

# Open Age Virtual Programme

## Monday 18<sup>th</sup> - Friday 22<sup>nd</sup> January

“Click” to make an  
 Activity Donation

### PLEASE NOTE

THE NEW ACL COURSES STARTING IN JANUARY ARE IN THIS PROGRAMME. PLEASE LOOK AND BOOK AS SPACES ARE LIMITED – [bookings@openage.org.uk](mailto:bookings@openage.org.uk)

#### ACL Language Levels:

- Absolute Beginners – no knowledge whatsoever
  - Beginners 1 – minimum of 15 taught hours
  - Beginners 2 – minimum of 30 taught hours
  - Next Step 1 – minimum of 50 taught hours
  - Next Step 2 – minimum of 100 taught hours
- All our classes are held on Zoom unless specified. (*i.e. Phone Group*)
  - When booking a place on the *How to Use Zoom* sessions. Please state the device you will be using to access Zoom.
  - Too many e-mails? Want to unsubscribe? We would encourage to think carefully before doing so. If you click unsubscribe, please understand that we will no longer be able to send you our programmes or any news. If you unsubscribed and want to join in again, please contact [mail@openage.org.uk](mailto:mail@openage.org.uk)



Standing Exercise




Seated Exercise








Floor Exercise

## Monday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:00am	Literature & Poetry Appreciation	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:00am	Ballet Fitness <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
10:00 - 11:30am (ACL)	Excel for Beginners (Starts 18 January - BOOK NOW)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Italian for Beginners 1 (Starts 18 January - BOOK NOW)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>



10:00 - 11:30am <b>(ACL)</b>	<b>Art – Watercolour Techniques</b> <i>(Starts 18 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:15 - 11:15am	<b>Tai Chi</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
10:30 - 11:30am	<b>Phone Group: Kensington Activity Group (KAG)</b> <i>(a range of topical discussions and shared stories and quizzes)</i> <b>(WAITING LIST)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:30 - 11:30am	<b>Steady &amp; Stable on Zoom</b> <i>(a falls prevention class for those with concerns about their balance)</i> <i>*Enquire about eligibility</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a> 
11:00 - 12:30pm	<b>Shared Reading on Zoom</b> <i>(with Ghada)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 - 12:30pm	<b>Phone Group: Monday Forum</b> <i>(a range of topical discussions and shared stories and quizzes)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 - 12:30pm	<b>Latin Dance</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
11:45 - 1:15pm <b>(ACL)</b>	<b>Italian Beginners 2</b> <i>(Starts 18 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:45 - 1:15pm <b>(ACL)</b>	<b>Getting to Know Your Android Phone</b> <i>(Starts 18 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:45 - 1:15pm <b>(ACL)</b>	<b>What's that App on your Android Smartphone?</b> <i>(Starts 18 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:00 - 1:30pm <b>(ACL)</b>	<b>Art – Watercolour Techniques</b> <i>(Starts 18 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:15 - 1:15pm	<b>Look &amp; Cook</b> <i>(Fortnightly next class 25<sup>th</sup> January)</i> Recipes from around the world on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:45 - 1:45pm	<b>Pilates</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
1:30 - 3:00pm <b>(ACL)</b>	<b>Drama</b> <i>(Starts 18 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 - 3:00pm <b>(ACL)</b>	<b>French for Absolute Beginners</b> <i>(Starts 18 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2:30 - 3:30pm	<b>Local History: Notting Dale - the cholera outbreak</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2:30 - 3:30pm	<b>Steady &amp; Stable on Zoom</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

	(a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	
2:30 - 3:30pm	<b>Osteo Blast: Exercise for Healthy Bones on Zoom</b> <i>(open for Westminster residents only)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>   
2:00 - 3:00pm	<b>Yoga</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
2:30 - 3:30pm	<b>Chair Exercise</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
3:15 - 4:45pm <b>(ACL)</b>	<b>Further Functions on Zoom for Participants</b> <b><i>(starts February 2021 - BOOK NOW)</i></b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3:30 - 5:00pm	<b>Mindfulness &amp; Relaxation</b> <i>Discover your calm with tutor Stephanie</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

