is FREE to register then members pay a standard rate of £1.10 per mile. You can book a car & volunteer driver to go to a variety of destinations. To register and for more information call: **020 8964 1114** between 1pm and 4pm on weekdays or email [info@westwayCT.org.uk](mailto:info@westwayCT.org.uk).



**Email Bulletin**

The Queens Park & Harrow Road Hub now has a weekly members email bulletin keeping you informed of all the new exciting activities and events, plus any additional trips we are able to organise throughout the term to ensure you don't miss a thing!

If you would like to receive this please email [gbrown@openage.org.uk](mailto:gbrown@openage.org.uk) and we will add you to the list!

**Open Age  
Anniversary  
Party at New Avenues!**



**Friday 5<sup>th</sup> April - FREE  
12.00pm - 3.00pm**

Help us to celebrate two incredible years at New Avenues in our End of Term Party! Come and join us for an afternoon of entertainment, dancing, nibbles and lots of fun!!

This event is FREE but we would welcome everyone to bring a small contribution of food on the day to share!


**OPEN AGE**  
 life's just begun

Open Age QPHR Hub, New Avenues,  
 3-7 Third Avenue,  
 London, W10 4RS  
[www.openage.org.uk](http://www.openage.org.uk)  
 Charitable Incorporated Organisation no: 1160125

Supported by  
  
 City of Westminster  
  
 Central London Community Healthcare NHS  
Health & Community Care NHS Foundation Trust

## Volunteer with the Open Age QPHR Hub @ New Avenues!!

For more info about our volunteering opportunities pick up one of our volunteer trifolds at the centre or speak to Geoff on 07717201791.

### Outreach and Leaflet Volunteer (1-2 hours per week)

Could you help us deliver leaflets to houses in the local area?

Or join our volunteer team handing out leaflets in the local shopping area?

We want to engage as many older people as possible so they can benefit from our classes and by volunteering with us to prepare and distributing marketing materials you can make this possible!

Desired Attributes:

- Must be friendly, hardworking and reliable.
- Passion for working with the public, particularly the older generation.
- Able to volunteer outside.

Opportunity available: Monday-Friday

### Volunteer Centre Assistant (1-3 hours per week)

Role Responsibilities:

- Providing a warm and friendly welcome to our members and assisting them with enquiries.
- Assisting people to become members and providing them with the relevant activity information.
- Keeping out self-service café stocked and helping to serve members that need assistance.
- Ensuring the café and reception area are clean and tidy.
- Basic admin tasks.

Desired Attributes:

- Friendly and reliable.
- Passion for working with the public, particularly the older generation.

Opportunity available: Monday-Friday



### Activity Volunteer (1-3 hours per week)

Role Responsibilities:

- Providing a warm and friendly welcome to our members when they arrive at classes.
- Taking a register and payment from members on arrival.
- Helping to set up the room, eg. chairs & tables and equipment. (Desirable but not essential)
- Assisting with refreshments.
- Facilitating and participating in the group throughout the session and responding to any needs as they may arise.

Desired Attributes:

- Friendly and reliable.
- Passion for working with the public, particularly the older generation.

Suggested opportunities available:

- Fortnightly Film Festival (Mon PM)
- Wednesday Social (Weds PM)
- Arabic Women's Social (Thurs PM)
- Board Games Café (Fri AM)
- Fish n' Chip Fridays (Fri PM)



# Other Activities in Westminster: Westbourne Hub

Please note term start dates for the activities below may differ from the other activities in this programme so please call for a full Westbourne Programme or more details on how to book.

