

Open Age Virtual Programme

Mon, 10th - Fri, 14th May

“Click” to make an
 Activity Donation

PLEASE NOTE

- 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



Standing Exercise






Seated Exercise



Floor Exercise

Monday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:00am	Literature & Poetry Appreciation	bookings@openage.org.uk
10:00 - 11:00am	Ballet Fitness <i>*bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	Know Your 'Google' Email <i>*must use a @gmail account</i>	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Know Your 'Outlook' Email <i>*must use a @hotmail/@live account</i>	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Know Your 'Mail' Email <i>*using mail app on iPad/iPhone</i>	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Watercolours A CLASS FULL	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Italian Beginners 1 CLASS FULL	aclbookings@openage.org.uk
10:15 - 11:15am	Tai Chi <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:30 - 11:30am	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 

10:30 - 11:30am	Phone Group: Kensington Activity Group (KAG)	bookings@openage.org.uk
11:00 - 12:30pm	Shared Reading on Zoom <i>(with Ghada)</i>	bookings@openage.org.uk
11:30 - 12:30pm	Latin Dance <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:30 - 12:30pm	Phone Group: Monday Forum <i>(a range of topical discussions and shared stories and quizzes)</i>	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Italian Beginners 2 CLASS FULL	aclbookings@openage.org.uk
11:45 - 1:15pm (ACL)	Getting to Know Your Android Phone CLASS FULL	aclbookings@openage.org.uk
12:00 - 1:30pm (ACL)	Watercolours B CLASS FULL	aclbookings@openage.org.uk
12:00 - 1:00pm	A Spanish Chat	bookings@openage.org.uk
12:15 - 1:15pm	Look & Cook (Fortnightly - next class 10th May) Recipes from around the world – This week; Healthier eating recipes for mental awareness.	bookings@openage.org.uk
12:45 - 1:45pm	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:30 - 3:00pm (ACL)	Drama CLASS FULL	aclbookings@openage.org.uk
2:00 – 3:00pm	Open Space talks: An introduction to Beekeeping in an urban environment 10th May only	bookings@openage.org.uk
2:00 - 3:00pm	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk  
2:30 - 3:30pm	Osteo Blast: Exercise for Healthy Bones on Zoom <i>(open to Westminster and RBKC residents)</i>	bookings@openage.org.uk   
2:30 - 3:30pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 – 3:30pm	Local History: NOW AND THEN, A walk up Campden Hill Road	bookings@openage.org.uk

3:30 - 5:00pm	Mindfulness & Relaxation <i>Discover your calm with tutor Stephanie</i>	bookings@openage.org.uk
6:30 - 8:30pm	Time for Me Carers: Speaking Meditation <i>on Zoom</i>	carerstimeforme@openage.org.uk

Tuesday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:30am (ACL)	Computer Management for Windows 10 CLASS FULL	aclbookings@openage.org.uk
10:00 - 11:00am	Zumba <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	Creative Writing CLASS FULL	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Italian Absolute Beginners CLASS FULL	aclbookings@openage.org.uk
10:00 - 11:00am	Fun with Art	bookings@openage.org.uk
10:00 - 11:00am	Open Space Talks: The Wallace Collection The Wallace Collection is a museum in a central London townhouse, with a collection ranging from Old Master paintings to Oriental Armour and French porcelain. Join Norton for a virtual tour to find out about the history of the Wallace Collection and explore six of his chosen highlights from the Collection, including paintings and one of our finest examples of Sevres porcelain.	bookings@openage.org.uk
10:30 - 11:30am	Healthy Lungs on Zoom <i>(Open for RBKC residents only)</i> <i>*Enquire about eligibility</i>	bookings@openage.org.uk
10:30 - 11:30am	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk  
11:30 - 12:30pm	Kundalini Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:30 - 12:30pm	Fun with Art	bookings@openage.org.uk
12:00 - 1:30pm (ACL)	Spanish Next Step 2, Group 1 CLASS FULL	aclbookings@openage.org.uk
12:00 - 1:30pm (ACL)	Getting to Know Your iPhone WAITING LIST	aclbookings@openage.org.uk
12:15 - 1:15pm	Men's Space Active Exercise on Zoom	bookings@openage.org.uk