## Tuesday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:30am <b>(ACL)</b>	<b>French Beginners 1</b> <b><i>(starts 19 January - BOOK NOW)</i></b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:00am	<b>Zumba</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
10:00 - 11:30am <b>(ACL)</b>	<b>Creative Writing</b> <b><i>(starts 19 January - BOOK NOW)</i></b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:30am <b>(ACL)</b>	<b>How to Use Your iPhone</b> <b><i>(starts 19 January - BOOK NOW)</i></b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:00am	<b>Fun with Art</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:00am	<b>Open Space talks</b> <b>Whitechapel Society -</b> The Bethnal Green Tube disaster <i>On 3 March 1943 a crowd of people entered the unfinished Bethnal Green tube station which was being used as an air-raid shelter. This would become the worst civilian disaster of World War 2 not caused by any enemy action. Join Sue from the Whitechapel society as we look back at the case. This talk is not suitable for recently bereaved.</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:30 - 11:30am	<b>Steady &amp; Stable on Zoom</b> (a falls prevention class for those with concerns about their balance)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a> 

	<i>*Enquire about eligibility</i>	
11:30 - 12:30pm	<b>Kundalini Yoga</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
11:30 - 12:30pm	<b>Fun with Art</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:45 - 1:15pm <b>(ACL)</b>	<b>French Beginners 2</b> <i>(starts 19 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:00 - 1:30pm <b>(ACL)</b>	<b>Improve your Internet Skills</b> <i>(starts 19 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:00 - 1:30pm <b>(ACL)</b>	<b>Spanish Next Step 2 Group 1</b> <i>(starts 19 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:15 - 1:15pm	<b>Men's Space Active Exercise on Zoom</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:30 - 1:30pm	<b>Lifestories (Creative Writing)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:00 - 2:00pm	<b>Singing for Joy</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:15 - 2:15pm	<b>Keep Fit</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
1:30 - 3:00pm <b>(ACL)</b>	<b>Creative Writing</b> <i>(starts 19 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:45 - 2:45pm	<b>Stretch and Tone</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
2:00 - 2:45pm	<b>Steady &amp; Stable Phone Group</b> (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a> 
2:00 - 3:30pm <b>(ACL)</b>	<b>Spanish Next Step 2 Group 2</b> <i>(starts 19 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2:30 - 3:30pm	<b>Time for Me Carers: Social Group on Zoom</b>	<a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
2:30 - 4:00pm	<b>Open Science</b> <b>*NEW*</b> <i>Latest in our series of Science lectures in partnership with Imperial College, London:</i> <b>The amazing human hand:</b> Life would be much more difficult if we couldn't use our hands in daily life. With 29 bones, 34 muscles, and over 120 ligaments, the hand and wrist form a delicate mechanical system. Angela Kedgley, Senior Lecturer in Biomechanics, will describe how our hands function from a biomechanical perspective and discuss how we can use this knowledge for the early diagnosis of hand problems, and for designing treatment and rehabilitation strategies for people who suffer upper limb disability.	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

3:00 - 4:00pm	<b>Yoga</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
3:15 - 4:45pm	<b>How to use Zoom</b> - Very supportive Introductory session to get you started. <b>Book for January 2021.</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3:30 - 4:30pm	<b>Pilates</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 





