

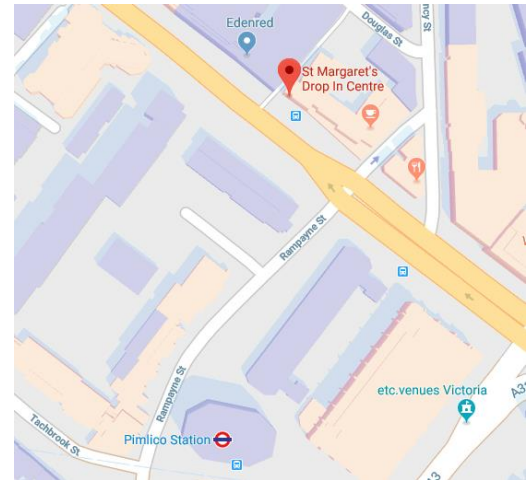
South Westminster Activity Programme

January 6th – April 3rd 2020

The Open Age South Westminster Hub is located at:
St Margaret's Activity Centre,
1 Carey Place, SW1V 2RT

Telephone: 020 7821 7181
Mobile: 07530 734 489

Senior Coordinator: Hannah Munns
www.facebook.com/Open.Age/



LOCAL EVENTS



TABLE TENNIS

Friday
Time: 11.45-12.45
Cost: Free

NEW! Exciting opportunity to learn and play table tennis with a qualified tutor.

Address:
St Margaret's Activity Centre
1 Carey Place
SW1V 2RT
Contact: Hannah 07530 734 489



WORLD IN A SUITECASE

Thursdays
Time: 2.30-4.30
Cost: Free
MUST BOOK

Join artists Tim & Mryna and take part in a creative mixed media art project, using ipads "A World in a suitcase" project is inspired by your own memories and experiences.

Address:
St Mageret's Activity Centre
1 Carey Place
SW1V2RT
Contact: Hannah 07530734489





Sunday Lunches

First Sunday of the Month
Time: 12am
Cost: £5.50
MUST BOOK

Come along with friends or come and make new friends at one of St Margeret's amazing 3 course Sunday lunches. All for only £5.50.


Address:
St Margeret's Activity Centre
1 Carey Place
SW1V2RT
Contact: Hannah 07530734489

MONDAY's ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Step up from Steady	9.45-10.45 Half term 17/02/2020	All Saints, 7 Margaret St, Fitzrovia, London W1W 8JG	7,10 23, 94, 390	£2	A follow on from Steady and Stable to continue improving balance, strength, reduce falls and ensure independent mobility.
Haircuts (Drop In)	10.00-11.30 06/01/2020 – 03/04/2020 Half term 17/02/2020	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£5	Haircuts from Patsy. No need to book. If you would like to double check Patsy is coming in before you leave home, please call us 07530 734 489 .
Coffee Morning	10.00-12.00 06/01/2020 – 03/04/2020 Half term 17/02/2020	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	Free donations welcome	A chance to pop in and find out what is happening locally and have a cup of tea and a chat. We also have occasional speakers.
Podiatry (Twice Monthly) MUST BOOK!	10.00-16.00 06/01/20 13/01/20 03/02/20 10/02/20 02/03/20 09/02/20	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£10	We are delighted to offer a twice monthly podiatry service at our coffee morning. To find out more & to book call 07530 734 489 .
Yoga	11.00-12.30 Half term 17/02/2020	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£1.50	The class focuses on standing and lying yoga postures to improve core strength, flexibility and balance.
 Zumba®	11.15-12.00 Starts 13 th Jan Half term 17/02/2020	St Stephen with St John Westminster, 38-42 Rochester Row, SW1P 1LE	507	£1	The class is broken down into easy-to-follow steps and routines for everyone to enjoy. Ditch the workout – join the party!
 Singing Class	12.15-1.45 06/01/2020 – 03/04/2020 Half term 17/02/2020	St Stephen with St John Westminster, 38-42 Rochester Row, SW1P 1LE	507	£2	A fun singing class in the church's main space.
Creative Writing	2.00-4.00 06/01/2020 - 03/04/2020 Half Term 17/02/2020	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£2	Classes will help you generate ideas, create characters and put stories together. No experience required.
Health and Wellbeing workshops	2.00 – 4.00 27-01-20 24-02-20 30-03-20 27-04-20	St Margaret's Activity Centre 1 Carey Place	2,36, 185, C10, 360	Free	27/01/2020 – Managing Sleep difficulties 24/02/2020 – Managing stress and worry 30/03/2020 – Managing Low mood 27/04/2020 – General mental health wellbeing.

