

Open Age

Centre and Online Programme

Spring Term

Tuesday 19th April – Friday 22nd July 2022

(half term Monday 30th May - Friday 3rd June)

Welcome to our new centre and online programme. You will find enclosed all relevant contact details for each activity.

All classes taking place in New Horizons, St Margaret's, Avenues and Second Half Centre need to be booked 7 days in advance. To book an activity or for more information, please call the number provided under 'booking details'. Ensure you speak to a member of the team, as booking requests left on voicemails cannot be accepted. Clinical exercise classes, (Steady & Stable, Osteo Blast and Healthy Lungs) require advanced booking. Please contact the relevant number and/or email to make an enquiry or find out more information.

Important notice regarding the cost of activities

For activities running in centres and community venues, we ask that members continue to contribute to Open Age £1 per hour, unless otherwise stated. At the moment Open Age does not have the ability to take payments online, therefore we kindly ask those members who attend online activities to make a donation via our website, www.openage.org.uk or pop into one of your nearest centres to contribute.

Adult Community Learning (ACL)

Classes annotated with '**ACL**' next to them means that they are Adult Community Learning courses. ACL offers a number of courses and they need to be booked and require a commitment which range between 5 and 10 weeks depending on the course. These classes are different from the standard Open Age drop-in classes. You must be able to complete an enrolment form and provide evidence of ID i.e. Passport or Driving Licence number as well as your National Insurance number.

ACL Costs

Our ACL courses are at a slightly different cost to all the other Open Age classes as we are funded by the government via the Royal Borough of Kensington and Chelsea. Our fees are **£3 per session**. However, the course may be free if you meet the eligibility criteria.

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Activities at Second Half Centre (North Kensington)

Monday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|----------------------|--|---------------------------|---|
| 10:00 - 12:00 | Getting to Know Your Android Smartphone (Beginners) <i>*starts 25th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 11:15 - 12:15 | Tai Chi | Second Half Centre | 020 4516 9971 |
| 11:30 - 12:30 | Chair Exercise | Pepper Pot | No booking needed |
| 12:00 - 13:30 | Meet the Trustees Drop-In Session <i>16th May</i> | Second Half Centre | No booking needed |
| 12:15 - 13:45 | International Cooking with Manju (<i>last Monday of the month</i>) | Second Half Centre | 020 4516 9971 |
| 12:30 - 13:30 | Stretch and Tone | Second Half Centre | 020 4516 9971 |
| 12:30 - 14:30 | Understanding and Using Social Media <i>*starts 25th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |

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|---------------|---|---|---|
| 12:30 - 14:30 | Italian for Beginners <i>*starts 25th April</i> ACL | Morley College North Kensington Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 13:45 - 15:15 | Singing For All | Second Half Centre | 020 4516 9971 |
| 14:15 - 15:45 | Still Life & Life Drawing | Second Half Centre | 020 4516 9971 |
| 15:00 - 17:00 | Introducing Art on the iPad Using Tayasui App <i>*starts 25th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 15:30 - 17:30 | Men Space: Meet up & Social | Second Half Centre | 07467 952 564 |

Tuesday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|--|-----------------------|--|
| 09:45 - 10:45 | Zumba | Second Half Centre | 020 4516 9971 |
| 10:00 - 12:00 | Getting to Know Your iPhone (Beginners) <i>*starts 26th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 10:00 - 12:00 | Getting to Know Your Android Smartphone (Beginners) <i>*starts 26th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 11:00 - 12:00 | Kundalini Yoga | Second Half Centre | 020 4516 9971 |
| 12:30 - 13:30 | Outreach Tech Support (own devices) | Second Half Centre | 020 4516 9977 outreachbookings@openage. org.uk |
| 12:30 - 14:30 | Computer for Beginners <i>*starts 26th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 13:00 - 14:00 | Steady & Stable: Falls Prevention Exercise Programme | Second Half Centre | 020 4516 9975 |
| 13:30 - 14:30 | Tai Chi | St George's Church | No booking needed |
| 13:45 - 15:45 | Lip-reading & Managing Hearing Loss <i>*starts 26th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |

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|---------------|--|--------------------|---------------|
| 14:15 - 15:15 | Steady & Stable: Falls Prevention Exercise Programme | Second Half Centre | 020 4516 9975 |
| 16:00 - 17:00 | Men Space: The Magic of Music | Second Half Centre | 07467 952 564 |

Wednesday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|--|--------------------|---|
| 10:00 - 11:30 | Painting and Drawing | Second Half Centre | 020 4516 9971 |
| 10:00 - 11:30 | Creative Threads | Second Half Centre | 020 4516 9971 |
| 10:00 - 12:00 | Developing Your Windows 10 Skills (Non-Beginners) <i>*starts 27th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 12:00 - 13:00 | Chair Exercise | Second Half Centre | 020 4516 9971 |
| 12:15 - 14:15 | Men Space: Lunch & Cookery (Bi-Weekly) | Second Half Centre | 07467 952 564 |
| 13:00 - 15:00 | IT - Using the Cloud <i>*starts 8th June</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 13:30 - 15:30 | Men's IT Group <i>*starts 27th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 13:30 - 15:30 | Meditation & Mindfulness <i>*starts 27th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 14:30 - 16:30 | Poetry <i>*starts 27th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |

Thursday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|---|--------------------|---|
| 10:00 - 11:00 | Yoga | Second Half Centre | 020 4516 9971 |
| 10:00 - 12:00 | Speaking English with Confidence <i>*starts 28th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |

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|---------------|--|--------------------------|---|
| 10:00 - 12:00 | Getting Confident with Your Android Tablet <i>*starts 28th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 10:15 - 12:15 | Mosaics <i>*starts 28th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 11:00 - 13:00 | Petanque (Boules) 5 th May, 2 nd June, 7 th July, 4 th August, | West London Bowling Club | 020 4516 9974 |
| 11:15 - 12:15 | Body Conditioning | Second Half Centre | 020 4516 9971 |
| 12:30 - 13:30 | Chair Exercise | Second Half Centre | 020 4516 9971 |
| 12:30 - 14:30 | Spanish Beginners Plus <i>*starts 28th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 13:45 - 14:45 | Healthy Lungs: <i>Exercise for Lung Health</i> (for Westminster and RBKC residents) | Second Half Centre | 020 4516 9973 pjuneja@openage.org.uk |

Friday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|---|--------------------|---|
| 10:00 - 11:00 | Pilates | Second Half Centre | 020 4516 9971 |
| 10:00 - 12:00 | Spanish for Beginners <i>*starts 29th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 10:00 - 12:00 | Online Safety <i>*starts 29th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 10:30 - 12:30 | Time for Me - Carers IT <i>*starts 10th June</i> ACL | Second Half Centre | 0204 516 9976 carerstimeforme@openage.org.uk |
| 11:15 - 12:15 | "Made for the Stage" for singing, dancing and musical enthusiasts | Second Half Centre | 020 4516 9971 |
| 12:30 - 14:30 | Spanish - Next Step 2 <i>*starts 29th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 13:00 - 15:00 | iPad for Beginners <i>*starts 29th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |
| 14:00 - 16:00 | Stroke Recovery social group with Rachel (fortnightly) | Second Half Centre | No booking needed |
| 14:00 - 16:00 | Disco Fever <i>*starts 29th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |

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|---------------|---|-----------------------------|---|
| 14:00 - 16:00 | Bowls 20 th May, 24 th June, 22 nd July, 19 th August, | West London Bowling Club | 020 4516 9974 |
| 15:00 - 17:00 | Herb Growing for Beginners <i>*starts 29th April</i> ACL | Second Half Centre | 020 4516 9972 aclbookings@openage.org.uk |

Activities at New Horizons (Chelsea)

Monday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|--|---------------|---|
| 9:45 - 11:45 | Watercolours (All Levels) <i>*starts 25th April</i> ACL | New Horizons | 020 4516 9972 aclbookings@openage.org.uk |
| 10:00 - 12:00 | Computer for Beginners <i>*starts 25th April</i> ACL | New Horizons | 020 4516 9972 aclbookings@openage.org.uk |
| 10:00 - 12:00 | Jewellery Making | New Horizons | 020 4516 9970 |
| 12:00 - 13:00 | Pilates | New Horizons | 020 4516 9970 |
| 12:00 - 13:00 | Unsupported IT Drop-In | New Horizons | 020 4516 9970 |
| 13:00 - 15:00 | Watercolours <i>*starts 25th April</i> ACL | Ixworth Place | 020 4516 9972 aclbookings@openage.org.uk |
| 13:00 - 15:00 | Getting to Know Your Android Smartphone (Beginners) <i>*starts 25th April</i> ACL | New Horizons | 020 4516 9972 aclbookings@openage.org.uk |
| 13:15 - 14:15 | Ballet | New Horizons | 020 4516 9970 |
| 13:30 - 15:30 | Shared Reading | New Horizons | 020 4516 9970 |
| 14:00 - 16:00 | Monday Games / Club | New Horizons | 020 4516 9970 |
| 14:30 - 16:30 | Pranayama Yoga | New Horizons | 020 4516 9970 |

Tuesday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|---|----------------------------------|---|
| 09:45 - 11:45 | In The News | New Horizons | 020 4516 9970 |
| 10:00 - 12:00 | Italian Conversation (Advanced) | New Horizons | 020 4516 9970 |
| 10:00 - 12:00 | Creative Writing <i>*starts 26th April</i> ACL | Response Community Project | 020 4516 9972 aclbookings@openage.org.uk |

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|---------------|---|----------------------------|---|
| 11:30 - 12:30 | Dance Mix | Mary Smith Court | No booking needed |
| 12:00 - 13:00 | Stretch and Tone | New Horizons | 020 4516 9970 |
| 12:00 - 14:00 | Unsupported IT Drop-In | New Horizons | 020 4516 9970 |
| 13:00 - 16:00 | Bridge Club | Ixworth Place | 020 4516 9970 |
| 13:15 - 14:15 | Dance Exercise | New Horizons | 020 4516 9970 |
| 13:30 - 14:30 | Meditation | New Horizons | 020 4516 9970 |
| 14:00 - 16:00 | Time for Me Carers: Social & Creative Activities <i>*1st Tuesday each month</i> | New Horizons | 020 4516 9976 carerstimeforme@openage.org.uk |
| 14:30 - 16:30 | Drama <i>*starts 26th April</i> | ACL New Horizons | 020 4516 9972 aclbookings@openage.org.uk |

