



life's just begun

Time for Me

July 2022 programme

Health, leisure and learning for unpaid carers over 50
July 2022 activities on Zoom and phone

For further details and to book please

Email: carerstimeforme@openage.org.uk or Call: 020 4516 9976

Tues 5th July 2.00-4.00pm: Creative Social. Upcycle old items. Creative decorative motifs for tops, t-shirts or bags. At New Horizons, Guinness Trust Estate, Cadogan St. SW3 2PF

Wed 13th July 1.30-3.30pm: Creative Social. Upcycle old items. Creative decorative motifs for tops, t-shirts or bags. At Avenues, 3-7 Third Ave W10 4RS

Fri 15th July 11.15-15.15pm: Open Age Platinum Party! Tea Dance with Kenny Charles. **Must book £5 per ticket** (including food). The Tabernacle, 35 Powis Square, off Portobello Road, London, W11 2AY. Tickets will only be booked on receipt of payment at The Second Half Centre (for info call 020 4516 9971) or New Horizons (for info call 020 4516 9970). All ticket holders must be an Open Age member, maximum two tickets per member.

Mon 18th July 11.30-1.30pm: Cooking Club (make healthy delicious food). **Must book as limited spaces. Pay £2 towards ingredients.** At St Margaret's, 1 Carey Place, SW1V 2RT

Wed 20th July 8-9pm: Yoga for Sleep (gentle yoga and meditation for rest before bed) on Zoom and phone

Thurs 21st July 2-4pm: Relaxation Class (techniques to help you feel calm) on Zoom

Fri 22nd July 11-1pm: Yoga (11am) and **Relaxation** (from 12pm) on Zoom

Mon 25th July 10.30am: Trip – Superbloom at the Tower of London. Group visit to see the Superbloom flowers in the moat and free entry to the Tower of London (including Crown Jewels). **Must book in advance.**

Wed 27th July 10.15am: Trip: Greenwich by Uber boat. Enjoy the boat trip and spend the day exploring Greenwich. Bring your own lunch or try a local food stall or cafe. The trip will leave from Westminster Pier. **Must book in advance, limited tickets.**

Fri 29th July 11.00-1pm: Creative Writing (connect to your inner author) on Zoom & phone.

London Zoo Tickets (over 60s, K&C) please contact us if you're interested in doing an individual visit to the Zoo and let us know when you'd like to go. We still have few tickets left.

For Carers' advice & support, please contact **Carers Network** for updates & information see website: <https://carers-network.org.uk/> or contact them email: info@carers-network.org.uk call: 020 8960 3033.



Open Age

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