

Time for Me Westminster

Activities for unpaid carers over 50



April, May & June 2018

I hope you are keeping well and enjoying the start of springtime. This programme has a variety of activities over different days of the week so there's more flexibility for you. **For further details please contact me on Mondays + Wednesdays on 020 8962 4536 or 07437 913 154 or zcooper@openage.org.uk**



THE EY EXHIBITION



April

Wednesday 11th April, **Creative Writing** 1.30-3.30pm Barbara Bronson Court, NW8 9NP.

Thursday 12th April **Relaxation with Liz** 1.30pm-3.30pm Barbara Bronson Court, NW8 9NP. No need to book, just turn up.

Tuesday 24th April **American School Visit**. For reading and Lunch. Meet at 9.45am at New Avenues, 3-7 Third Avenue. Or let me know if you want to meet at the school at 10.15am.

Wednesday 25th April. **The V&A Fashioned from Nature Exhibition**. Meet at the Brompton Road Information Desk at 2pm. Limited tickets so please express an interest for the ballot.

Friday 27th April **ACL Computer Course**, 10.30am-12.30pm – week 1. St Charles Centre for Wellbeing.

Monday 30th April **Health Walk & Coffee at The Serpentine Bar and Kitchen**. Meet at Hyde Park Corner Underground Station at 12 noon, we will finish about 2pm.

May

Wednesday 2nd May **Tate Britain Impressionist's In London**. Meet at the Millbank entrance of the Tate Britain(not side one),SW1P 4RG at 2pm. Tickets are limited so please express an interest for the ballot.

Friday 4th May **ACL Computer Course** 10.30am-12.30pm – week 2. St Charles Centre for Wellbeing.

Tuesday 8th May **Spa at Kensington Leisure Centre**. 2pm-4pm. Limited Tickets, so please express interest for the ballot. Ladies only. Silchester Rd, W10 6EX.

Wednesday 9th May **Mindfulness/Reiki with Maria**. 12-1.45pm. Fitzrovia Centre, 2 Foley St, W1W 6DL. No need to book, just turn up.

Wednesday 9th May, **Creative Writing** 1.30-3.30pm Barbara Bronson Court, NW8 9NP.

Friday 11th May **ACL Computer Course** 10.30am-12.30pm – week 3. St Charles Centre for Wellbeing.

Wednesday 16th May **Regent's Street Cinema**. Meet Alexandra in the foyer at 11.30am. 309 Regent Street, W1B 2UW. Live organ recital at 11.50am and the film starts at 12pm.



Friday 18th May **ACL Computer Course** 10.30am-12.30pm – week 4. St Charles Centre for Wellbeing.

Tuesday 22nd May **American School Visit**. For reading and Lunch. Meet at 9.45am at New Avenues, 3-7 Third Avenue. Or let me know if you would like to meet at the school at 10.15am.

Wednesday 23rd May, 1.30-3.30pm, **Creative Writing**, Barbara Bronson Court, NW8 9NP.

Thursday 24th **Relaxation with Liz** 1.30pm-3.30pm Barbara Bronson Court, NW8 9NP. . No need to book, just turn up.

Friday 25th May **ACL Computer Course** 10.30am-12.30pm – week 5. St Charles Centre for Wellbeing

Wednesday 30th May **Mindfulness/Reiki with Maria**. 12-1.45pm. Fitzrovia Centre, 2 Foley St, W1W 6DL. . No need to book, just turn up.

June

Monday 4th June 1.30-3.30pm. **Cooking Together: A Creative Workshop** exploring wellbeing with Swedish designer Vilma. 1.30-3.30pm at St Charles Centre for Wellbeing. Room TBC. Book your place.

Wednesday 6th June, 1.30-3.30pm, **Creative Writing**, Barbara Bronson Court.

Wednesday 6th June **Regent's Street Cinema**. Meet in the foyer at 11.30am. 309 Regent St, W1B 2UW. Live organ recital at 11.50am and the film starts at 12pm, but seats go fast.

Thursday 7th June, **Relaxation with Liz** 1.30pm-3.30pm Barbara Bronson Court, NW8 9NP. . No need to book, just turn up.

Carer's Week 11th-17th June Carers Network have a packed programme of activities for carers including a Health & Information Day, free massage therapies & light refreshments. To register and find out about other events during the week call 020 8960 3033 or events@carers-network.org.uk.

Wednesday 13th June, **Mindfulness/Reiki with Maria**. 12pm-1.45pm. Fitzrovia Centre, 2 Foley St, W1W 6DL. No need to book, just turn up.

Wednesday 20th June, 1.30-3.30pm, **Creative Writing**, Barbara Bronson Court, NW8 9NP.

Thursday 21st June, **Day Trip to Broadstairs**. The first of our day trips this year, returning to Broadstairs by popular demand. Have a walk along the beach and enjoy fish & chip for lunch. There are 15 spaces available for this full day trip. Please confirm your pick up point when booking your space. We will return back at 6pm arriving in London appx at 8pm.

Monday 25th June, **British Library Exhibition, 'Windrush: Songs in a Strange Land'** Meet at 2pm Entrance Hall, 96 Euston Road, NW1 2DB. We will enjoy tea and coffee afterwards.

Wednesday 27th June, **Mindfulness/Reiki with Maria**. 12pm-1.45pm. Fitzrovia Centre, 2 Foley St, W1W 6DL. No need to book, just turn up.

Computer Classes at the Second Half Centre. This Digital Life Courses are with Open Age tutor Lena. For each course you must book in advance and be able to commit to the whole 5 week course. This course will focus on digital photography and smart phones with a trip to the Brand Museum for an exercise. Please bring your smart phone if you want to learn more about it, but if you don't have one, phones will be available.