Pilates	2.15-3.15 Half term 17/02/2020	Marshall Street Leisure Centre, 15 Marshall St, Soho, W1F 7EL	12, 88, 159	£1	Pilates is a slow and controlled system of mind-body exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility
Phone Club: Creative Writing Group Starts 13 th Jan	4.15-5.15	In the comfort of your own home, for those less able to get out and about	N/A	Free	Tutor led with Robert Silver. Word games, writing exercises, sharing work aloud for feedback with optional homework. Phone Ewa for more info & to join on 020 3713 8736 .

TUESDAY'S ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Knitting, Sewing & Craft COMBINED CLASS!	10.00-12.00 07/01/20 – 03/04/2020 Half term 17/02/2020	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	Free donations welcome	Join this fun and friendly class and learn how to sew, knit or make other crafts such as jewellery or card making. All welcome!
Dance Exercise	11.00-12.00 Half term 18/02/2020	Fitzrovia Centre, 2 Foley Street, W1W 6DL	18, 27, 3088, 453	£1	A fun dance session combining Latin dance with other styles designed to improve your fitness.
Tai Chi Qi Gong	12.30-1.30 Starts 14 th January Half term 18/02/2020	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£1	A slow moving and gentle exercise carried out in a relaxed manner. Exercises are done in standing. Sessions help to promote health and wellbeing, improve stability and cardio-vascular function and provide relief from joint pain.
Monthly Movie Afternoon	1.30-3.30 First Tuesday of every month	Eileen Anderson Court, Johnson's Place SW1V 3EZ	24, C10, 360	£1.50 Includes tea and coffee	Join us on the first Tuesday of every month for a mixture of old and new films in our very comfortable lounge. Call Hannah to find out more! 7th Jan - Martian 4th Feb – Mama Mia 2 3rd March- Bohemian Rhapsody

Chair Yoga	2.00-3.00 Half term 18/02/2020	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£1	This is a chair based yoga class with a mix of yoga postures and breathing techniques. Some postures are taught in standing with support from the chair.
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WEDNESDAY's ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Chi Gong	10.00-11.00 Half term 19/02/2020	30 The Piazza, Covent Garden, WC2E 8BE	6, 9, 11, 15, 87, 91	£1	A slow moving and gentle exercise carried out in a relaxed manner. Exercises are done in standing. Sessions help to promote health and wellbeing, improve stability and cardio-vascular function and provide relief from joint pain.
Keep Fit MUST BOOK!	10.00-11.00 Half term 19/02/2020	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£1	This class will improve your stamina and strength and help you to burn some calories. To book, please call/text 07530 734489. Booking opens 9am one week before.
Art Class	10.00-1.00 08/01/20 – 03/04/20 Half term 17/02/20	Churchill Hall Churchill Gardens SW1V 3AL	24, C10, 360	£1 per hour	The class will explore various topics using watercolour, graphite pencil, charcoal, pastels, gouache, ink and collage. All abilities welcome.
Men's Only Yoga 	11.30-12.30 Half term 19/02/2020	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	Free donations welcome	The class focuses on standing and lying yoga postures to improve core strength, flexibility and balance.
Bridge Club	2.00- 4.15	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 36	£5	A well established Bridge class for those of you who already know the basics of Bridge and wish to improve your game.
Osteoblast MUST BOOK!	2:30-3:30 No half term break	Marshall Street Leisure Centre, 15 Marshall Street, W1F 7EL	88, 94, 159, 453, C2, 390	£1	A 16 week exercise programme involving balance exercises, floor based strengthening exercises and weight bearing exercises. You will learn how to exercise safely and effectively for overall bone health and independent living. To book please call Pia on 020 8962 4537 .

