



**MONDAY 12<sup>th</sup> – 16<sup>th</sup> APRIL**

Please note that our phone number has changed. New number: **020 4516 9978**

Dear Members,

**Please note** that all Covid information usually included at the bottom of the programme have been transferred to the website to alleviate the programme. You can find all necessary information on <https://www.openage.org.uk/covid-information-other-services>

We continue to manage your requests as promptly and as quickly as we can. **To help us with this process we would like to ask all our members to use the address provided on the programme when booking an activity.**

If you can't see any activities you want to join in on just yet, do check out our **TOP PICKS** for this week - just remember to scroll to the bottom!

Thank you and looking forward to seeing you next week!

Best wishes,  
The Open Age Team.

# Open Age Virtual Programme

## Mon, 12<sup>th</sup> – Fri, 16<sup>th</sup> April

“Click” to make an  
 Activity Donation

### PLEASE NOTE

Thinking of doing a language? The following gives a guide as to what you need for the different classes. If we can offer a place we will ensure you meet the tutor to make sure the level is right for you:

Class	Tuition
Absolute Beginners	a total beginners with no knowledge whatsoever
Beginners	have had 15+ hours of tuition
Beginners 1	have had 25+ hours of tuition
Beginners 2	have had 45+ hours of tuition
Next Step 1	have had 65+ hours of tuition
Next Step 2	have had 100+ hours of tuition

- 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

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:00am	Literature & Poetry Appreciation (next class 19 <sup>th</sup> April)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Know Your 'Google' Email *must use a @gmail account BOOK NOW - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Know Your 'Outlook' Email *must use a @hotmail/@live account BOOK NOW - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

10:00 - 11:30am (ACL)	Know Your 'Mail' Email <i>*using mail app on iPad/iPhone</i> BOOK NOW - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Watercolours A WAITING LIST - STARTS 26 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Italian Beginners 1 WAITING LIST - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:30 - 11:30am	Phone Group: Kensington Activity Group (KAG) (WAITING LIST)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:00 - 12:00pm	Coffee & Chat <i>A coffee morning get-together</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:00 - 12:30pm	Shared Reading on Zoom <i>(with Ghada)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 - 12:30pm	Phone Group: Monday Forum <i>(a range of topical discussions and shared stories and quizzes)</i> (No sessions on 29/3 or 5/4, restarting on 12/4)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:45 - 1:15pm (ACL)	Italian Beginners 2 WAITING LIST - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:45 - 1:15pm (ACL)	Getting to Know Your Android Phone BOOK NOW - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:00 - 1:30pm (ACL)	Watercolours B WAITING LIST - STARTS 26 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:00 - 1:00pm	A Spanish Chat BOOK NOW - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:15 - 1:15pm	Look & Cook <i>(next class 19<sup>th</sup> April)</i> Recipes from around the world on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 - 3:00pm (ACL)	Drama WAITING LIST - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
2.30 - 3.30pm	Local History: LOOKING EAST TOWARDS WESTMINSTER from Pembridge Square to Elkstone Road 12 <sup>th</sup> April	

## Tuesday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:30am (ACL)	Computer Management for Windows 10 WAITING LIST - STARTS 27 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Creative Writing WAITING LIST - STARTS 27 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Italian Absolute Beginners *NEW* BOOK NOW - STARTS 20 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

