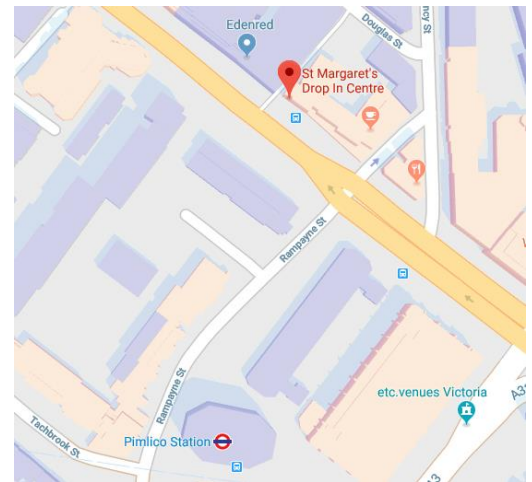


South Westminster Activity Programme

September 1st – December 13th 2019

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

Telephone: 020 7976 6354
Mobile: 07530 734 489



LOCAL EVENTS



CHRISTMAS CRAFT FAIR

Friday 17 November
Time: 12.00 – 3.00pm

Our sewing, knitting and craft groups will be selling their beautiful, handmade items. Come along, support Open Age and get your Christmas shopping done early!

Friends and family welcome.
Refreshments available.

Address:

St Margaret's Activity Centre, 1
Carey Place, SW1V 2RT



AFTERNOON TEA

Sunday 1st October
Time: 2.00-5.00pm

Cost: FREE

Must book!

Belgravia resident, Marina Kaloghirou is opening up one of the private gardens to host an afternoon tea for Open Age members, in honour of her mother.

Must book in advance as spaces are limited, not to be missed!

Address:

Leave from St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT



QUARTERLY FILM CLUB



Thursday 24 October
Time: 2pm
Cost: £1.50

Join us for a showing of the upbeat musical Hairspray!
Refreshments included.

Address:

St Margaret's Activity Centre, 1
Carey Place, SW1V 2RT

Activities are for Westminster Residents ONLY

MONDAY's ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Haircuts (Drop In)	10.00-11.30 02/09/19 – 09/12/19 Half term 21/10/19	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	10.00-11.30 02/09/19 – 09/12/19 Half term 21/10/19	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	Free* Suggested donation £1	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 (Monthly) MUST BOOK!	10.00-16.00 Twice monthly 02/09/19 09/09/19 07/10/19 14/10/19 04/11/19 11/11/19 02/12/19 09/12/19	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£10	We are delighted to offer a monthly podiatry service at our coffee morning. To find out more & to book call 07530 734 489 .
Cycle Smarter Course MUST BOOK!	10.30-12.30 and 1.00-3.00 2nd Sept-23rd Sept	Paddington Recreation Ground, Randolph Avenue, Maida Vale, W9 1PD	6, 31, 316, 328	Free	In partnership with Cycle Confident learn to ride a bike or brush up on your cycling skills with our four week courses led by a qualified instructor who will help you achieve your cycling goals. All equipment provided. Call Tina on 020 8962 4537 to book.
Yoga	11.00-12.30 02/09/19 – 09/12/19 Half term 21/10/19	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£1.50	People differ in the ageing process but oxygen uptake, muscle strength and joint flexibility are all important. Yoga helps encourage these abilities to work together. Great for beginners!
Zumba 	11.15-12.00 02/09/19 – 09/12/19 Half term 21/10/19	St Stephen with St John Westminster, 38-42 Rochester Row, SW1P 1LE	507	£1	Inspired by Latin Dance and music Zumba is a great workout for the whole body. No need to book, just turn up!
Singing Class 	12.15-1.45 23/09/19 – 09/12/19 Half term 21/10/19	St Stephen with St John Westminster, 38-42 Rochester Row, SW1P 1LE	507	£2	A fun singing class in the church's main space. Please note the later start date.
Creative Writing NEW VENUE	2.00-4.00 09/09/19 – 09/12/19 Half term 21/10/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	2,36, 185, C10, 360	£2	Classes will help you generate ideas, create characters and put stories together. No experience required. Please note the later start date
Phone Club: Current Affairs For the Housebound	2.30-3.30	From 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 Ewa for more info & to join on 020 3713 8736