	<i>(with Russell)</i>	
12:30 - 1:30pm	Life Stories (Creative Writing)	bookings@openage.org.uk
1:00 - 2:00pm	Singing for Joy <i>As it's Mental Health Awareness Week, this week's class will focus on breathing techniques and positive vibes.</i> 11th May only	bookings@openage.org.uk
1:15 - 2:15pm	Keep Fit <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:30 - 2:30pm	Time for Me Carers: Tech Help <i>on Zoom & Phone</i>	carerstimeforme@openage.org.uk
1:30 - 3:00pm (ACL)	Creative Writing CLASS FULL	aclbookings@openage.org.uk
2:00 - 3:30pm (ACL)	Spanish Next Step 2, Group 2 CLASS FULL	aclbookings@openage.org.uk
2:00 – 2:45pm	Steady & Stable Phone Group <i>(a falls prevention class for those with concerns about their balance)</i> <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
2:30 - 4:15pm	How to Use Zoom BOOK NOW	bookings@openage.org.uk
3:00 - 4:00pm	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:30 - 4:30pm	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 

Wednesday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
9:30 - 11:00am (ACL)	Sketching in Sculpture Parks and Outdoor Spaces (Beginners) CLASS FULL	aclbookings@openage.org.uk
10:00 - 11:00am	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:00am	Fit Steps <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	How to Host on Zoom BOOK NOW	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Lip-Reading and Managing Hearing Loss	aclbookings@openage.org.uk


	CLASS FULL	
10:00 - 11:00am	Creative Sewing on Zoom <i>This week's class will delve into 'nature embroidery for wellbeing'</i>	bookings@openage.org.uk
11:00 - 12:30pm	Greek Mythology on Zoom	bookings@openage.org.uk
11:30 - 12:30pm	Exercise to Music <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:30 - 1:00pm (ACL)	Sketching in Sculpture Parks and Outdoor Spaces (Advanced) CLASS FULL	aclbookings@openage.org.uk
11:30 - 12:30pm	Shared Reading on Zoom <i>(with Ewa)</i>	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Lip-Reading and Managing Hearing Loss (Beginners) CLASS FULL	aclbookings@openage.org.uk
12:00 - 13:15pm	Phone Group: Men's Cooking Group <i>(with Manju & Russell)</i>	outreachbookings@openage.org.uk
1:00 - 2:00pm	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:00 - 2:00pm	Guitar for All on Zoom	bookings@openage.org.uk
1.00 – 2.00pm	Comedy Quiz 12th May only Have a laugh and test your knowledge of comedy legends & sketches	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Italian Beginners CLASS FULL	aclbookings@openage.org.uk
1:30 - 3:00pm (ACL)	Meditation and Mindfulness BOOK NOW	aclbookings@openage.org.uk
2:00 - 3:00pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Phone Group: Campden Ward Social Group	bookings@openage.org.uk
2:30 - 3:30pm	Soca dance <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
3:00 - 4:00pm	Theatre Discussion Class on Zoom	bookings@openage.org.uk
3:00 - 4:00pm	Chi Gong <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:00 - 4:00pm	'Troubleshooting' - Tech Drop-in	outreachbookings@openage.org.uk

	<i>(Weekly Zoom drop-in session to help those who may have a technological issue or question with a device (could be a smart phone, a tablet or a laptop). *Small numbers.</i>	
3:15 - 4:45pm (ACL)	How to Host - Session 3 <i>For members who have completed Sessions 1&2</i> *STARTING MAY	aclbookings@openage.org.uk
3:15 - 4:45pm (ACL)	Poetry BOOK NOW	aclbookings@openage.org.uk
4:00 - 5:30pm (ACL)	Meditation and Mindfulness CLASS FULL	aclbookings@openage.org.uk
6:30 - 7:30pm	Time for Me Carers: Evening Chat Social <i>on Zoom & Phone</i>	carerstimeforme@openage.org.uk

Thursday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
9:45 - 10:45am	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10.00 –11.30am	Stress Management Society workshop; "Excelling Under Pressure." *NEW* <i>In the workshop, we understand and recognise stress, explore some of the flawed strategies that people commonly use to deal with it and provide more beneficial alternatives including practical exercises designed to increase personal resilience.</i> One-off event, 13th May only	bookings@openage.org.uk
10:00 - 11:30pm (ACL)	Online Safety BOOK NOW	aclbookings@openage.org.uk
10:00 - 11:30pm (ACL)	Speaking English with Confidence CLASS FULL	aclbookings@openage.org.uk
10:30 - 11:30am	Boxing Fitness <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:00 - 12:00pm	Italian Archaeology *Fortnightly, next class 6th May	bookings@openage.org.uk
11:00 –12:00pm	Osteo Blast: Exercise for Healthy Bones on Zoom	bookings@openage.org.uk 