10:00 - 11:00am	<b>Fun with Art</b> <i>(next class 20<sup>th</sup> April)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:00am	<b>Open Space talks:</b> <span style="background-color: yellow;">*NEW*</span> <b>London's Historical quiz!</b> <i>Joining us today is Terry; who used to volunteer at St Pauls. He loves London's amazing history and of course St Pauls, all welcome for this fun and lively quiz where he'll also be adding a few stories too!</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:30 - 11:30am	<b>Healthy Lungs on Zoom</b> <i>(Open for RBKC residents only)</i> <i>*Enquire about eligibility</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 - 12:30pm	<b>Fun with Art</b> <i>(next class 20<sup>th</sup> April)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:00 - 1:30pm <span style="background-color: yellow;">(ACL)</span>	<b>Spanish Next Step 2, Group 1</b> <b>BOOK NOW - STARTS 27<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:00 - 1:30pm <span style="background-color: yellow;">(ACL)</span>	<b>Getting to Know Your iPhone</b> <b>BOOK NOW - STARTS 27<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:15 - 1:15pm	<b>Men's Space Active Exercise on Zoom</b> <i>(with Russell)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:30 - 1:30pm	<b>Life Stories (Creative Writing)</b> <i>(next class 20<sup>th</sup> April)</i>	<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>
1:30 - 3:00pm <span style="background-color: yellow;">(ACL)</span>	<b>Creative Writing</b> <b>WAITING LIST - STARTS 27<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
2:00 - 3:30pm <span style="background-color: yellow;">(ACL)</span>	<b>Spanish Next Step 2, Group 2</b> <b>BOOK NOW - STARTS 27<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
2:30 - 4:15pm	<b>How to Use Zoom</b> <b>BOOK NOW - STARTS 20<sup>th</sup> APRIL</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2:30 - 3:30pm	<b>Time for Me Carers Social on Zoom &amp; phone</b> <i>(next session starts on 20<sup>th</sup> April)</i>	<a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>

## Wednesday

TIME	CLASS	EMAIL FOR BOOKING
9:30 – 11:00am <span style="background-color: yellow;">(ACL)</span>	<b>Sketching in Sculpture Parks and Outdoor Spaces (Beginners)</b> <b>BOOK NOW - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am <span style="background-color: yellow;">(ACL)</span>	<b>How to Host on Zoom</b> <b>BOOK NOW - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am <span style="background-color: yellow;">(ACL)</span>	<b>Lip-Reading and Managing Hearing Loss</b> <b>WAITING LIST - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:00am	<b>Creative Sewing on Zoom</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

	<b>next class 21<sup>st</sup> April)</b>	
11:00 - 12:30pm	<b>Greek Mythology on Zoom</b> <b>(next class 21<sup>st</sup> April)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 - 1:00pm <b>(ACL)</b>	<b>Sketching in Sculpture Parks and Outdoor Spaces (Advanced)</b> <b>WAITING LIST - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@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>
11:45 - 1:15pm <b>(ACL)</b>	<b>Lip-Reading and Managing Hearing Loss (Beginners)</b> <b>BOOK NOW - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:00 - 13:15pm	<b>Phone Group: Men's Cooking Group</b> <i>(with Manju &amp; Russell)</i>	<a href="mailto:outreachbookings@openage.org.uk">outreachbookings@openage.org.uk</a>
1:00 - 2:00pm	<b>Guitar for All on Zoom</b> <b>(next class 21<sup>st</sup> April)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 - 3:00pm <b>(ACL)</b>	<b>British Crafts in the 20<sup>th</sup> Century</b> This is a 10 week course and the group will be discussing design such as pottery, woodwork, textiles, glass during the different decades of the 20th century – starting with the 1920s. <b>BOOK NOW - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
1:30 - 3:00pm <b>(ACL)</b>	<b>Italian Beginners</b> <b>BOOK NOW - STARTS 21<sup>st</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
1:30 - 3:00pm <b>(ACL)</b>	<b>Meditation and Mindfulness</b> <b>BOOK NOW - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@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>
3:00 - 4:00pm	<b>Theatre Discussion Class on Zoom</b> <b>*Next class: 21<sup>st</sup> April</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3:00 - 4:00pm	<b>'Troubleshooting' - Tech Drop-in</b> <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> <b>(No sessions on 31/3 restarting 7/4)</b>	<a href="mailto:outreachbookings@openage.org.uk">outreachbookings@openage.org.uk</a>
3:15 - 4:45pm <b>(ACL)</b>	<b>How to Host - Session 3</b> <i>For members who have completed Sessions 1&amp;2</i> <b>BOOK NOW - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
3:15 - 4:45pm <b>(ACL)</b>	<b>Poetry</b> <b>BOOK NOW - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
4:00 - 5:30pm <b>(ACL)</b>	<b>Meditation and Mindfulness</b> <b>BOOK NOW - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## Thursday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:30pm (ACL)	Online Safety BOOK NOW - STARTS 29 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30pm (ACL)	Speaking English with Confidence BOOK NOW - STARTS 29 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:00 - 12:00pm	Italian Archaeology <i>*Fortnightly, next class 22<sup>nd</sup> April</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 - 12:30pm	Flamenco Dance <i>(bookings open from 9am on week before)</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
11:30 - 12:30	Exploring Silent Film: Metropolis <i>Next session 15<sup>th</sup> April</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:45 - 1:15pm (ACL)	Spanish Next Step 1 BOOK NOW - STARTS 29 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:45 - 1:15pm	How to Use Zoom BOOK NOW - STARTS 23 APRIL	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 - 3:00pm (ACL)	Italian Next Step 1 WAITING LIST - STARTS 22 <sup>nd</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
2:00 - 3:00pm	Spanish Conversation: Intermediate Level <i>(next class 22<sup>nd</sup> April)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2:00 - 3:00pm	Phone Group: Shared Reading	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3:00 - 4:00pm	History of Art on Zoom <i>(next class 22<sup>nd</sup> April)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3:15 - 4:45pm (ACL)	Italian Next Step 2 BOOK NOW - STARTS 22 <sup>nd</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
3:15 - 4:45pm (ACL)	Disco Fever (Continuing) COURSE FULL - STARTS 29 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@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 - 11:30pm (ACL)	iPad Art for Beginners BOOK NOW - STARTS 30 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Know Your 'Google' Email <i>*must use a @gmail account</i> BOOK NOW - STARTS 30 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Know Your 'Outlook' Email <i>*must use a @hotmail/@live account</i>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