THURSDAY'S ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Steady & Stable MUST BOOK	10.00-11.00 05/09/19 – 12/12/19 half term break	Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN	2,36, 185,	Free	Fun evidence based programme shown to improve balance, reduce falls and ensure you can keep living independently for longer. Call Deryn on 020 8962 5582 to book.
Coffee Morning & Computer Drop In	10.30-12.30 09/01/20 – 03/04/20 Half term 17/02/2020	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	Free donations welcome	Pop in and find out what's happening in the world. Practise your computer skills, access the web, check your emails or get some help/guidance.
Chair Based Exercise for Coordination	11.30-12.30 Half term 20/02/2020	Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN	2,36, 185,	£1	Class focuses on improving your mobility, muscle strength, co-ordination and balance.
Beauty Therapy	12.30-3.30 09/01/20 – 03/04/20 Half term 17/02/2020	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	£5 suggested donation	Mini facial & massage, manicures & pedicures. To book an appointment please call Rima on 07944 502 950 .
World in a Suitcase New limited Spaces	2.00-4.00 27/02/20-02-04- 20	St Margeret's 1 Carey place SW1V- 4NT	2,36, 185, C10, 360	Free Suggested donation	Bring your stories to life through natural media, photography, paper collage or via art on an iPad
Phone Group The Reader: Shared Reading	2.00-3.00	In the comfort of your own home, for those less able to get out and about	N/A	Free	We read aloud and discuss a short story or poem which is sent out in advance of the session. Call Ewa for info on 020 3713 8736
Yoga	3.00-4.00 Half term 20/02/2020	Queen Mother Sports Centre, 223 Vauxhall Bridge Rd, SW1V 1EL	2, 36, 185, C10, 360	£1	The class focuses on standing and lying yoga postures to improve core strength, flexibility and balance.
Phone Club: Discussion Group	4.00-5.00	In the comfort of your own home, for those less able to get out and about	N/A	Free	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Ewa for more info & to join on 020 3713 8736

Film Club	1.30-3.30 20/02/2020 Only	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£1.50 Includes tea and coffee	Join us for our quarterly film club at St Margaret's: 20th Feb –Man in the Iron mask
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FRIDAY'S ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Dance Exercise	10.00-11.00 No class 14 th February and 3 rd April Half term 21/02/2020	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10	£1	A fun dance session combining Latin dance with other styles designed to improve your fitness.
Table Tennis	11.45-12.45 No class 14 th February and 3 rd April Half term 21/02/2020	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10	£1	NEW! Exciting opportunity to learn and play table tennis with a qualified tutor.
Easter Party April 3rd 2020 ONE OFF EVENT!	1.00-3.00	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10	Free donations welcome	Come and celebrate the end of term and the Easter holiday with food, live music and games!
Craft Afternoon	1.30-3.30 10/01/2020 – 03/04/2020 Half term 25/10/19	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10	Free donations welcome	Come and get creative. All materials provided. Bring your own project or get inspiration from Angela.
Osteoblast MUST BOOK!	2:30-3:30 No half term break	The Abbey Centre 34 Great Smith Street SW1P 3BU	88 24, 11, 211, 148	£1	A 16 week exercise programme involving balance exercises, floor based strengthening exercises and weight bearing exercises. You will learn how to exercise safely and effectively for overall bone health and independent living. <i>To book</i>
SUNDAY'S ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Monthly Sunday Lunch MUST BOOK!	11.00-3.00 5 th January 2 nd February 1 st March 5 th April	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10	£5.50	Enjoy a home cooked Sunday Roast in a warm & friendly atmosphere. We serve roast beef, roast chicken or vegetarian (if pre-booked) option. Late arrivals can be accommodated if there is availability. To book call Hannah on 07530734489 .

North Westminster Activities

Please note term start dates for the activities below may differ from the other activities in this programme so please call 07717201791 or 0203 713 8737 for more details on how to book.