Wednesday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|---|---------------------|--|
| 10:00 - 12:00 | Open Age Members' Newsletter Group | New Horizons | 020 4516 9970 |
| 09:45 - 10:45 | Steady & Stable: Falls Prevention Exercise Programme | New Horizons | 020 4516 9975 |
| 10:00 - 16:00 | Third Age Counselling | New Horizons | 0207 976 6667 enquiries@thirdagecounselling.com |
| 10:45 - 11:45 | Steady & Stable: Falls Prevention Exercise Programme | New Horizons | 020 4516 9975 |
| 11:00 - 13:00 | French Conversation <i>Upper Intermediate/Advanced</i> | New Horizons | 020 4516 9970 |
| 12:00 - 13:00 | Outreach Tech Support (own devices) | New Horizons | 020 4516 9977 outreachbookings@openage.org.uk |
| 12:00 - 13:00 | Osteo Blast: <i>Exercise for Bone Health (for Westminster and RBKC residents)</i> | New Horizons | 020 4516 9973 pjuneja@openage.org.uk |
| 12:00 - 13:30 | Meet the Trustees Drop-In Session <i>18th May</i> | New Horizons | No booking needed |
| 13:15 - 14:15 | Chair Exercise | New Horizons | 020 4516 9970 |
| 14:00 - 16:00 | Lip-reading & Managing Hearing Loss | New Horizons | 020 4516 9972 aclbookings@openage.org.uk |

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| | <i>*starts 27th April</i> | ACL | |
| 14:15 - 16:15 | Quiz | | New Horizons 020 4516 9970 |
| 14:30 - 16:30 | Singing | | New Horizons 020 4516 9970 |

Thursday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|---|-------------------------------|--|
| 09:45 - 10:45 | Chair Yoga | New Horizons | 020 4516 9970 |
| 10:00 - 12:00 | Literature & Poetry | New Horizons | 020 4516 9970 |
| 10:00 - 12:00 | Art Class (Advanced) | Ixworth Place | 020 4516 9970 |
| 10:00 - 12:00 | Play Workshops (in partnership with Finborough Theatre) | Response Community Projects | 020 4516 9970 |
| 10:00 - 16:00 | Third Age Counselling | New Horizons | 0207 976 6667 enquiries@thirdagecounselling.com |
| 11:00 - 12:00 | Yoga | New Horizons | 020 4516 9970 |
| 12:00 - 14:00 | Supported IT Drop-In | New Horizons | 020 4516 9970 |
| 12:15 - 13:15 | Chi Gong | New Horizons | 020 4516 9970 |
| 12:30 - 13:30 | Tai Chi | Response Community Project | No booking needed |
| 13:00 - 15:00 | One You Clinic: Healthy Lifestyle, Weight Loss & Exercise program | New Horizons | 0203 434 2500 |
| 14:00 - 16:00 | Computer for Beginners <i>*starts 28th April</i> | ACL New Horizons | 020 4516 9972 aclbookings@openage.org.uk |
| 14:30 - 16:30 | Life Stories <i>*starts 28th April</i> | ACL Chelsea Theatre | 020 4516 9972 aclbookings@openage.org.uk |

Friday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|--|--|---|
| 10:00 - 12:00 | Book Club <i>*29th April then last Friday of each month</i> | New Horizons | 020 4516 9970 |
| 10:00 - 12:00 | iPad for Beginners <i>*starts 29th April</i> | ACL New Horizons | 020 4516 9972 aclbookings@openage.org.uk |
| 10:15 - 12:15 | Drawing at the V&A Museum (All Levels) <i>*starts 29th April</i> | ACL Victoria & Albert Museum | 020 4516 9972 aclbookings@openage.org.uk |
| 10:45 - 11:45 | Zumba | New Horizons | 020 4516 9970 |

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|---------------|--|--------------------------|---|
| 10:45 - 11:45 | Pilates | St. Mary The Boltons | 020 4516 9974 |
| 12:00 - 13:00 | Chair Exercise | St. Mary The Boltons | 020 4516 9974 |
| 12:00 - 14:00 | Unsupported IT Drop-In | New Horizons | 020 4516 9970 |
| 12:00 - 14:00 | OneYou Club | New Horizons | 0203 434 2500 |
| 12:30 - 14:30 | Drawing at the V&A Museum (All Levels) <i>*starts 29th April</i> ACL | Victoria & Albert Museum | 020 4516 9972 aclbookings@openage.org.uk |
| 13:00 - 15:00 | Getting to Know Your iPhone (Beginners) <i>*starts 29th April</i> ACL | New Horizons | 020 4516 9972 aclbookings@openage.org.uk |
| 14:00 - 16:00 | Cryptic Crossword | New Horizons | 020 4516 9970 |
| 14:15 - 15:15 | Pilates | New Horizons | 020 4516 9970 |
| 15:30 - 16:30 | NH Open Space talks <i>*last Friday of the month</i> | New Horizons | 020 4516 9970 |

Activities at Avenues (North Westminster)