## Wednesday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
9:30 - 11:00am <b>(ACL)</b>	<b>Art – Improve Your Drawing Techniques</b> <i>(starts 20 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:00am	<b>Yoga</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
10:00 - 11:00am	<b>Phone Group: Keep Fit</b> <b>*NEW!*</b>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> or call 020 4516 9974 
10:00 - 11:00am	<b>Creative Sewing on Zoom</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:30am <b>(ACL)</b>	<b>Lip-reading &amp; Managing Hearing Loss (continuing)</b> <i>(starts 20 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:30am <b>(ACL)</b>	<b>How to Host</b> <i>(starts 20 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:00 - 12:30pm	<b>Greek Mythology on Zoom</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 - 12:30pm	<b>Exercise to Music</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
11:30 - 12:30pm	<b>Shared Reading on Zoom</b> <i>(with Ewa)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 - 1:00pm <b>(ACL)</b>	<b>Art: Sketching in Sculpture Parks and outdoor spaces</b> <i>(starts 20 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:45 - 1:15pm <b>(ACL)</b>	<b>Lip-reading &amp; Managing Hearing Loss Beginners' Group</b> <i>(starts 20 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:45 - 1:15pm <b>(ACL)</b>	<b>French Next Step 1</b> <i>(starts 20 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:00 - 2:00pm	<b>Guitar for All on Zoom</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>


1:00 - 2:00pm	<b>Pilates</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
1:30 - 3:30pm	<b>Time for Me Carers: Scrapbooking for Wellbeing Session 3 on Zoom</b>	<a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
1:30 - 3:00pm <b>(ACL)</b>	<b>Meditation and Mindfulness Beginners</b> <i>(starts 20 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 - 3:00pm <b>(ACL)</b>	<b>Exploring 20<sup>th</sup> Century Design</b> Exploring the development of modern design both from the point of view of changes in style and taste as well as the changing social contexts that gave rise to these changes. <i>(starts 20 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 - 3:00pm <b>(ACL)</b>	<b>Italian for Absolute Beginners</b> <i>(starts 20 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2:00 - 3:00pm	<b>Chair Exercise</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
2:30 - 3:30pm	<b>Phone Group: Campden Ward Social Group</b> <b>(WAITING LIST)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2:30 - 3:30pm	<b>Soca dance</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
2:30 - 3:30pm	<b>Steady &amp; Stable on Zoom</b> (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a> 
3:00 - 4:00pm	<b>Chi Gong</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
3:00 - 4:00pm	<b>Theatre Discussion Class on Zoom</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3:15 - 4:45pm <b>(ACL)</b>	<b>Computer Management for Windows 10</b> <i>(starts 20 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3:15 - 4:45pm <b>(ACL)</b>	<b>Poetry</b> <i>(starts 20 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
4:00 - 5:30pm <b>(ACL)</b>	<b>Meditation and Mindfulness - continuing</b> <i>(starts 20 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

**Thursday**

TIME	CLASS	EMAIL FOR BOOKING
9:45 - 10:45am	<b>Pilates</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
10:00 - 11:30am <b>(ACL)</b>	<b>IT: ON-LINE SAFETY</b> <b>(Starts 14 January - BOOK NOW)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:30am <b>(ACL)</b>	<b>Speaking English with Confidence – ESOL</b> <b>(Starts 14 January - BOOK NOW)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:30 - 11:30am	<b>Boxing Fitness</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
10:45 - 11:45am <b>(ACL)</b>	<b>French Next Step 2 Group 1</b> <b>(Starts 14 January - BOOK NOW)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:00 - 12:00pm	<b>Italian Archaeology</b> <i>A brief introduction to archaeology, its goals, techniques and type of information uncovered.</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:00 - 12:00pm	<b>Jazz (with Dance West)</b> <b>*NEW*</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
11:00 - 12:00pm	<b>Osteo Blast: Exercise for Healthy Bones on Zoom</b> <i>(for Westminster residents)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a> 
11:30 - 12:30pm	<b>Chair Exercise</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
11:45 - 12:45pm	<b>Osteo Pro</b> Must have completed Osteo Blast	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
11:45 – 1:15pm <b>(ACL)</b>	<b>Spanish Next Step 1</b> <b>(Starts 14 January - BOOK NOW)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 - 12:30pm	<b>Exploring Silent Film:</b> <b>Buster Keaton's 'The General'</b> <b>(Next session 21st January)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:45 - 1:15pm	<b>How to use Zoom-</b> supportive Introductory session to get you started Book for January 2021.	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:00 - 1:00pm <b>(ACL)</b>	<b>French Next Step 2 Group 2</b> <b>(Starts 14 January - BOOK NOW)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 - 3:00pm <b>(ACL)</b>	<b>Italian Next Step 1</b> <b>(Starts 14 January - BOOK NOW)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 – 2:30pm	<b>Conversational French</b> <b>(restarts 21<sup>st</sup> January)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>