Pilates (Class 1)	3.00-4.00 02/09/19 – 09/12/19 Half term 21/10/19	Marshall Street Leisure Centre, 15 Marshall St, Soho, W1F 7EL	12, 88, 159	£1	Pilates focuses on stability, balance, flexibility, posture and wellbeing. A popular activity led by Alice.
Pilates (Class 2)	4.00-5.00 02/09/19 – 09/12/19 Half term 21/10/19	Marshall Street Leisure Centre, 15 Marshall St, Soho, W1F 7EL	12, 88, 159	£1	Pilates focuses on stability, balance, flexibility, posture and wellbeing. A popular activity led by Alice.
Phone Club: Creative Writing Group For the Housebound	4.15-5.15	From 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 Ewa for more info & to join on 020 3713 8736

TUESDAY's					
ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Knitting, Sewing & Craft	10.00-12.00 03/09/19 – 10/12/19 Half term 22/10/19	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	Free* Suggested donation £1	Join this fun and friendly class and learn how to sew, knit or make other crafts such as jewellery or card making. All welcome!
Tai Chi Qi Gong	12.30-1.30 03/09/19 – 10/12/19 Half term 22/10/19	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£1	A gentle, powerful system of exercise which uses healing posture, movement and breathing techniques to promote joint mobility, improve posture and recharge body and mind.
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 to find out more! 10 Sept – The King's Speech 15 Oct – Some Like it Hot 12 Nov – Moana 10 Dec – Brooklyn
Chair Yoga	2.00–3.00 03/09/19 – 10/12/19 Half term 22/10/19	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£1	Chair based yoga with Sahara. Open to all abilities but good for people who find it difficult to work on the floor. Stretching, strengthening, breathing and meditation techniques. Stay for a cup of tea and a chat with your friends afterwards.

WEDNESDAY's ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Osteoblast MUST BOOK!	10.00-11.00 04/09/2019- 11/12/2019 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 also learn how to exercise safely and effectively for overall bone health. To book, please call Jade on 020 8962 4537 .
Keep Fit	10.00-11.00 04/09/19 – 11/12/19 Half term 23/10/19	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£1	A gentle exercise class that works on strengthening your posture and balance, great for preventing falls. You will learn simple breathing techniques which focus on calming the mind.
Art Class	10.00-1.00 11/09/19 – 11/12/19 Half term 23/10/19	Thamesbank Centre, Peabody Avenue, Turpentine Lane SW1V 4BD	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. Please note the later start date of this class!
Chair Based Exercise for Coordination	11.00-12.00 04/09/19 – 11/12/19 Half term 23/10/19	Victoria Medical Centre, 29 Upper Tachbrook Street, SW1V 1SN	2,36, 185,	£1	Join us in improving your balance, strength and coordination through a variety of exercises and fun ball games!
Men's Only Yoga	11.30-12.30 04/09/19 – 11/12/19 Half term 23/10/19	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	Free* Suggested donation £1	Join this brand new yoga class that's just for men! Led by Sahara, yoga will help to improve oxygen intake, muscle strength, joint flexibility and more!
Social Cycling	1pm start 11th September	Paddington Recreation Ground Randolph Avenue, Maida Vale W9 1PD	31, 316, 328	£1	Fancy cycling in London but don't know where to ride? Come and join a social cycling session where our ride leader will guide you through the local area using quiet streets and cycle paths. Bike and helmets are available to use! Other dates available, please call Tina on 0208 962 5582 for more info.
Bridge Club	2.00-4.15 04/09/19 – 11/12/19 Half term 23/10/19	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10, 360	£7	A well-established Bridge class for those of you who already know the basics of Bridge and wish to improve your game.