Monday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|---|------------------------|---|
| 10:00 - 11:00 | Ballet Fitness | Avenues | 020 3713 8737 |
| 10:00 - 11:00 | Osteo Blast: <i>Exercise for Healthy Bones (for Westminster and RBKC residents)</i> | Seymour Leisure Centre | 020 4516 9973 pjuneja@openage.org.uk |
| 10:00 - 11:30 | Patchwork Making and more | Avenues | 020 3713 8737 |
| 10:00 - 12:00 | Bowls | Paddington Sports Club | No booking needed |
| 11:00 - 12:00 | Healthy Lungs: Exercise for Lung Health (<i>for Westminster and RBKC residents</i>) | Seymour Leisure Centre | 020 4516 9973 pjuneja@openage.org.uk |
| 11:15 - 12:15 | Zumba | Avenues | 020 3713 8737 |
| 11:30 - 12:30 | Steady & Stable: Falls Prevention Exercise Programme | Barbara Brosnan Court | 020 4516 9975 |
| 12:00 - 13:00 | Social - Mind Games (volunteer-led) | Avenues | 020 3713 8737 |
| 12:15 - 13:15 | Stretch and Tone | Avenues | 020 3713 8737 |

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|---------------|---------------------|---------------------------|-------------------|
| 12:45 - 13:45 | Step Up from Steady | Barbara Brosnan Court | No booking needed |
| 13:00 - 14:00 | Osteo Pro | Seymour Leisure Centre | 020 4516 9974 |
| 14:00 - 15:30 | Film Festival | Avenues | 020 3713 8737 |
| 14:30 - 15:30 | Begin to Gym (£3) | Porchester Leisure Centre | No booking needed |

Tuesday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|----------------------|--|------------------------------|---|
| 10:00 - 11:00 | Pilates | Avenues | 020 3713 8737 |
| 10:00 - 11:30 | Simply Art | Avenues | 020 3713 8737 |
| 11:15 - 12:15 | Chair Exercise | Avenues | 020 3713 8737 |
| 12:00 - 13:30 | Meet the Trustees Drop-In Session <i>17th May</i> | Avenues | No booking needed |
| 12:30 - 13:30 | Exercise to Music | Avenues | 020 3713 8737 |
| 13:40 - 15:00 | Social - Table Tennis | Avenues | 020 3713 8737 |
| 14:00 - 15:00 | Tai Chi (£3) | Paddington Recreation Ground | Pay and register at reception in the pavilion |
| 14:00 - 15:30 | Sketching at Museums <i>(every fortnight, starts 26th April)</i> | Various Locations | 020 3713 8737 |

Wednesdays

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|---|------------------|-------------------|
| 10:00 - 11:00 | Creative Writing | Avenues | 020 3713 8737 |
| 10:00 - 11:00 | Yoga | Avenues | 020 3713 8737 |
| 10:00 - 12:00 | Social - Games Café | Avenues | 020 3713 8737 |
| 11:15 - 12:15 | Steady & Stable: Falls Prevention Exercise Programme | Avenues | 020 4516 9975 |
| 12:00 - 14:00 | Guest Speaker & Social <i>(last Wednesday of each month)</i> | Avenues | 020 3713 8737 |
| 12:00 - 13:00 | Dance Exercise | St Paul's Church | No booking needed |

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|---------------|--|---------------------------|---|
| 12:30 - 13:30 | Steady & Stable: Falls Prevention Exercise Programme | Avenues | 020 4516 9975 |
| 13:30 - 15:30 | Time for Me Carers: Social & Creative Activities (<i>2nd Wednesday of each month</i>) | Avenues | 020 4516 9976 carerstimeforme@openage.org.uk |
| 14:00 - 15:00 | Osteo Blast: <i>Exercise for Healthy Bones</i> (for <i>Westminster and RBKC residents</i>) | Avenues | 020 4516 9973 pjuneja@openage.org.uk |
| 14:30 - 15:30 | Begin to Gym (£3) | Porchester Leisure Centre | No booking needed |

Thursday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|---|-----------------------|-------------------|
| 10:00 - 11:00 | Tai Chi | Avenues | 020 3713 8737 |
| 10:15 - 11:45 | Singing For All | Avenues | 020 3713 8737 |
| 11:00 - 12:00 | Walking Football | The Hub, Regents Park | No booking needed |
| 11.15 - 12.15 | Exercise to Music | Avenues | 020 3713 8737 |
| 12:00 - 13:00 | Guitar for All | Avenues | 020 3713 8737 |
| 14:00 - 15:00 | Men Space: Meet up & Social (Bi-weekly) | Avenues | 07467 952 564 |
| 14:00 - 15:00 | Chair Yoga | Avenues | 020 3713 8737 |

Friday

(Avenues is closed on Fridays)

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|--|------------------------|-------------------|
| 10:00 - 12:00 | Multi Sports Table Tennis and Badminton | Moberley Sports Centre | No booking needed |
| 10:45 - 12:45 | Men Space: Walking Football | Westminster Academy | 07467 952 564 |
| 12:00 - 13:00 | Aqua Aerobics | Moberley Sports Centre | No booking needed |

Saturday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
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|---------------|---|---------------------------------|--|
| 13:00 - 15:00 | Multi Sports Table Tennis, Short Tennis and Badminton | St Augustine's Sports Centre | Call 020 4516 9974 to find out how to book. |
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Activities in St Margaret's (South Westminster)