2:00 - 3:00pm	Spanish Conversation: Intermediate Level	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2:00 - 3:00pm	Chair Exercise Phone Group	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> or call 07799 369713 
2:00 - 3:00pm	Phone Group: Shared Reading	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2:30 - 4:00pm (ACL)	<b>Nature Writing</b> (Starts 14 January - BOOK NOW) Examine key features of nature writing and write your observations and experience of the natural world	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3:00 - 4:00pm	History of Art on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3:15 - 4:45pm (ACL)	Disco Fever on Zoom – continuing with learning iconic dance steps of the 1970s (Starts 14 January - BOOK NOW)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a> 
2:45 - 3:45pm	Fit Steps <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
3:15 - 4:45pm (ACL)	Italian Next Step 2 (Starts 14 January - BOOK NOW)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
4:00 - 5:00pm	Yoga <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
4:00 - 5:00pm	Phone Group: Topical Hour	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

## Friday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:00am	Pilates <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
10:00 - 11:30am	iPad Art - learning to draw using the Tayasui application (Starts 15 January - BOOK NOW)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Spanish for Absolute Beginners*NEW* (Starts 15 January - BOOK NOW)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>



10:00 - 11:30am <b>(ACL)</b>	IT - Windows 10 Beginners <i>(Starts 15 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:00am	Philosophy	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:30 - 11:30am	Members' Social Quiz on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:45 - 11:45am	Healthy Lungs on Zoom <i>(open for RBKC residents only)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:00 - 12:00pm	Osteo Blast: Exercise for Healthy Bones on Zoom <i>(open for Westminster residents only)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a> 
11:00 – 1:00pm	Time for Me Carers: Creative writing for wellbeing on Zoom and phone <i>(Time for Me carers only)</i>	<a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
11:15 - 12:15	Beginner's Drawing on Zoom <i>(with Clare)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 - 12:30pm	Zumba <b>*NEW*</b> <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
11:45 - 12:45pm	Stretch and Tone <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
11:45 - 1:15pm <b>(ACL)</b>	Spanish for Beginners 1 <i>(Starts 15 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:45 – 1:15pm <b>(ACL)</b>	Build Your Own Website - Beginners <i>(Starts 15 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:45 - 12:45pm	Philosophy	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:00 - 1:30pm <b>(ACL)</b>	iPad for Beginners <i>(Starts 15 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:00 - 2:00pm	Chi Gong <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
1:00 - 2:00pm	Singing for Joy	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 - 3:00pm <b>(ACL)</b>	Spanish for Beginners 2 <i>(Starts 15 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 - 3:00pm <b>(ACL)</b>	ART - Sketching in Sculpture Parks and outdoor spaces <i>(Starts 15 January - BOOK NOW)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 – 2:30pm	Friday Social Phone group With Emma	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2:30 - 3:30pm	Step up from Steady <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
2:30 - 3:30pm	Steady & Stable on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

	(a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	
<b>3:15 - 4:45pm</b> <b>(ACL)</b>	<b>Disco Fever (NEW) to learn the iconic disco dance steps of the 1970s</b> <b>(Starts 15 January - BOOK NOW)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