	<i>(open to Westminster and RBKC residents)</i>	
11:30 - 12:30pm	Dance <i>(bookings open from 9am on week before)</i>	physicalactivitybookings@openage.org.uk 
11:30 - 12:30pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	Spanish Next Step 1 CLASS FULL	aclbookings@openage.org.uk
11:45 - 12:45pm	Osteo Pro <i>Must have completed Osteo Blast. Bookings open from 9am one week before.</i>	physicalactivitybookings@openage.org.uk   
11:45 - 1:15pm	How to Use Zoom BOOK NOW	bookings@openage.org.uk
12.30 – 1.30pm	Open Health, Nutrition & Mental Health: <i>The link between food and mood and the importance of a well-balanced diet for mental health</i> 13th May only	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Italian Next Step 1 CLASS FULL	aclbookings@openage.org.uk
2:00 - 3:00pm	Spanish Conversation: Intermediate Level	bookings@openage.org.uk
2:00 - 3:00pm	Chair Exercise Phone Group	physicalactivitybookings@openage.org.uk or call 07799 369713 
2:00 - 3:00pm	Chi Gong <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:00 - 3:00pm	Phone Group: Shared Reading	bookings@openage.org.uk
2:30 - 3:30pm	Steady & Stable on Zoom <i>(a falls prevention class for those with concerns about their balance)</i> <i>*Enquire about eligibility</i>	bookings@openage.org.uk  
3:00 - 4:00pm	History of Art on Zoom	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Italian Next Step 2 CLASS FULL	aclbookings@openage.org.uk
3:15 - 4:45pm (ACL)	Disco Fever (Continuing) CLASS FULL	aclbookings@openage.org.uk
4.00 – 5.00pm	Conversational French <i>Intermediate level informal French conversation sessions with tutor Alaydis</i>	bookings@openage.org.uk
4:00 - 5:00pm	Phone Group: Topical Hour	bookings@openage.org.uk

4:00 - 5:00pm	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
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Friday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:30pm (ACL)	iPad Art for Beginners CLASS FULL	aclbookings@openage.org.uk
10:00 - 11:00am	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	Know Your 'Google' Email <i>*must use a @Gmail account</i>	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Know Your 'Outlook' Email <i>*must use a @Hotmail/@live account</i>	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Know Your 'Mail' Email <i>*using mail app on iPad/iPhone</i>	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Spanish Beginners CLASS FULL	aclbookings@openage.org.uk
10:00 - 11:00am	Philosophy	bookings@openage.org.uk
10:30 - 11:30am	Members Social Quiz *Monthly, next quiz 4th June	
10:45 - 11:45am	Healthy Lungs on Zoom <i>(Open for RBKC residents only)</i> <i>*Enquire about eligibility</i>	bookings@openage.org.uk
11:00 - 1.00pm	Time for Me Carers: Chi Kung Zoom <i>Please have a chair available for session</i> <i>(Time for Me carers only)</i>	carerstimeforme@openage.org.uk  
11:00- 12:00pm	Osteo Blast: Exercise for Healthy Bones on Zoom <i>(open to Westminster and RBKC residents)</i>	bookings@openage.org.uk   
11:15 - 12:15pm	Beginner's Drawing on Zoom <i>As this week is Mental Health Awareness Week, this session we will be using a different format, using art as a way of therapy to help strengthen your mind set to increase positivity.</i> 14th May only	bookings@openage.org.uk
11:30 - 12:30pm	Zumba <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 12:45pm	Stretch and Tone	physicalactivitybookings@openage.org.uk

	<i>*Bookings open from 9am one week before</i>	
11:45 - 1:15pm (ACL)	Spanish Beginners 1 CLASS FULL	aclbookings@openage.org.uk
11:45 - 1:15pm (ACL)	Using Microsoft Edge with Windows 10 CLASS FULL	aclbookings@openage.org.uk
11:45 - 12:45pm	Philosophy	bookings@openage.org.uk
12:00 - 1:30pm (ACL)	Becoming Confident Using the Internet CLASS FULL	aclbookings@openage.org.uk
1:00 - 1:45pm	Healthy Lungs Phone Group <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
1:00 - 3:00pm (ACL)	Improve Drawing Techniques CLASS FULL	aclbookings@openage.org.uk
1:00 - 3:00pm (ACL)	Spanish Beginners 2 CLASS FULL	aclbookings@openage.org.uk
1:00 - 2:00pm	Lose Weight with One You 10-week course delivered on Zoom	To enquire, please call One You on 020 3434 2500
1:00 - 2:00pm	Singing for Joy	bookings@openage.org.uk
1:30 - 2:30pm	Friday Social Phone group <i>(with Emma)</i>	bookings@openage.org.uk
2:00 - 3:00pm	Mental Wellbeing in Pictures *NEW* In honour of Mental Health Awareness Week , we are asking you to send in a picture of something that you would say helps your mental wellbeing. Maybe it's a piece of art, maybe it's your garden or even a pet! Just email the picture to us prior to the class starting. Then come along to discuss your chosen piece and tell us why you have chosen it.	bookings@openage.org.uk
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
2:30 - 3:30pm	Step up from Steady <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:00 - 4:00pm	Members Social: Chat & Relax Volunteer led social.	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Disco Fever – Beginners CLASS FULL	aclbookings@openage.org.uk