Monday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|----------------------|---|------------------------------------|---|
| 09:45 - 11:30 | Monday Coffee Social | St Margaret's | 020 4516 9969 |
| 10:30 - 11:30 | Chair Exercise | Victoria Medical Centre | No booking needed |
| 11:15 - 12:15 | Zumba | St Stephen's Church | 020 4516 9974 |
| 11:30 - 13:30 | Time for Me Carers: Social & Creative Activities <i>(3rd Monday each month)</i> | St Margaret's | 020 4516 9976 carerstimeforme@openage .org.uk |
| 12:00 - 13:30 | Meet the Trustees Drop-In Session 23rd May | St Margaret's | No booking needed |
| 12:15 - 13:45 | Social Sing-Along | St Stephen's Church | 020 4516 9969 |
| 15:00 - 16:30 | Creative Writing | St Margaret's | 020 4516 9969 |
| 14:30 - 15:30 | Pilates | Churchill Gardens Youth Club | No booking needed |

Tuesday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|---|---------------|-----------------|
| 10:00 - 11:30 | Morning Crafts | St Margaret's | 020 4516 9969 |
| 12:30 - 13:30 | Chi Gong | St Margaret's | 020 4516 9969 |
| 14:00 - 15:00 | Chair Yoga | St Margaret's | 020 4516 9969 |
| 15:30 - 17:00 | St Margaret's Open Space <i>(1st Tuesday of each month)</i> | St Margaret's | 020 4516 9969 |

Wednesday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|------|-------|----------|-----------------|
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| | | | |
|---------------|-------------|---------------|---------------|
| 10:00 - 11:00 | Keep Fit | St Margaret's | 020 4516 9969 |
| 12:30 - 13:30 | Men's Yoga | St Margaret's | 020 4516 9969 |
| 14:00 - 16:00 | Bridge Club | St Margaret's | 020 4516 9969 |

Thursday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|--|------------------------------|-------------------|
| 10:00 - 11:00 | Computer Drop-In | St Margaret's | 020 4516 9969 |
| 10:00 - 11:00 | Food for Thought with Manju (First Thursday of every month) | St Margaret's | 020 4516 9969 |
| 10:30 - 11:30 | Steady & Stable: Falls Prevention Exercise Programme | Victoria Medical Centre | 020 4516 9975 |
| 11.30 - 13.30 | Monthly Movies at Eileen Anderson Last Thursday of every month | Eileen Anderson House | 020 4516 9969 |
| 13:30 - 15:30 | Art Class | St Margaret's | 020 4516 9969 |
| 14:30 - 15:30 | Yoga | Churchill Gardens Youth Club | No booking needed |

Friday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|------------------------|---------------|-----------------|
| 10:00 - 11:00 | Dance Exercise | St Margaret's | 020 4516 9969 |
| 11:45 - 13:15 | Table Tennis | St Margaret's | 020 4516 9969 |
| 13:30 - 15:30 | Games & Crafts Fridays | St Margaret's | 020 4516 9969 |

Activities in Hammersmith & Fulham

Monday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|---|-------------------------------|-------------------|
| 10:30 - 11:30 | Yoga | Edward Woods Community Centre | No booking needed |
| 11:00 - 12:30 | Arts & Crafts *NEW* Starts 25 th April | Our Lady of Fatima | No booking needed |

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|---------------|--|-----------------------------|-------------------|
| 11:15 - 12:15 | Steady & Stable: Falls Prevention Exercise Programme | White City Community Centre | 020 4516 9975 |
| 13:00 - 14:00 | Pilates | St Andrew's Church, Fulham | No booking needed |

Tuesday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|--|------------------------|-------------------|
| 10:00 - 11:00 | Steady & Stable: Falls Prevention Exercise Programme | Bishop Creighton House | 020 4516 9975 |
| 11:00 - 12:00 | Steady & Stable: Falls Prevention Exercise Programme | Bishop Creighton House | 020 4516 9975 |
| 14:00 - 15:00 | Chair Based Exercise | Age UK | No booking needed |

Thursday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|----------------|--------------------|-------------------|
| 10:00 - 11:00 | Dance Exercise | St Andrew's Church | No booking needed |

Online Activities & Phone Groups

Monday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|---|-------------|-------------------------|
| 10:30 - 11:30 | Kensington Activity Social Group (KAG) | Phone Group | 020 3713 8736 |
| 10:30 - 11:30 | Steady & Stable: Falls Prevention Exercise Programme | Zoom | 020 4516 9975 |
| 11:00 - 12:30 | Shared Reading (With Ghada) | Zoom | bookings@openage.org.uk |
| 11:30 - 12:30 | Monday Forum (Starts 25 th April then Bi-weekly) | Phone Group | 07741 656 478 |