	<b>BOOK NOW - STARTS 30<sup>th</sup> APRIL</b>	
<b>10:00 - 11:30am</b> <b>(ACL)</b>	<b>Know Your 'Mail' Email</b> <i>*using mail app on iPad/iPhone</i> <b>BOOK NOW - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>10:00 - 11:30am</b> <b>(ACL)</b>	<b>Spanish Beginners</b> <b>WAITING LIST - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>10:00 - 11:00am</b>	<b>Philosophy</b> <i>(next class 23<sup>rd</sup> April)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>10:45 - 11:45am</b>	<b>Healthy Lungs on Zoom</b> <i>(Open for RBKC residents only)</i> <i>*Enquire about eligibility</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>11:00 - 1.00pm</b>	<b>Time for Me Carers: No session</b> <b>Easter break</b>	<a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
<b>11:00 - 12:15pm</b>	<b>Men's Space Football - Exercise &amp; Social on Zoom</b> <i>(with Russell)</i> No session on the 2 <sup>nd</sup> April. Sessions restart on the 9 <sup>th</sup> April.	<a href="mailto:outreachbookings@openage.org.uk">outreachbookings@openage.org.uk</a>
<b>11:15 - 12:15pm</b>	<b>Beginner's Drawing on Zoom</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>11:45 - 1:15pm</b> <b>(ACL)</b>	<b>Spanish Beginners 1</b> <b>WAITING LIST - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>11:45 - 1:15pm</b> <b>(ACL)</b>	<b>Using Microsoft Edge with Windows 10</b> <b>BOOK NOW - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>11:45 - 12:45pm</b>	<b>Philosophy</b> <i>(next class 23<sup>rd</sup> April)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>12:00 - 1:30pm</b> <b>(ACL)</b>	<b>Becoming Confident Using The Internet</b> <b>BOOK NOW - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>1:00 - 1:45pm</b>	<b>Healthy Lungs Phone Group</b> <i>(for members who were attending the programme before closure)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>1:00 - 3:00pm</b> <b>(ACL)</b>	<b>Improve Drawing Techniques</b> <b>WAITING LIST - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>1:00 - 3:00pm</b> <b>(ACL)</b>	<b>Spanish Beginners 2</b> <b>BOOK NOW - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>1:00 - 2:00pm</b>	<b>Lose Weight with One You</b> 10-week course delivered on Zoom	To enquire, please call One You on 020 3434 2500
<b>1:00 - 2:00pm</b>	<b>Singing for Joy</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>1:30 - 2:30pm</b>	<b>Friday Social Phone group</b> <i>(with Emma)</i> <b>(No session on 2/04, restarting on 9/4)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>2:00 - 3:00pm</b>	<b>'My Favourite Chair':</b> <b>*NEW*</b> Discussion with V&A volunteer Nikke and please share your chair! <i>This session is all about chairs! and the fact that we've been stuck at home and probably</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