Other

SERVICE	INFORMATION	EMAIL FOR BOOKING
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.	dbath@openage.org.uk spage@openage.org.uk
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.	ecohen@openage.org.uk
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.	rjohn@openage.org.uk
YouTube	The following classes are now available on YouTube to do in your own time: <ul style="list-style-type: none"> • Pilates • Boxing Fitness • Latin • Chair Exercise • Yoga • Fit Steps • Swing • Aerobics • Chair Exercise • Upper and Lower Body Strengthening • Ballet • Zumba 	physicalactivitybookings@openage.org.uk Please make it clear in your email which class (es) you would like to try and that you are registering for YouTube.

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.

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: https://www.amazon.co.uk/dp/B08R8Y3QNN?ref=pe_3052080_397514860

CARER'S NETWORK - DYING MATTERS WEEK

Join at one or all of the events below through Dying Matters Awareness Week:

EVENTS	BRIEF	DAY	TIME	PLATFORM
Talking Future Planning	Talk and discussion - What is future care planning? Why does it matter and what can we do to create communities with good place for meaningful conversation?	Mon 10 th May	2:00 - 3:30 PM	Click here to join the meeting On Microsoft Teams
Will Writing Workshop	Talk and discussion - Why and how to make a will, what happens to your assets if you die without making a will, what a will should cover, choosing executors, the basics of probate and inheritance tax, property abroad.	Tue 11 th May	12:30 - 2:00 PM	Join on Zoom Here ID: 857 6309 9722 Passcode: 887689
End of Life Carers Project Open Day	Presentation and discussion – This is an opportunity to talk about death and dying through the lenses of our End of Life Carers Project. What are we about? What does the project do and Why does support for family members of people in the last years of life matters?	Wed 12 th May	3:00 - 4:30 PM	Click here to join the meeting On Microsoft Teams
Bereaved in the Community	The pandemic has brought death and the bereaved in sharp focus as we lived through the national daily count on covid death. What support is available and how do we, as a community, improve the experience of those who are bereaved in our community.	Thurs 13 th May	10:00 - 11:30 AM	Join on Zoom Here ID: 829 3610 8707 Passcode: 710306
End of Life Carers Project Open Day	Presentation and discussion – This is an opportunity to talk about death and dying through the lenses of our End of Life Carers Project. What are we about? What does the project do and Why does support for family members of people in the last years of life matters?	Fri 14 th May	11:00 - 12:30 PM	Join on Zoom Here ID: 850 0101 6335 Passcode: 527219

TOP PICKS! EXTERNAL ONLINE EVENTS

Grey to Green

How can we make our cities kinder for humans and wildlife?

You are invited to view the video recording of this Open Science talk, which took place in August 2020. Professor Tilly Collins of Imperial College London, takes Open Age members through the benefits of turning, our urban environments into kinder places for both nature and humans. And explains how this can also promote good physical and mental health wellbeing . View the video on **YouTube here:** <https://youtu.be/Fz-D0ewsHVg>

Royal Collection Trust

Wednesday 12th May at 2pm - Victoria and Albert: Our Lives in Watercolour

Curator Carly Collier introduces the Victoria & Albert: Our Lives in Watercolour exhibition, soon to open at The Queen's Gallery in Edinburgh. This exhibition marks the bicentenary of the births of both Victoria and Albert.

Join Zoom Meeting:

<https://zoom.us/j/9044769010?pwd=ZmwwdVZKdjFMVnNjWlMvbXRzOUUpSdz09>

Meeting ID: 904 476 9010

Passcode: 624813

Artful Doodles Drawing Class - Guided adventure of step by step drawings. We build on simple shapes and textures to create beautiful fantasy art. Wednesday 12th May at 5:30pm

Click [here](#) to book

Uncovering Victorian Culture - Join to discover how to research Victorian culture - with guest speaker Dr Caroline Bresssey, cultural & historical geographer, UCL. Thursday 13th May at 2pm

Click [here](#) to book

Time to fold: Origami for wellbeing - Try something new and wonderful with Dr Lizzie Burns who helps people of all ages discover origami for relaxation and wellbeing. Thursday 13th May at 5pm

Click [here](#) to book

Floral Fun - Learn how to arrange flowers in your home with qualified florist - no skills needed, just a little bit of creativity and fun! Friday 14th May at 4:30pm

Click [here](#) to book

Burrito Bowls - Quick, easy and customisable! Join and learn to cook these healthy, delicious burrito bowls the whole family will enjoy. Sunday 16th May at 10am

Click [here](#) to book