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|---------------|---|------|---|
| 12:00 - 13:00 | Advanced Spanish Chat | Zoom | bookings@openage.org.uk |
| 14:00 - 16:00 | Creative Writing <i>*starts 25th April</i> ACL | Zoom | 020 4516 9972 aclbookings@openage.org.uk |
| 14:30 - 15:30 | Local History (monthly) | Zoom | bookings@openage.org.uk |
| 14:30 - 15:30 | Osteo Blast: <i>Exercise for Healthy Bones (for Westminster and RBKC residents)</i> | Zoom | 020 4516 9973 pjuneja@openage.org.uk |
| 14:30 - 15:30 | Steady & Stable: Falls Prevention Exercise Programme | Zoom | 020 4516 9975 |
| 15:30 - 17:00 | Mindfulness & Relaxation | Zoom | bookings@openage.org.uk |

Tuesday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|---|----------|---|
| 10:00 - 11:00 | Pilates | Zoom | physicalactivitybookings@openage.org.uk |
| 10:30 - 11:30 | Healthy Lungs: <i>Exercise for Lung Health (for Westminster and RBKC residents)</i> | Zoom | 020 4516 9973 pjuneja@openage.org.uk |
| 11:00 - 12:30 | Open Science: Driverless cars: how will they affect me? <i>*26th April*</i> <i>(In partnership with Imperial College, London)</i> | Zoom | bookings@openage.org.uk |
| 11:00 - 12:30 | Open Science: How can singing and dance improve lung health? <i>*14th June*</i> <i>(In partnership with Imperial College, London)</i> | Zoom | bookings@openage.org.uk |
| 11:00 - 12:30 | Open Science: From Core to Surface: Looking Beneath our Feet using Earthquakes <i>*19th July*</i> <i>(In partnership with Imperial College, London)</i> | Zoom | bookings@openage.org.uk |
| 12:15 - 13:15 | Men Space: Active Exercise | Zoom | 07467 952 564 |
| 12:30 - 13:30 | Zumba | Zoom | physicalactivitybookings@openage.org.uk |
| 13:00 - 15:00 | Italian - Next Step 2 <i>*starts 26th April</i> ACL | Zoom | 020 4516 9972 aclbookings@openage.org.uk |
| 13:00 - 15:00 | Spanish - Next Step 1 <i>*starts 26th April</i> ACL | Zoom | 020 4516 9972 aclbookings@openage.org.uk |

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|---------------|---|------|---|
| 14:00 - 16:00 | Creative Writing <i>*starts 26th April</i> ACL | Zoom | 020 4516 9972 aclbookings@openage.org.uk |
| 14:15 - 15:00 | Open Space Talks | Zoom | bookings@openage.org.uk |
| 15:00 - 16:00 | Yoga | Zoom | physicalactivitybookings@openage.org.uk |

Wednesday

| TIME | | LOCATION | BOOKING DETAILS |
|---------------|--|-------------|---|
| 9:30 - 11:00 | Sketching in Sculpture Parks (All Levels) <i>*starts 27th April</i> ACL | Zoom | 020 4516 9972 aclbookings@openage.org.uk |
| 9:30 - 11:30 | Italian - Beginners Plus + <i>*starts 27th April</i> ACL | Zoom | 020 4516 9972 aclbookings@openage.org.uk |
| 10:00 - 11:00 | Yoga | Zoom | physicalactivitybookings@openage.org.uk |
| 11:00 - 12:00 | Shared Reading (with Ewa) | Zoom | 020 3713 8736 |
| 11:00 - 12:30 | Greek Mythology (with Ghada) | Zoom | bookings@openage.org.uk |
| 11:30 - 13:00 | Sketching in Sculpture Parks (Advanced) <i>*starts 27th April</i> ACL | Zoom | 020 4516 9972 aclbookings@openage.org.uk |
| 13:00 - 15:00 | Italian - Next Step 1 <i>*starts 27th April</i> ACL | Zoom | 020 4516 9972 aclbookings@openage.org.uk |
| 14:00 - 15:00 | Chair Exercise | Zoom | physicalactivitybookings@openage.org.uk |
| 14:30 - 15:30 | Campden Ward Social Group | Phone Group | 020 3713 8736 |
| 15:30 - 16:30 | Conversational French | Zoom | bookings@openage.org.uk |
| 16:00 - 17:30 | Meditation & Mindfulness <i>*starts 27th April</i> ACL | Zoom | 020 4516 9972 aclbookings@openage.org.uk |
| 20:00 - 21:00 | Time for Me Carers: Yoga for sleep (3 rd Weds each month) | Zoom | 020 4516 9976 carerstimeforme@openage.org.uk |

Thursday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|--|----------|-------------------------|
| 10:00 - 12:00 | Imagine, Interact, Improvise: Improv workshops | Zoom | bookings@openage.org.uk |

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|---------------|---|-------------|---|
| 10:30 - 11:30 | Boxing Fitness | Zoom | physicalactivitybookings@openage.org.uk |
| 11:00 - 12:30 | Italian Archaeology <i>*fortnightly</i> | Zoom | bookings@openage.org.uk |
| 12:00 - 13:00 | Pilates | Zoom | physicalactivitybookings@openage.org.uk |
| 14:00 - 15:00 | Chi Gong | Zoom | physicalactivitybookings@openage.org.uk |
| 14:00 - 16:00 | Art & Mindfulness: workshop <i>*28th April*</i> | Zoom | bookings@openage.org.uk |
| 14:00 - 16:00 | Time for Me Carers: Relaxation Class (monthly) | Zoom | 020 4516 9976 carerstimeforme@openage.org.uk |
| 14:00 - 15:00 | Shared Reading (with Ewa) | Phone Group | 020 3713 8736 |
| 16:00 - 17:00 | Topical Hour | Phone Group | 020 3713 8736 |