THURSDAY'S					
ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Steady & Stable MUST BOOK	10.00-11.00 05/09/19 – 12/12/19	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 Tina on 020 8962 5582 to book.
Coffee Morning & Computer Drop In	10.30-12.30 05/09/19 – 12/12/19 Half term 24/10/19	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	Free* Suggested donation £1	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
Beauty Therapy	12.30-3.30 10/10/19 – 12/12/19	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 . Please note the later start date.
Film Club	1.30-3.30 24/10/19 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: 24 Oct – Hairspray Please note the new day.
Book Talk: Phone Discussion Group For the Housebound	2.30-3.30 Last Thursday of every month	From 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 Ewa for info on 020 3713 8736
Yoga	3.00-4.30 05/09/19 – 12/12/19 Half term 24/10/19	Queen Mother Sports Centre, 223 Vauxhall Bridge Rd, London SW1V 1EL	2,36, 185, C10, 360	£1.00	Gentle yoga class to help improve oxygen intake, muscle strength, joint flexibility and more. Great for beginners.
Phone Club: Discussion Groups For the Housebound	4.00-5.00	From the comfort of your own home.	N/A	Free	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Ewa for more info & to join on 020 3713 8736
FRIDAY'S					
ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Zumba NEW VENUE	10.00-11.00 06/09/19 – 13/12/19 Half term 25/10/19	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	2,36, 185, C10	£1	Inspired by Latin Dance and music Zumba is a great workout for the whole body. No need to book, just turn up!
Christmas End of Term Party One off event	1.00-3.00 Friday 13th December only	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 beginning of the Christmas holiday with food, live music and games!

IT Drop In	1.00-3.00 06/09/19 – 13/12/19 Half term 25/10/19	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT	2,36, 185, C10	Free* Suggested donation £1	A chance to practice your computer skills or get some help with your phone/tablet. Lars is here every week for all your IT needs!
Craft Afternoon	1.30-3.30 06/09/19 – 13/12/19 Half term 25/10/19	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10	Free* Suggested donation £1	Come and get creative. All materials provided. Bring your own project or get inspiration from Angela.
Osteo Blast MUST BOOK!	2.30-3.30 06/09/19 – 13/12/19 No half term break	The Abbey Centre, 34 Great Smith Street, SW1P 3BU	11, 24, 88, 148	£1	A 16 week exercise programme involving balance exercises, floor based strengthening exercises and weight bearing exercises. You will also learn how to exercise safely and effectively for overall bone health. To book, please call Jade on 020 8962 4537 .

SUNDAY'S	TIME	PLACE	BUS	COST	DETAILS
Monthly Sunday Lunch MUST BOOK!	10.30-3.00 6 th October 3 rd November 15 th December	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 020 7976 6354 .



SILVER SUNDAY 2019

This year, Silver Sunday will be Sunday 6th October, with a week of free activities running from Sunday 6th – Saturday 12th October 2019 in a variety of venues.

Wednesday 9th October 2019

2.30-4.30pm: Explore and Discover – Silver Wednesday. Science Museum, Exhibition Road, London, SW7 2DD
The Science Museum is excited to be teaming up with Open Age to celebrate this year's Silver Sunday. Ignite your curiosity as we explore our new exhibitions and galleries. Discover more about the relationship between science and art and how London was a centre for innovation. Get hands on with some creative, factual and physical activities, all accompanied by some delicious refreshments. Please book via Open Age on 0208 962 5500. **Bookings open from 2nd September.**

Thursday 24th October

10am-12pm (Breakfast discussion from 10.30am) The Second Half Career Art Exhibition and Sale 2019: A Celebration of Older Masters at The Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ.
This event is organised by The Second Half Foundation to support the work of The Second Half Centre. This year we will have a breakfast discussion hosted by Dr Nadia Rosenthal – 'When Science Meets Art'. This event is open to everyone- our members, the public and all friends.

**SCIENCE
MUSEUM**

For further enquiries relating to Silver Sunday for the Kensington Programme, please call The Second Half Centre on 0208 962 5500