	<p>sitting for more time than we would usually. To start us off guest speaker Nikke Ariff (art historian and volunteer at the V&amp;A) will be talking about a couple of her favourite chairs from the V&amp;As collection and her own personal favourite chair at home. Each of the group will be asked to share their favourite chair (just 2 mins) and what it means for them. It'll be a friendly and fun session to get to know a bit more about chairs and us! Limited spaces, book early!</p>	
<b>2:30 - 3:30pm</b>	<p><b>Step up from Steady</b> *Bookings open from 9am one week before</p>	<p><a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a></p> 
<b>3:00 - 4:00pm</b>	<p><b>Members Social: *NEW*</b> <b>Chat &amp; Relax</b> Chat &amp; Relax is a volunteer led weekly social. Hosted by two of our Open Age Volunteers. Chat &amp; Relax creates a space, were our members, can come together to talk, socialize, meet new members. And most importantly, have a cup of tea! Come along! All welcome!! <b>BOOK NOW</b></p>	<p><a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a></p>
<b>3:15 - 4:45pm</b> <b>(ACL)</b>	<p><b>Disco Fever – Beginners</b> <b>BOOK NOW - STARTS 30<sup>th</sup> APRIL</b></p>	<p><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a></p>

## 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> </ul>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>



	<ul style="list-style-type: none"> <li>• <b>Boxing Fitness</b></li> <li>• <b>Latin</b></li> <li>• <b>Chair Exercise</b></li> <li>• <b>Yoga</b></li> <li>• <b>Fit Steps</b></li> <li>• <b>Swing</b></li> <li>• <b>Aerobics</b></li> <li>• <b>Chair Exercise</b></li> <li>• <b>Upper and Lower Body Strengthening</b></li> <li>• <b>Ballet</b></li> </ul>	<p><b>Please make it clear in your email which class (es) you would like to try and that you are registering for YouTube.</b></p>
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### **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](https://www.amazon.co.uk/dp/B08R8Y3QNN?ref=pe_3052080_397514860)

### **ART COMPETITION DETAILS**

#### **“What does Ageing Joyfully mean to you?”**

As members of our self-made community, you know that Open Age strives to provide opportunities for our members to live life to its fullest, trying new experiences, making long-life connections and having as much fun as possible along the way....so why not express this through Art?!

We are calling out to all our members, to send in their art within the theme 'What does Ageing Joyfully mean to you'. Whether it means a painting of you playing with your grandchildren, a sketch of a performance you may have been part of, or even a watercolour of you yachting with a martini in hand; we want your entries!

So assemble those easels, prepare those palettes and get creative!

We are asking that any submissions are in the visual arts only. This could include paintings, drawings/sketches, photography sewing or mosaics. The winner will receive a signed copy of Maggy's book.

### **How to enter:**

- Please send a picture of your work via email to [bookings@openage.org.uk](mailto:bookings@openage.org.uk) Pictures will need to be sent in a JPG or JPEG format, attached to or in the body of the email.
- Entries must be received by 11.59pm on Wednesday 21<sup>st</sup> April. Entries received after the stated closing date will not be accepted.
- Any work submitted must include your FULL NAME and the medium your work is in (for example, watercolour, pastel or Oil)

### **Competition Terms and Conditions of entry:**

1. By submitting an entry to the competition, you are agreeing to be bound by these Terms and Conditions. Open Age reserves the right to refuse entry, or refuse to award the prize to anyone in breach of these terms and conditions. If you have any questions, please contact [bookings@openage.org.uk](mailto:bookings@openage.org.uk)
2. The competition is being run by Open Age and for Open Age members.
3. This competition is free to enter and no purchase is necessary.
4. Only one piece per individual member can be accepted.
5. Proof of sending is not proof of receipt; Open Age will not accept responsibility for any late or lost entries.