Friday

| TIME | CLASS | LOCATION | BOOKING DETAILS |
|---------------|--|-----------------|---|
| 10:00 - 11:00 | Stretch and Tone | Zoom | physicalactivitybookings@openage.org.uk |
| 10:30 - 11:30 | Philosophy | Zoom | bookings@openage.org.uk |
| 10:30 - 11:30 | Monthly Quiz | Zoom | bookings@openage.org.uk |
| 11:00 - 13:00 | Time for Me Carers: activities (including yoga, relaxation, Chi Kung, writing, talks) | Zoom & Phone | 0204 516 9976 carerstimeforme@openage.org.uk |
| 13:30 - 14:30 | Friday Social Quiz (starts 22 nd April and then bi-weekly) | Phone Group | 07741 656 478 |
| 14:00 - 16:00 | Disco Fever <i>*starts 29th April</i> ACL | Zoom | 020 4516 9972 aclbookings@openage.org.uk |
| 14:30 - 15:30 | Steady & Stable: Falls Prevention Exercise Programme | Zoom | 020 4516 9975 |
| 14:30 - 15:30 | Step Up from Steady | Zoom | physicalactivitybookings@openage.org.uk |

Activities outside of Open Age

- THERAPIES:**



Shiatsu and Reflexology therapies are available on alternate Fridays between 10.00 am and 4.00 pm by appointment only, at The Reed Centre, 28 Convent Gardens, W11 1NJ. £15 for a 30-minute treatment.

To book call:

Rita Taylor, Reflexology – 07865 080969

Paula Kent, Shiatsu Massage – 07715 512703

- **BEAUTY TREATMENTS:**

Facials, massages, pedicures, manicures, and much more on Thursdays between 10:00am and 4:00pm at Anchor Court, 2 Carey Place.

To book call:

Rima Alsouss – 07944 502950

- **REGENT STREET CINEMA** **Regency Seniors - Monday Matinees for the over 55s**
only £4 per ticket

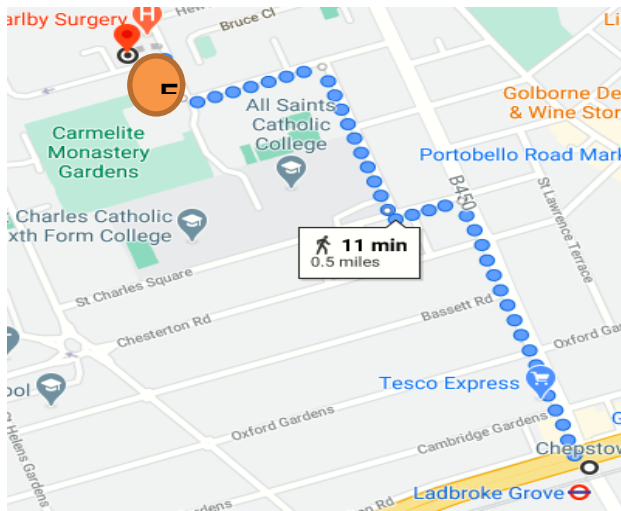
You can book the films here:

<https://www.regentstreetcinema.com/regency-seniors/>

Or contact the cinema directly between 5.00pm and 10.00pm on 020 7911 5050.
 307 Regent St, London W1B 2HW

Locations of Open Age centres





Open Age - St Charles Centre for Health & Wellbeing

Second Half Centre

Exmoor Street
 London W10 6DZ
 Borough - Kensington and Chelsea (North)