North Westminster: 07717201791 or 0203 713 8737			Steady and Stable: 020 8962 5582 Osteoblast: 020 8962 4537
MONDAY			
Pilates	10.00-11.00	£1	The Stowe Centre, 258 Harrow Road, Paddington, W2 5ES
Ballet Fitness	10.00-11.00	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
T'ai Chi	10.30-11.30	£1	Warwick Community Hall, 300 Harrow Road, W2 5HG
Monday Social with Speakers	10.15-12.00	FREE	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Monthly Bowls	10.30-12.30	FREE	Paddington Sports Club, Castellain Road, Maida Vale, W9 1HQ
Steady & Stable- High	10.45-11.45	FREE	MUST BOOK! All Saints, 7 Margaret St, Fitzrovia, W1W 8JG
Steady and Stable- High	11.00-12.00	FREE	MUST BOOK! Barbara Brosnan Court, 46 Grove End Road, NW8 9NP
Boxing Fitness	11.30-12.30	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Mind Games!	12.00-1.00	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Collage Class	12.00-1.30	£1.50	Warwick Community Hall, 300 Harrow Road, W2 5HG
Soca Fit Licks	12.30-1.30	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Step Up from Steady	12.45-1.45	£2	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP
Osteo Pro	1.00-2.00	£1	Seymour Leisure Centre, Seymour Place, W1H 5TJ
Play Reading	1.00-2.00	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Osteo Blast	2.00-3.00	£1	MUST BOOK! Seymour Leisure Centre, Seymour Place, W1H 5TJ
Steady and Stable- Low	2.00-3.00	FREE	MUST BOOK! Barbara Brosnan Court, 46 Grove End Road, NW8 9NP
Sew, Knit and Chat Group	2.15-3.45	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Film Festival	2.00-3.30	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Begin to Gym	2.30-3.30	£3	Porchester Leisure Centre, Queensway, Bayswater, W2 5HS
TUESDAY			
Steady & Stable- High	10.00-11.00	FREE	MUST BOOK! Penfold Com. Hub, 60 Penfold St, NW8 8PJ
Book Break	10:30-12:00	FREE	Hardy House, 64 Great Western Road, W11 1AA
Simply Art	10.30-12.30	£2	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Creative Writing	10.30-12.30	£2	St Mary Magdalene's Church, Paddington Rowington Close, W2 5TF
Stretch and Tone	11.15-12.15	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Steady & Stable- Low	11.15-12.15	FREE	MUST BOOK! Penfold Com. Hub, 60 Penfold St, NW8 8PJ
Walking Football	11.15-12.15	FREE	The Hub, Regents Park, Inner Circle, London, NW1 4RU
Men's Space: "Active Men"	12.30-1.30	FREE	Hardy House, 64 Great Western Road, W11 1AA
Exercise to Music	12.30-1.30	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Beginners French	1.30-2.30	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Intermediate IT	1.00-3.00	£2	MUST BOOK! Paddington Library, Porchester Rd, W2 5DU
Beginners IT	1.00-3.00	£2	
Table Tennis	1.30-2.30	FREE	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
T'ai Chi	2.00-3.00	£3	Paddington Rec Ground, Randolph Avenue, Maida Vale W9 1PD
Beginners French Plus	2.30-3.30	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Help to Hear Lipreading	12.15-13.15	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Yoga	2.30-3.30	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS

WEDNESDAY			
Chi Gong	10.00-11.00	£1.00	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Singing for Pleasure	10:30-11:45	£1	St Paul's Church Marylebone, 5 Rossmore Rd, NW1 6NJ
Sketching and Painting	10.30-12.00	£1.50	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Men's Monthly Social Lunch	11.00-1.00	£1.50	MUST BOOK! Depart 11.30 Stowe Community Centre, 258 Harrow Road, W2 5ES
Meditation	11.00-12.00	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Steady & Stable- High	1.15-2.15	FREE	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Yoga	11.00-12.00	£1	The Stowe Centre, 258 Harrow Road, Paddington, W2 5ES
Circuits	1.00-2.00	£1	Seymour Leisure Centre, Seymour Place, W1H 5TJ
Sketching at Museums & Galleries	2.00-4.00	£2	MUST BOOK! Various Museums or Galleries
Steady & Stable- Low	2.15-3.15	FREE	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Begin to Gym	2.30 - 3.30	£3	Porchester Leisure Centre, Queensway, Bayswater, W2 5HS
Wednesday Social with Speakers	2.30-4.00	FREE	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Tennis	5.30-6.30	FREE	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
THURSDAY			
Complementary Therapy	Half hour or hourly slots	£12	Ernest Harriss House, 61 Elgin Avenue, W9 2BX
T'ai Chi	10.00-11.00	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Singing For All	10.15-11.45	£1.50	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Osteoblast	11.15-12.15	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Intermediate Guitar Lessons	12.00-13.30	£1.50	
Pilates	12.30-1.30	£1	
Arabic Women's Social Group	1.30-3.30	FREE	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Beginners Guitar Lessons	1.45-2.45	£1.00	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
FRIDAY			
Chair Exercise to Music	10.00-11.00	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Drop In Games Cafe	10.00-12.00	FREE	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Walking Football	11.00-12.00	£1.50	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
Exercise to Music 2	11.30-12.30	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Water Aerobics	12.00-1.00	£1	Moberley Sports Centre, 25 Chamberlayne Rd, London, NW10 3NB
Monthly Social	1.30-3.30	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Line Dancing	2.00-3.00	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Tennis	5.30-6.30	FREE	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
SATURDAY			
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	
Saturday Shape-Up Multi Sports	1.00-3.00	£2	St Augustine's Hall, Oxford Road, London NW6 5SN
Badminton	3.00-4.00	£1	
SUNDAY			
Zumba Gold	9.00-10.00	£1.50	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
Ballroom & Latin Dancing	2.00-4.00	£3	

South Westminster residents priority for busy classes - From next term.

Open Age wants to encourage members to attend any Open Age venue that they wish to go to. However, as you are aware from our programmes some of our funders have strict guidelines about funds being allocated **ONLY** to benefit residents in respective boroughs. We have not to date monitored this too closely and with some of our classes now being oversubscribed and residents who should be able to take part in classes, not being able to take part as a result we will now have to start doing so. As a charity, we are dependent on any funding we receive and we have to be careful that we don't put ourselves at risk. Therefore, in the instance of over-subscribed classes and where there are funding restrictions in place, we will have to give priority to the residents in that borough. Members outside may still book two working days later by calling Hannah on 07530734489 many thanks.

From January, non-westminster residents will be able to book our busy classes **two working days after class.** (If a thurs/Fri class - these can be booked the next working days after the weekend)

Join our South Westminster email bulletin to keep up to date with all our 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
HMunns@openage.org.uk
and we will add you to the list!

Time For Me Carers Project

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 **020 8962 4536.**

OPEN AGE - ADULT COMMUNITY LEARNING – January to April 2020

MUST BOOK BEFORE YOU START – Maude on 020 8 962 5590

COURSES ARE FREE IF YOU ARE ELIGIBLE OR £3 PER SESSION

ADULT COMMUNITY LEARNING CLASSES: These classes have this symbol next to them in our programmes.

They are different from the standard Open Age drop- in classes. We are required to meet certain conditions to receive the funds to deliver these classes and must ask you to complete an enrolment form at the start of each academic year (September to August), provide specific ID, national insurance number and proof of benefits if applicable. If we do not meet these conditions we will not receive the funds to deliver the classes. Please help us by doing the following:



- Ask questions about the class before you join to be sure it is the right class and level for you
- Do not book the class if you know you have planned holidays. Absence and irregular attendance affects our funding and prevents other members from joining classes.
- Please arrive on time, at least 5 minutes before class starts.
- Do let us know if you will be absent, late, or need to withdraw from the class for any reason

Finally, we want you to enjoy the class and recommend Open Age to your friends.

If you have any suggestions, we'll be happy to hear from you.

Angela 020 8962 5590 asharkey@openage.org.uk

Maude 020 8962 5594 machinery@openage.org.uk

VENUES

KENSAL LIBRARY 20 Golborne Road W10 5PF	CURVE COMMUNITY CENTRE, 10 Bard Road W10 6TP	NEW HORIZONS CENTRE, Guinness Trust Estate, Cadogan Street SW3 2PF	REED CENTRE, Convent Gardens, W11 1NH
RESPONSE COMMUNITY PROJECTS, 300 Old Brompton Road SW5	SECOND HALF CENTRE, St Charles Hospital, Exmoor Street W10 6DZ	THOMAS DARBY COURT, 133 Lancaster Road W11 1TT	V&A MUSEUM, Cromwell Road Entrance, SW7 2RL