## Other

<u>SERVICE</u>	<u>INFORMATION</u>	<u>EMAIL FOR BOOKING</u>
Falls Prevention	If you have recently had a fall at home and require support and guidance to stay safe at home the Specialist Falls Prevention Team are ready to help.	<a href="mailto:dbath@openage.org.uk">dbath@openage.org.uk</a> <a href="mailto:spage@openage.org.uk">spage@openage.org.uk</a>
Link Up	Would you benefit from a chat about your interests and what we offer to help you explore what might be suitable? Or to find out a bit more about how our activities could benefit you and what they are like? You can get in touch with a member of our LinkUp team (RBKC) on the provided email.	<a href="mailto:ecohen@openage.org.uk">ecohen@openage.org.uk</a>
Men's Space activities	Have a chat with our Men's Space Activity Coordinator Russell to find out more about what we have on offer.	<a href="mailto:rjohn@openage.org.uk">rjohn@openage.org.uk</a>
YouTube	The following classes are now available on YouTube to do in your own time: <ul style="list-style-type: none"> <li>• Pilates</li> <li>• Boxing Fitness</li> <li>• Latin</li> <li>• Chair Exercise</li> <li>• Yoga</li> <li>• Fit Steps</li> <li>• Swing</li> <li>• Aerobics</li> <li>• Chair Exercise</li> </ul>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>  Please make it clear in your email which class (es) you would like to try and that you are registering for YouTube.

- |  |   |  |
|--|---|--|
|  | <ul style="list-style-type: none"><li>• <b>Upper and Lower Body Strengthening</b></li><li>• <b>Ballet</b></li></ul> |  |
|--|---|--|

## NEW THIS WEEK

**Open Science:** the latest in our series of Science lectures in partnership with Imperial College, London, considers the importance of the human hand in managing our daily lives.

**The amazing human hand:** With 29 bones, 34 muscles, and over 120 ligaments, the hand and wrist form a delicate mechanical system. Angela Kedgley, Senior Lecturer in Biomechanics, will describe how our hands function from a biomechanical perspective and discuss how we can use this knowledge for the early diagnosis of hand problems, and for designing treatment and rehabilitation strategies for people who suffer upper limb disability.

**Join us for this fascinating lecture on Tuesday 19<sup>th</sup> January, 2:30 – 4:00pm**

To book, email [bookings@openage.org.uk](mailto:bookings@openage.org.uk)

## CAF - Charities Aid Foundation

Online payments to Open Age are processed by CAF - Charities Aid Foundation - which is a charity itself that supports other charities with banking, fundraising and lots more. CAF makes it easier for us to manage our donations, processes any Gift Aid on our behalf which adds 25p to every £1 we receive. We would like to assure you that it is safe. We will also send you an immediate acknowledgement via CAF, so you are assured that we have received your gift.

## RBKC COVID TESTING

Please follow the link below for COVID-19: Testing and Tracing for Coronavirus. On the website you will find information on:

- Community testing for people without Coronavirus symptoms
- Testing for people with Coronavirus symptoms

[RBKC Testing and Tracing for Coronavirus](#)

## HAMMERSMITH AND FULHAM COVID TESTING

### STOP COVID TO PROTECT YOUR FAMILY: GET A TEST AT A SITE NEAR YOU






Please book a test appointment at one of our new local Covid testing centres. They are open until the end of January.

Book your test here:

[www.lbhf.gov.uk/gettested](http://www.lbhf.gov.uk/gettested)

Covid is still spreading across Hammersmith & Fulham. We can all help stop it by getting a test. This helps identify cases and stop the spread in the home and in the community.

Children under the age of 12 will not be tested at these H&F locations.

 <b>DO NOT come if you have:</b>	
	<b>A high temperature</b>
	<b>A new continuous cough</b>
	<b>A loss of (or change) to your sense of taste or smell</b>
Please call <b>119</b> or visit:  <a href="http://www.nhs.uk/coronavirus">www.nhs.uk/coronavirus</a>	

#### Testing dates and locations:

Wednesday 30 December 2020, 12.00 noon to 8.00pm

Thursday 31 December 2020, 9.00am to 4.00pm

Saturday 2 January 2021 to Monday 1 February 2021, 9.00am to 8.00pm



**Hammersmith & Fulham Council**  
145 King Street  
Hammersmith W6 9JT



**Sands End Arts & Community Centre,**  
South Park  
Fulham SW6 3EZ



**Mobile testing units**  
Look out for mobile testing units coming to a neighbourhood near you

We will shortly be adding more testing sites in H&F. Check our website for details.