Westbourne Hub: 020 3713 8737			Steady and Stable: 020 8962 5582 Osteoblast: 020 8962 4537
<b>MONDAY</b>			
T'ai Chi	10.30-11.30	£1	Warwick Community Hall, 300 Harrow Road, W2 5HG
Brain Boost!	12.00-1.00	£1	
Collage Class	12.00-1.30	£1.50	
Sketching Still Life	1.00-2.00	£1	
Play Reading	1.00-2.00	£1	
Current Affairs	2.00-3.30	£1.50	
Sew, Knit & Chat Group	2.00-3.30	£1	
Step up from Steady	9.45 -10.45	£2	All Saints, 7 Margaret Street, Fitzrovia, W1W 8JG
Pilates	10.00-11.00	£1	Dance Studio at Paddington Arts, 32 Woodfield Road, W9 2BE
Monthly Bowls	10.30-12.30	FREE	Paddington Sports Club, Castellain Road, Maida Vale, W9 1HQ
Table Tennis	10.30-12.00	£2.50	Greenhouse Sports, 35 Cosway Street, NW1 5NS
Monthly Cricket & Bowls	10.30-12.30	FREE	Lord's Cricket Ground, St John's Wood Road, NW8 8QN
Osteo Blast	10.45-11.45	£1	Jubilee Hall Trust, 30 The Piazza, Covent Garden, WC2E 8BE
Steady & Stable	10.45-11.45	FREE	<b>MUST BOOK!</b> All Saints, 7 Margaret Street, Fitzrovia, W1W 8JG
Osteo Pro	1.00-2.00	£1	Seymour Leisure Centre, Seymour Place, W1H 5TJ
Osteoblast	2.00-3.00	£1	<b>MUST BOOK!</b> Seymour Leisure Centre, Seymour Place, W1H 5TJ
Begin to Gym	2.30-3.30	TBC	Porchester Leisure Centre, Queensway, W2 5HS
<b>TUESDAY</b>			
Steady & Stable 1	10.00-11.00	FREE	<b>MUST BOOK!</b> Penfold Community Hub, 60 Penfold Street, NW8 8PJ
Book Break	10.30 -12.00	FREE	Hardy House, 64 Great Western Road, W11 1AA
Creative Writing Course	10.30-12.30	£2	Warwick Community Hall, 300 Harrow Road, W2 5HG
Monthly Reminiscence	10.30-12.30	£2	Rayne House, 170 Delaware Road, W9 2LW
Zumba Gold	11.00-12.00	£1	Fitzrovia Centre, 2 Foley Street, W1W 6DL
Walking Netball	11.00-12.00	FREE	Will to Win Hyde Park, South Carriage Drive, W2 2UH
Steady & Stable 2	11.15-12.15	FREE	<b>MUST BOOK!</b> Penfold Community Hub, 60 Penfold Street, NW8 8PJ
Men's Space	12.30 -1.30	FREE	Hardy House, 64 Great Western Road, W11 1AA
Men's Month Health Talk	12.30-1.30	£1	
Intermediate IT Course	1:00-3:00	£2	<b>MUST BOOK!</b> Paddington Library, Porchester Road, W2 5D
Beginners IT Course	1.00-3.00	£2	
Lunch Club	1.00 Sharp!	£9-£12	Westbourne Grove area restaurants.
T'ai Chi	2.00-3.00	£3	Bowls Pavilion, Paddington Recreation Ground, Randolph Avenue, W9 1PD
Improve English Improve Health	2.00-4.30	FREE	Paddington Library, Porchester Road, W2 5DU
Help to Hear	2.00-4.00	£1	Warwick Community Hall, 300 Harrow Road, W2 5HG
Keep Fit, Get Strong	5.30-6.30	FREE	1 Frith Street, Soho, W1D 3HZ
<b>WEDNESDAY</b>			
Walking this way	10.30-11.30	FREE	Paddington Recreation Ground, Randolph Avenue, Maida Vale, W9 1PD
Art for All	10.30-12.30	£2	Hardy House, 64 Great Western Road, W11 1AA
Men's Monthly Social	11.00 -1.00	£2	Stowe Community Centre, 258 Harrow Road, W2 5ES
Singing for Pleasure	10:30-11:30	£1	St Paul's Church, Marylebone, 5 Rossmore Road, NW1 6NJ
Gentle Zumba	12:00-1:00	£1	
Classic Matinees	12.00 or 3.30	£1.75	Regent Street Cinema, 309 Regent Street, W1B 2UW
Ballroom Dancing	2.00-3.00	FREE	
Yoga	2.00-3.00	£1	Dance Studio at Paddington Arts, 32 Woodfield Road, W9 2BE
W9 Monthly Social	2.00-4.00	£2	Rayne House, 170 Delaware Road, W9 2LW
Tennis	5.30-6.30	FREE	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
<b>THURSDAY</b>			
T'ai Chi	10.00-11.00	£1	Amberley Clubroom, Amberley Estate, Shirland Road, W9 2JZ
Walking Football	10.30-12.00	£1	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
Ukulele Lessons	10.30-12.00	£1.50	Warwick Community Hall, 300 Harrow Road, W2 5HG
W2 Chair Exercise	1.30-2.30	£1	St Stephen's Church Hall, Talbot Road, W2 5QT
W2 Social	2.30-3.30	£1	
<b>FRIDAY</b>			
Simply Tai Chi	10.00-11.00	£1	Warwick Community Hall, 300 Harrow Road, W2 5HG
Chair Yoga	10.30-11.30	£1	Amberley Clubroom, Amberley Estate, Shirland Road, W9 2JZ
Monthly Film Club	2.00	£1	Westminster Academy, 255 Harrow Road, W2 5EZ
Tennis	5.30-6.30	FREE	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
<b>SATURDAY</b>			
Badminton	9.00-10.00	FREE	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
Keep Fit/ Get Strong	11.00-12.00	£1.50	
Pilates	12.00-1.00	£1.50	
<b>SUNDAY</b>			
Zumba Gold	9.00-10.00	£1.50	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
Ballroom & Latin Dance	2.00-4.00	£3	
FREE GYM	ALL DAY	FREE	Jubilee Hall Trust, 30 The Piazza, Covent Garden, WC2E 8BE