### **The prize:**

6. The winner will be selected by Maggy Pigott CBE and a special guest (TBC)
7. The prize is non-exchangeable, non-transferable and no cash alternatives will be offered.
8. The decision of Open Age regarding any aspect of the competition is final and binding and no correspondence will be entered into.

### **Winner announcement:**

9. The winner will be notified after Friday 23<sup>rd</sup> April via the email provided with the competition entry or by phone (on the week commencing Monday 26<sup>th</sup> Ap
10. Open Age will attempt to contact the winner up to two times. If the winner does not respond to the emails or phone calls notifying them of their win within 14 days of the second attempt, they will lose their right to the prize, and Open Age reserves the right to choose and notify a new winner.
11. Please allow up to 14 days for delivery of the prize or alternative collection or delivery arrangements may be made through mutual agreement.

### **Data protection and publicity:**

12. You consent to any personal information you provide in entering the prize draw being used by Open Age for the purposes of administering the prize draw, and for those purposes as defined within our privacy notice.
13. All entrants may apply for details of the winning participant by contacting us at [bookings@openage.org.uk](mailto:bookings@openage.org.uk)
14. The winner agrees to the release of their first name and borough of residence to any other competition participants if requested via Open Age.
15. An announcement of the winner's first name and borough of residence will be made via Open Age's website and in member communications
16. All personal information shall be used in accordance with Open Age's Data Protection Notice.

## THE FINBOROUGH THEATRE



The Finborough Theatre is continuing their programme of theatre streamed online for free. Now playing - a new web series from Olivier Award-nominated Athena Stevens, *LATE NIGHT STARING AT HIGH RES PIXELS* is now available to watch until 31<sup>st</sup> March.



Stream all episodes for free from [YouTube](#)  
Subtitled version available from [Scenesaver](#)  
Read more about what's online with [#FinboroughForFree](#)

## TOP PICKS! EXTERNAL ONLINE EVENTS

**Chinese Cooking: Simple Starters Workshop** - Join Yuen Humble and learn how to make two classic Chinese starters - cucumber salad and stir-fried garlic greens. She'll guide us to prepare these tasty vegetables at home - they're great accompaniments to a Chinese meal. Monday 12<sup>th</sup> April at 6:30pm

Click [here](#) to book

**Online Art Class** - Relax and socialise whilst learning and practicing a range of painting techniques. Held via zoom. Suitable for beginners. Tuesday 13<sup>th</sup> April at 5:30pm

Click [here](#) to book

**Online Talk: Roses Round the Door** - Today in 1471 London was adjusting to the outcome of a pivotal battle in the Wars of the Roses, fought at Barnet at the end of today's Northern Line Underground. At the 550th anniversary Lester Hillman, explores the victors and vanquished, the dramas and the tragedies including the perspectives of City commentators like Shakespeare, writing a century later. Wednesday 14<sup>th</sup> April at 2pm

Click [here](#) to book

**The Poet's Tale: Geoffrey Chaucer and The Canterbury Tales** - In this talk Chaucer enthusiasts Euan Roger and Henry Eliot dig deeper into the true story of Chaucer's life, discussing the people and places that inspired his work. Friday 16<sup>th</sup> April at 2pm

Click [here](#) to book

**MAG Unlocked Greek Heroes and Heroines** - Join tour guide, Pauline as we discover the Greek heroes and heroines represented in the Gallery and the stories of their adventures and exploits. Saturday 17<sup>th</sup> April at 4pm

Click [here](#) to book

**Native Plant Garden Q&A** - Are you curious about native plants? Are you a veteran gardener and want to jump into this world? Or maybe you're looking for an activity to do that's earth-friendly, but you've never planted a thing? Do something hopeful, life-affirming and earth-friendly: join West Cook Wild Ones for our Midwest Native Gardening Basics Lecture Series! Sunday 18<sup>th</sup> April at 8:30pm

Click [here](#) to book