Telephone: 020 4516 9971

email: acarrington@openage.org.uk

Second Half Centre, left at Main Reception



Open Age – Avenues

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

Telephone: 0203 713 8737

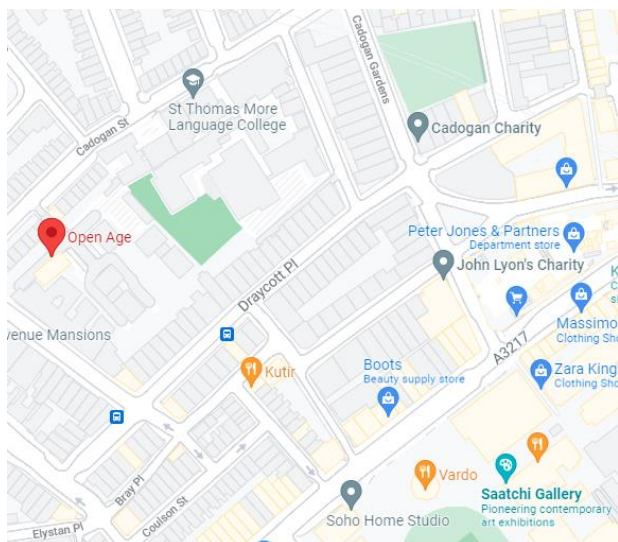
email: gbrown@openage.org.uk

B Bus stops
 Buses: 18, 28, 228

E Entrance to New Avenues / Open Age QPHR Hub

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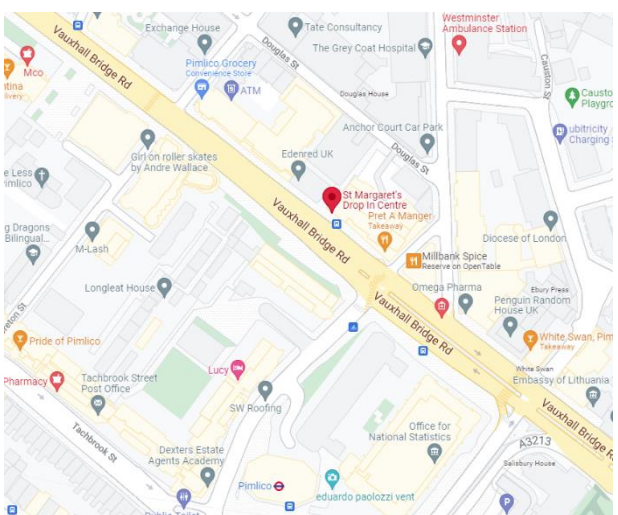


Open Age - New Horizons

Guinness Trust Estate Cadogan Street
London SW3 2PF
Borough - Kensington and Chelsea (South)

Telephone: 020 4516 9970

email: fkorenica@openage.org.uk



Open Age – St Margaret's

St Margaret's
1 Carey Place
London
SW1V 2RT
Borough – Westminster (South)

Telephone: 020 4516 9969

email: hmunns@Openage.org.uk

Locations of Community Venues (in alphabetical order)

| COMMUNITY VENUE NAME | ADDRESS | POSTCODE | BOROUGH |
|---|---------------------------|----------|-------------------|
| Age UK | 105 Greyhound Road | W6 8NJ | H&F |
| Al Manaar, Muslim Cultural Heritage Centre | 244 Acklam Road | W10 5YG | North Westminster |
| All Saints | Pryors Bank, Bishops Park | SW6 3LA | H&F |
| Barbara Brosnan Court | 46 Grove End Road | NW8 9NN | North Westminster |
| Bishop Creighton House | 374-380 Lillie Road | SW6 7PH | H&F |
| Chelsea Theatre | 7 World's End Place | SW10 0DR | South RBKC |

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|--|--|----------|----------------------|
| Churchill Gardens Youth Club | Churchill Gardens Rd, Pimlico, | SW1V 3JA | South Westminster |
| Edward Woods Community Centre | 60 Norland Road | W11 4TX | H&F |
| Fitzrovia Community Centre | 2 Foley Street | W1W 6DL | Westminster |
| Fulham Palace Gardens | Bishop's Avenue | SW6 6EA | H&F |
| Holland Park | Ilchester Place | W8 6LU | North RBKC |
| Ixworth Place Community Centre | 2 Kimbolton Row, Samuel Lewis Trust Dwelling | SW3 6RQ | South RBKC |
| Lords Cricket Ground | St John's Wood Road | NW8 8QN | Westminster |
| Mary Smith Court | 17-23 Trebovir Road | SW5 9NF | South RBKC |
| Marshall Street Leisure Centre | Marshall Street | W1F 7EL | South Westminster |
| Moberley Sports Centre | 25 Chamberlayne Road, Ladbroke Grove | NW10 3NB | North Westminster |
| Morley College London North Kensington Centre | Wornington Road | W10 5QQ | North RBKC |
| Normand Park | 84 Bramber Road | W14 9PB | H&F |
| Our Lady of Fatima | The Presbytery, Commonwealth Avenue | W12 7QR | H&F |
| Paddington Sports Club | Castellain Road | W9 1HQ | North Westminster |
| Paddington Recreation Ground | Randolph Avenue | W9 1PD | North Westminster |
| Pepper Pot | 1a Thorpe Close | W10 5XL | North RBKC |
| Porchester Centre | Queensway | W2 5HS | North Westminster |
| Reed Centre, The | 28 Convent Gardens | W11 1NJ | North RBKC |
| Regents Park (The Hub) | Regent's Park Road | NW1 4NU | Westminster |
| Response Community Projects | 300 Old Brompton Road | SW5 9JF | South RBKC |
| Seymour Leisure Centre | Seymour Place | W1H 5TJ | North Westminster |
| St Andrew's Church | Greyhound Road | W14 9SA | H&F |

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|-------------------------------------|---|----------|-------------------|
| St Augustine's | Oxford St, North Maida Vale | NW6 5AW | North Westminster |
| St George's Church | Aubrey Walk, Camden Hill | W8 7JG | North RBKC |
| St John's Church | North End Road | SW6 1PB | H&F |
| St Mary's The Boltons | St Mary's Church, The Boltons | SW10 9TB | South RBKC |
| St Paul's Church | 5 Rossmore Rd, London | NW1 6NJ | North Westminster |
| St Stephen's Church | 38-42 Rochester Row | SW1P 1LE | South Westminster |
| Victoria & Albert Museum | Exhibition Road | SW7 | South RBKC |
| Victoria Medical Centre | 29 Upper Tachbrook Street | SW1V 1SN | South Westminster |
| West London Bowling Club | 112a Highlever Road North, Kensington, London | W10 6PL | North RBKC |
| White City Community Centre | India Way | W12 7QT | H&F |

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