# Other Activities in Westminster: Churchill Hub

Please note term start dates for the activities below may differ from the other activities in this programme so please call for a full Westbourne Programme or more details on how to book.

Churchill Hub: 020 7976 6354 or 07530734489			Steady and Stable: 020 896 25582 Osteoblast: 020 8962 4537
<b>MONDAY</b>			
Meditation	10.00-11.00	£1	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Haircuts	10.00-11.30	£5	
Coffee Morning	10.00-12.00	Free	
Podiatry (Monthly)	10.00-15.00	£10	
Osteoblast	10.45 -11.45	£1	Jubilee Hall, 30 The Piazza, Covent Garden, WC2E 8BE
Yoga	11.00-12.30	£1.50	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Zumba	11.15-12.15	£1	St Stephen with St John Westminster, 38-42 Rochester Row, SW1P 1LE
Pilates 1	11.30-12.30	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Singing Class	12.15-1.45	£2	St Stephen with St John Westminster, 38-42 Rochester Row, SW1P 1LE
Pilates 2	12.30-1.30	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Boxing Fitness	2.00-3.00	£2	Queen Mother Sports Centre, 223 Vauxhall Bridge Road, SW1V 1EL
Creative Writing	2.00-4.00	£2	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Jewellery Making	2.00-4.00	£2	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
<b>TUESDAY</b>			
Sewing & Craft	10.00-12.00	FREE	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Walking Group	11.00-1.00	FREE	
Walking Netball	11.00 -12.00	FREE	Will to Win Hyde Park, South Carriage Drive, London W2 2UH
Tai Chi Qi Gong	12.30-1.30	£1	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Beginners & Intermediate Guitar Lessons	1.30-2.20 2.30-3.20	£1 £1	<b>MUST BOOK!</b> Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Monthly Movie Afternoon	1.30-3.30	£1.50	Eileen Anderson Court, Johnson's Place, SW1V 3EZ
Chair Yoga	2.15-3.45	£1	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
<b>WEDNESDAY</b>			
Mixed Ability Circuits	10.00-11.00	£2	Queen Mother Sports Centre, 223 Vauxhall Bridge Road, SW1V 1EL
Keep Fit	10.00-11.00	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Knitting Group	10.00-12.00	FREE	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Art Class	10.00-1.00	£1 per hour	Thamesbank Centre, Peabody Avenue, Turpentine Lane, SW1V 4BD
Chi Gong	10.30-11.30	FREE	Jubilee Hall, 30 The Piazza, Covent Garden, WC2E 8BE
Pilates	11.30-12.30	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Men's Only Yoga	12.30-1.30	FREE	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Quarterly Film Club	1.30-3.30	£1.50	
Bridge Club	2.00-4.15	£7	
Breathing Yoga	2.15-4.15	FREE	Glastonbury House, Abbots Manor Estate, Warwick Way, SW1V 4NT
<b>THURSDAY</b>			
Yoga	10.00-11.30	£1.50	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Coffee Morning & Computer Drop In	10.30-12.30	FREE	Glastonbury House, Abbots Manor Estate, Warwick Way, SW1V 4NT
Beauty Therapy	12.30-3.30	£5	
Steady & Stable	1.00-2.00	FREE	<b>MUST BOOK!</b> Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Chair Based Exercise for Coordination	2.15-3.15	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Yoga for Low Mood	2.00-3.30	£1.50	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
<b>FRIDAY</b>			
Zumba	10.00-11.00	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Shiatsu	10.00-4.00	£10	<b>MUST BOOK!</b> Glastonbury House, Abbots Manor Estate, Warwick Way, SW1V 4NT
Latin Dance	11.10-12.10	£1	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Games & Social Afternoon	1.00-3.00	FREE	Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ
Computer Drop In	1.00-3.00	FREE	
Craft Afternoon	1.30-3.30	FREE	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Osteo Blast	2.30-3.30	£1	<b>MUST BOOK!</b> The Abbey Centre, 34 Great Smith Street, SW1P 3BU
<b>WEEKEND</b>			
Saturday Third Age Counselling	9.00-6.00	FREE	<b>MUST BOOK!</b> Glastonbury House, Abbots Manor Estate, Warwick Way, SW1V 4NT
Free Gym	10.00-5.00	FREE	Jubilee Hall, 30 The Piazza, Covent Garden, WC2E 8BE
Sunday Lunch	10.30-3.00	£5.50	<b>MUST BOOK!</b> St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT



## Film Festival @ New Avenues

Monday, 2.00pm - 4.00pm

All films were voted for by Open Age members if you any suggestions please let us

**14<sup>th</sup> January - Mamma Mia Here we go again (2018)** In 1979 young Donna, Tanya and Rosie graduate from Oxford University - leaving Donna free to embark on a series of adventures throughout Europe. On her journeys, she makes the acquaintances of Harry, Bill and Sam the latter whom she falls in love with, but he's also the man who breaks her heart.

**21<sup>st</sup> January - Edie (2017)** After her controlling husband dies, an elderly woman embarks on a trip to fulfil her long-time dream of climbing a mountain in the Scottish Highlands. Starring Sheila Hancock.

**28<sup>th</sup> January- Coco before Chanel (2008)** The rags-to-riches tale charting the rise of one of the most influential fashion icons of the 20th century. From her humble childhood in a French orphanage, through her early days as a young dressmaker's assistant, to her passionate and tragic love with a dashing Englishman, and ultimately to her success as a pioneering icon.

**4<sup>th</sup> February - The Happy Prince (2018)** His body ailing, Oscar Wilde lives in exile, surviving on the flamboyant irony and brilliant wit that defined him.

**11<sup>th</sup> February - High Society (1956)** Jazz artist C.K. Dexter Haven is still hung up on his ex-wife and neighbour, socialite Tracy Samantha Lord, however Tracy is engaged to another man. Matters are complicated even further when a magazine reporter, in town to cover Tracy's wedding, also winds up falling for the beautiful bride-to-be. As Tracy tries to decide on the ideal husband, each suitor works hard to convince her he is the best choice.

**18<sup>th</sup> February - Half Term No Film!!**

**25<sup>th</sup> February - The Jungle Book (2016)** Raised by a family of wolves since birth, Mowgli must leave the only home he's ever known when the fearsome tiger Shere Khan unleashes his mighty roar. Guided by a no-nonsense panther and a free-spirited bear, the young boy meets an array of jungle animals, including a slithery python and a smooth-talking ape. Along the way, Mowgli learns valuable life lessons as his epic journey of self-discovery leads to fun and adventure.

**4<sup>th</sup> March - Von Ryan's Express (1965)** World War II story about Allied prisoners who stage a mass breakout from an Italian POW camp, commandeer a train and head towards the Swiss border. As the Italian war effort collapses, the escapees are aided by their erstwhile captors, but when the Germans catch on, they set out to halt the escape with an armoured train and aerial attack.

**11<sup>th</sup> March - The Iron Lady (2011)** In her twilight years, former British Prime Minister Margaret Thatcher (Meryl Streep) reflects on her life and career as she finally prepares to dispose of the belongings of her late husband, Denis (Jim Broadbent). Daughter of a Grantham grocer, she successfully broke through a double-paned glass ceiling of gender and class.

**18<sup>th</sup> March - The Bookshop (2018)** Florence Green, a free-spirited widow, puts grief behind her and risks everything to open up a bookshop - the first such shop in the sleepy seaside town of Hardborough, England. But this mini social revolution soon brings her fierce enemies: she invites the hostility of the town's less prosperous shopkeepers and also crosses Mrs. Gamart, Hardborough's vengeful, embittered alpha female who is a wannabe doyenne of the local arts scene.

**25<sup>th</sup> March - A Star is born (2018)** Seasoned musician Jackson Maine discovers and falls in love with struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own internal demons.

**1<sup>st</sup> April - Swimming with Men (2018)** A man suffering from a mid-life crisis finds new meaning in his life after joining an all-male, middle-aged, amateur synchronised swimming team.