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			
Step up from Steady	9.45-10.45	£2	All Saints, 7 Margaret St, Fitzrovia, W1W 8JG
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
Cricket and Bowls	10.00-12.00	FREE	Lords Cricket Ground, St John's Wood Road, London NW8 8QN
Monday Social with Speakers	10.15-11.45	£1.50	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Cycle Smarter	10.30-11.30	FREE	Paddington Recreation Ground, Randolph Ave, Maida Vale, W9 1PD
T'ai Chi	10.30-11:30	£1	Warwick Community Hall, 300 Harrow Road, W2 5HG
Monthly Bowls	10.30-12.30	FREE	MUST BOOK! 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
Brain Boost	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	2.00-3.00	£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
Simply Art 1	10.00-12.00	£2	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Book Break	10:30-12:00	FREE	Hardy House, 64 Great Western Road, W11 1AA
Creative Writing	10.30-12.30	£2	St Mary Magdalene's Church, Paddington Rowington Close, W2 5TF
Zumba Gold	11.00-12.00	£1	Fitzrovia Centre, 2 Foley Street, W1W 6DL
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
Lipreading for Hearing Loss	12.15-1.15	£2	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Men's Space: "Active Men"	12.30-1.30	£1	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
Intermediate IT	1.00-3.00	£2	MUST BOOK! Paddington Library, Porchester Rd, W2 5DU
Beginners IT	1.00-3.00	£2	
Beginners French	1.30-2.30	£1	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Table Tennis Drop In	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
Yoga	2.30-3.30	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Keep Fit, Get Strong and Stay Balanced	5.30-6.30	FREE	1 Friith St, Soho, London, W1D 3HZ
WEDNESDAY			
Chi-Gong	10.00-11.00	£1	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	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Meditation	11.00-12.00	£1	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
Bolder Not Older Dance Class (60+ only!)	12.00-1.00	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Gentle Zumba	12.00-1.00	£1	St Paul's Church Marylebone, 5 Rossmore Rd, NW1 6NJ
Social Cycling	1.00-2.00	£1	Paddington Recreation Ground, Randolph Ave, Maida Vale, W9 1PD
Steady & Stable- High	1.15-2.15	FREE	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
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 Therapies	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, W104RS
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	12.00-1.30	£1.50	
Pilates	12.30-1.30	£1	
W2 Chair Exercise	1.30-2.30	£1	St Stephen's Church Hall, Talbot Rd, W2 5QT
Arabic Women's Social Group	1.30-3.30	FREE	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Beginners Women's English Lessons	1.45-2.45	£1	
Beginners Guitar Lessons	1.45-3.15	£1.50	
Chair Yoga	3.00-4.00	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
FRIDAY			
Chair Exercise to Music- High Level	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
Exercise to Music 2	11.30-12.30	£1	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Water Splash	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
Westminster Tea Dance (1st Dec only)	2.00-4.30	FREE	Grosvenor House, AJW Marriott Hotel, 86-90 Park Lane, W1K 7TN.



A FUNNY THING HAPPENED ...

An evening of Comedy in support of Open Age



Join us for a laughter-filled evening as
Open Age members perform their
5-minute Stand-Up comedy routines!!

Wednesday 16th October 2019, 6pm to 9pm
Invention Rooms Café, Imperial College,
Door C, 68 Wood Lane, W12 7RH

Tickets: £5. Includes light refreshments

To book, call Open Age on 020 8962 4141

Nearest Tubes: Wood Lane/ White City. Buses: 7, 70, 72, 95, 220, 228, 272, C1

Imperial College
London



307 Regent St, Marylebone,
London, W1B 2HW



Regent Street Cinema

Every Wednesday

Regent Street Classic

Matinees- £1.75

12.00-2.00pm OR 3.30-5.00pm

Weekly matinee film screening at the newly renovated Regent Street Cinema.

For details of films call: 0207 911 5050 (Cinema)
or 0208 962 4141 (Open Age)

Or visit: www.regentstreetcinema.com/programme/

Regent Street Ballroom

Dancing- Free

2.15-3.00pm

Join us in the bar, after the matinee, for a free informal ballroom dance class - doesn't matter if you haven't got a partner!

Trips

Please note all trips being organised by the Westminster Team are included in

Open Age's main trips programme and not in this programme so please refer to that for information on exciting trips between September and December 2019!!

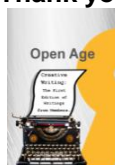
Time For Me Carers Project

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 **Vennetta on 020 8962 4536**.

Another way to support Open Age:

The first ever anthology written by Open Age members. By purchasing a paperback copy for £5 will give Open Age £1 per copy sold; by purchasing an eBook for £3.50 will give Open Age £2 per copy sold. It's a great read, so please make an order through www.Amazon.co.uk