For more information on Covid-19 and the vaccine roll-out, visit: [www.lbhf.gov.uk/coronavirus](http://www.lbhf.gov.uk/coronavirus)

## NHS VACCINE SCAM TEXTS

We've been alerted that people have received scam text messages about the COVID Vaccine. These texts will redirect you (via a link in the text message) to a convincing looking website, however it will then ask you for bank details. You should **never** be asked for these personal details over a text. Please be careful and don't share your information.

## WESTMINSTER COUNCIL – INFORMATION ON VACCINES

We have now a page of FAQs about the COVID-19 vaccine on our website which you can access here. Getting your COVID-19 vaccine protects not only you, but also your family, friends and community. The NHS are working hard to vaccinate people against COVID-19 and will let you know when it's your turn to be vaccinated. Please ensure you take up your vaccination appointment when invited.

<https://www.westminster.gov.uk/covidvaccine>

## IMPORTANT NOTICE REGARDING TRACK AND TRACE

Please be aware of this telephone scam where callers contact residents saying they are from NHS Track & Trace, telling the resident that they have been in contact with someone suffering from Covid-19 and need to have a test sent out to them. This is then followed with a request for the resident's bank details; the caller states that the test and results cost £500.

Please do not fall for this scam. If you need a test sent out to you because you are unable to attend a test site, this is done for free, both delivery and collection, followed up by the result.

Important things to note, The NHS Test and Trace service will **NOT**:

- ask for bank details or payments
- ask for details of any other accounts, such as social media
- ask you to set up a password or PIN number over the phone
- ask you to call a premium rate number, such as those starting 09 or 087

## NHS APP

The NHS COVID-19 app, available to download for free in England and Wales, is the fastest way to see if you're at risk from coronavirus. The faster you know, the quicker you can alert and protect your loved ones and community. The app has a number of tools to protect you, including contact tracing, local area alerts and venue check-in. It uses proven technology from Apple and Google, designed to protect every user's privacy.

For more details visit: [www.covid19.nhs.uk](http://www.covid19.nhs.uk)

**Grenfell Recovery & Wellbeing College Spoke**  
**(Open to all Kensington and Chelsea residents)**

The Grenfell Health and Wellbeing Service is teaming up with the CNWL Recovery & Wellbeing College and Community Champions to offer a programme of free workshops that focus on wellbeing;

**Exploring emotions and coping strategies:** Thurs 14 Jan, 1pm to 2:15pm

**To book your place**

Call the Recovery & Wellbeing College admissions office on 020 3214 5686

Grenfell Health & Wellbeing Service on 02086376279 or email [recoverycollege.cnwl@nhs.net](mailto:recoverycollege.cnwl@nhs.net)

**FLU VACCINATION**

**Now more than ever -  
get your free flu jab!**


Flu can lead to serious complications and hospital visits, especially for those with an underlying condition and at greater risk from Covid-19.

Ask your GP or pharmacist for your free flu jab today.

**Flu vaccination is the best defence against flu and is free if you are:**

- 65 years or over
- Living in a residential or nursing home
- A frontline or healthcare worker
- Members of a shielding household
- A carer of an older or disabled person
- Living with a long term health condition

**Protect yourself and those around you.**

 London ageUK

This poster is sponsored by Sequiris

Registered charity number 1092198

**SINGING SESSIONS WITH SHAPESHIFTER PRODUCTIONS**

A performing arts charity, Shapeshifter Productions, have created a free, virtual jukebox of video songs that are keeping older and isolated people singing through the pandemic. They hope their Smiling Sessions singalongs will help support wellbeing and mental health during this difficult time. Each session comes with on-screen lyrics and is accessible to everyone via an easy to use online app: <https://www.smilingsessions.com/> the songs can be streamed or downloaded. Find out more about the sessions by visiting: <http://www.shapeshifter-productions.com/smiling-sessions-covid-19/>

