

Time for Me Westminster

Activities for unpaid carers over 50



October-December 2018

I hope you are keeping well and looking forward to the autumn. This programme has a mixture of activities over different days of the week to give you more choice. **For further info please contact me on Wednesdays + Fridays on 0208 962 4536/ 07437 913 154 or zcooper@openage.org.uk**



October

Wednesday 10th October, **Creative Writing** with Jon Sayers 1.30-3.30pm Barbara Brosnan Court, NW8 9NP.

Wednesday 17th October, **Regent's Street Cinema** 11.30am to see *'The Women at the Window'* meet at 11.30am at 309 Regent St, Marylebone, W1B 2UW. Please don't be late as the good seats will go and there won't be time for a complimentary tea or coffee 😊

Thursday 18th October, **Relaxation with Liz**, 1.30pm-3.30pm Barbara Brosnan Court, NW8 9NP. *An introduction to relaxation, exercise and breathing techniques and expert recommendations to improve health and well-being.* No need to book, just turn up.

Friday 19th October, **Yayoi Kusama exhibition & Lunch**, 12pm. Meet at 12 noon at the Victoria Miro gallery, 16 Wharf Road, N1 7RW. *'THE MOVING MOMENT WHEN I WENT TO THE UNIVERSE'* This exhibition features new paintings, painted bronze pumpkin and flower sculptures and a large scale Infinity Mirrored Room. Tickets limited so please book.

Wednesday 24th October, **Creative Writing**, 1.30-3.30pm, Barbara Brosnan Court, NW8 9NP.

Wednesday 31st October, **1950's Opera Concert, Leighton House and Museum**. 6.15pm for drinks concert starts at 7pm sharp and ends at 8pm. Tickets limited so booking is essential please email or call me to book your place. Dress up in your glad rags for this beautiful venue and special occasion.

Digital Life - 6 week course with Lena 10.30am-12.30pm(Advanced booking essential. You must be able to attend all 6 weeks) Dates: SIX FRIDAYS 2nd, 9th, 16th, 23rd & 30th Nov; and 7th Dec (NB. You must be able to attend all six weeks of course) (4-5 places)

Time and venue: 10.30am-12.30pm Computer Room in Second Half Centre. Six week course with Lena covering a variety of topics agreed with group. Please bring your smartphone. If you don't have one, smartphones will be available for course.

November



life's just begun

Friday 2nd November, **Gustav Klimt & Egon Schiele Exhibition Royal Academy of Arts**. See rare and fragile drawings by Klimt and Schiele, offering intimate insights into their artistic relationship and differing creative processes.

Wednesday 7th November, **Creative Writing**, 1.30-3.30pm, Barbara Brosnan Court, NW8 9NP.

Thursday 8th November, **Relaxation with Liz**, 1.30pm-3.30pm, Barbara Brosnan Court, NW8 9NP. No need to book, just turn up.

Friday 9th November, **Creative Cooking Session with Lunch**, 10.45am-1.15pm. Second Half Centre, Please be on time as the room is being used straight after.

Wednesday 14th November, **Burgh House & Hampstead Museum**, Meet at the Ticket Office at 12pm Burgh House, New End Square, NW3 1LT. After looking around the museum we will have tea and cake. Tickets are limited so please book.

Wednesday 21st November, **Creative Writing**, 1.30-3.30pm Barbara Brosnan Court, NW8 9NP.

Thursday 15th November, **Day Trip to The Raptor Foundation in Huntington**. Spaces are limited so booking is required. Please note the coach has a **REVERSE ORDER FOR THE PICK UP**. 1st pick up at Sloane Square, Cadogan Gate at 10.15am, then 2nd pick up at St Charles at 10.45am. *The Raptor Foundation rescues, rehabilitates and returns injured birds of prey back to the wild.*

Friday 30th November, **Carer's Right's Day**. Carer's Network Carer's Conference 9am-4pm. YMCA Indian Student Hostel, 41 Fitzroy Square, W1T 6AQ. *'Would you like to meet other carers and experience some informative talks, workshops and a marketplace? You will need to register with the Carer's Network, 0208 637 6195.*

December

Tuesday 4th December, **Spa at Kensington Leisure Centre**, (Ladies only) 1.45pm-4pm. Limited Tickets, so please express interest for the ballot. Silchester Rd, W10 6EX.

Wednesday 5th December, **Creative Writing**, 1.30-3.30pm, Barbara Brosnan Court, NW8 9NP.

Friday 7th December, **Anni Albers Exhibition at the Tate Modern**, 1.30pm-3.30pm. *Textile artist Albers combined the ancient craft of hand-weaving with the language of modern art. After seeing the exhibition we will have tea and coffee.*

Wednesday 12th December, **Regent's Street Cinema**, meet at 11.30am. Film TBC by cinema. 309 Regent St, Marylebone, W1B 2UW. Please don't be late as the good seats will go and there won't be time for a complimentary tea or coffee ☺

Thursday 13th December, **Relaxation with Liz**, 1.30pm-3.30pm, Barbara Brosnan Court, NW8 9NP. No need to book, just turn up.

Friday 14th December, **Christmas Lunch at Little Bay, Kilburn with a Time For Me Westminster Consultation**. Meet at 12.30pm-approx 3pm. 228 Belsize Rd, North Maida Vale, NW6 4BT. Places limited so please book. Come in festive or smart casual attire if you'd like.