Thank you





Activities for people over 50
FREE MEMBERSHIP
 openage.org.uk




OPEN AGE - ADULT COMMUNITY LEARNING – September to December 2019

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

For courses at New Horizons, please call: 020 7590 8970

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

Simon 020 7590 8974 sshum@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

MONDAY

9.45- 11.45	Art Using Watercolours (Beginners)	10 week course, Starts Sept 23rd	New Horizons Centre
10.00-12.00	Italian for Beginners	10 week course, Starts Sep 23rd	Reed Centre
10.00-12.00	Android Smartphones for Beginners	10 week course Starts Sep 23rd	New Horizons Centre
10.00-12.00	Beginners' Computers	10 week course, Starts Sep 23rd	Second Half Centre
1.00-3.00	Current Affairs	10 week course, Starts Sep 23rd	Reed Centre
1.00-3.00	Italian-Next Step up from Beginners	10 week course Starts Sep 23rd	TBC
1.00-3.00	Sketching at the V&A	10 week course Starts Sep 23rd	V&A Museum
1.00-3.00	Beginners Computers Limited Spaces -	10 week course, Starts Sep 23rd	New Horizons Centre
1.00-3.00	Smartphone Photography	10 week course, Starts Sep 23rd	Second Half Centre
4.00-6.00	Ipad for Beginners	10 week course, Starts Sep 23rd	Second Half Centre

TUESDAY			
10.00-12.00	French for Beginners	10 week course, Starts Sep 24th	Reed Centre
10.00-12.00	Computers for Beginners	10 week course, starts 24 th Sept	Second Half Centre
10.00-12.00	Using an Android Smartphone	10 week course, Starts Sep 24th	Second Half Centre
10.00-12.00	Creative Writing	10 week course, Starts Sep 24th	Response Community Projects
1.00-3.00	French-Next Step up from Beginners	10 week course, Starts Sept 24th	Kensal Library
1.00-3.00	Going further with Computers	10 week course, Starts Sep 24th	Second Half Centre
2.00-4.00	Creativity in Writing	10 week course, Starts Sep 24th	New Horizons Centre
2.00-4.00	Drama Skills	10 week course, Starts Sep 24th	New Horizons
WEDNESDAY			
10.00-12.00	Excel Made Easy	10 week course, Starts Sep 25 th	Second Half Centre
10.00-12.00	ESOL for Health	10 week course, Starts 25 th Sep	Reed Centre
10.00-12.00	Lip-reading and Managing Hearing Loss	10 week course Starts 25 th Sep	North Kensington Library
1.00-3.00	Men's Space IT	5 wk course, starts 18 th Sept	Second Half Centre
1.00-3.00	Men's Space Android Smartphones Starts 30th Oct	6 week course, starts 30 th Oct	Second Half Centre
1.00-3.00	Art on iPads	10 week course, starts Sep 25th	New Horizons Centre
1.30-3.30	Meditation, Mindfulness, Stress Man.	10 week course, starts Sep 25th	Thomas Darby Court
1.30-3.30	Creative Writing	10 week course, starts Sep 25th	Second Half Centre
2.00- 4.00	Lip Reading & Hearing Loss	10 week course, starts Sep 25th	New Horizons Centre
2.00-4.00	Sketching at the V&A II	10 week course starts Sep 25th	V&A Museum
4.00-6.00	Create Greeting Cards on Computer	10 week course, starts Sept 25 th	Second Half Centre
4.00-6.00	Poetry	10 week course, starts Sept 25 th	Second Half Centre
THURSDAY			
10.00-12.00	Windows 10	10 week course, starts 26 th Sep	Second Half Centre
10.15-12.15	Speak with Confidence (English as a Second Language)	10 week course, starts Sep 26th	Curve Community Centre
1.00-3.00	Microsoft Excel-Next Step after Easy	10 week course, starts Sep 26th	Second Half Centre
2.00-4.00	Conversational English	10 week course, starts Sep 26th Sept	New Horizons
2.00-4.00	Life Stories	10 week course, Starts Sep 26th	New Horizons Centre
FRIDAY			
10.00-12.00	Build your own Website-Starter course	10 week course, Starts Sep 20th	Second Half Centre
10.00-12.00	Travel and Tech	10 week course, Starts Sep 27th	New Horizons
10.30-12.30	Time for me I.T. (For Carers only)	6 week course, starts Nov 1 st	Second Half Centre
12.30-2.30	Spanish for Beginners	10 week course, starts Sep 27th	Reed Centre
1.00-3.00	Digital Photography	10 week course, starts Sep 27th	Second Half Centre
3.00-5.00	Spanish stepping up from Beginners	10 week course, starts Sep 27th	Reed Centre
2.00-4.00	iPads for You	10 week course, Starts Sep 27th	New Horizons Centre