If you have any issues accessing these sessions or need help with the technology required, please email: [Violaine@shapeshifter-productions.com](mailto:Violaine@shapeshifter-productions.com) or by calling 02070 971409

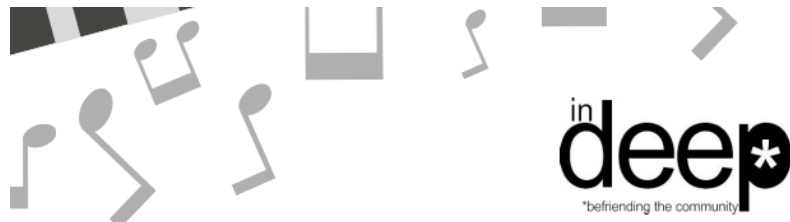
### **OPEN AGE LOCKDOWN COOKBOOK**

In March 2020 the Covid-19 restrictions meant that many of our members found themselves isolated in their homes for weeks.

During that time, the outreach and link-up team started running phone groups for our members who would normally have been meeting in person, and many of the conversations we had together involved food and cooking and the role that has played in our lives. We put this book together as a record of how our Open Age community came together to support each other through this remarkable and difficult time.

If you would like to see our recipes and get cooking yourself you can purchase a copy on Amazon [HERE](#).

### **OVER 50's CHOIR**



# Over 50s Choir

Online via Zoom

6:30-7:30pm

Every first & third Monday of the month  
(next dates: 18th Jan; 1st & 15th Feb;  
1st & 15th Mar)

Join our friendly community choir  
to sing a range of songs from the  
50's, 60's, musicals and more!

For the Zoom link, please email:  
[emma.chapman@in-deep.org.uk](mailto:emma.chapman@in-deep.org.uk)

[www.in-deep.org.uk](http://www.in-deep.org.uk)

**Open Age's TOP PICKS!**

**ONLINE EVENTS**

**British Museum** - Lectures and Discussions:

Thursday 14<sup>th</sup> January at 7:30pm - Inheriting climate change: Hear from Indigenous Arctic youth activist Maatalii Okalik and Kiribati youth activist Itinterunga Rae Bainteti as they discuss how the climate crisis impacts the Peoples of their regions.

Click [here](#) to book

**Kew Gardens Online Visitor Learning**

Wednesday 13<sup>th</sup> January at 11am (LIVE broadcast) - Knitting Nature: Learn about Kew's science and rare plants through a fun and friendly knit and natter group. Repurpose and recycle knitting materials in your own home.

Click [here](#) to join



**Webinar on Positive Psychology in a Time of Pandemic** - Miriam Akhtar and Chris Johnstone introduce practical Positive Psychology strategies to nourish wellbeing in a time of pandemic. Wednesday 13<sup>th</sup> January at 7:30pm

Click [here](#) to book

**BMC & KCMS Virtual Concert Series:** Katie Bray and William Vann, live from the 1901 Arts Club. Katie Bray, mezzo-soprano & William Vann, piano. Thursday 14 January 2021 at 6pm

Click [here](#) to watch

**Navigating the Night Sky** - Edinburgh astronomer Alan Pickup will highlight the signposts in the night sky that help to locate some of its more prominent features. Friday 15<sup>th</sup> January at 7:30pm

Click [here](#) to book

**Top 10 Tips for Growing Fruit Trees** - Local Master Gardeners will teach you how to grow great fruit from planting to harvest. Learn about keeping your fruit trees beautiful and productive with proper pruning. Friday 15<sup>th</sup> January at 8pm

Click [here](#) to book

**Learn About Healthy Vegan Living** - Join guest speaker Joseph Gonzales for a free virtual talk on Vegan Nutrition! Mr. Gonzales will present tips and information on staying healthy as a vegan. Saturday 16<sup>th</sup> January at 8pm

Click [here](#) to book