

Westbourne Hub Activity Programme

January 7th – March 24th 2019

POUND PLUS!

As a charity, our sessions are heavily subsidised by our funders and normally cost around £1 per hour. However...
...CAN YOU AFFORD TO PAY MORE?
If you can, please support us by donating what you can. We suggest £2 or £3 per hour, or anything extra you can afford.

Get regular email updates and information about special one-off event and activities!

Subscribe by emailing Alexandra at:
akerswell@openage.org.uk



NEWS & EVENTS: *More details on page 11*



FREE FIRST AID SESSION

Thursday 31st January
2.00-4.00pm

To book call: **02037138737**

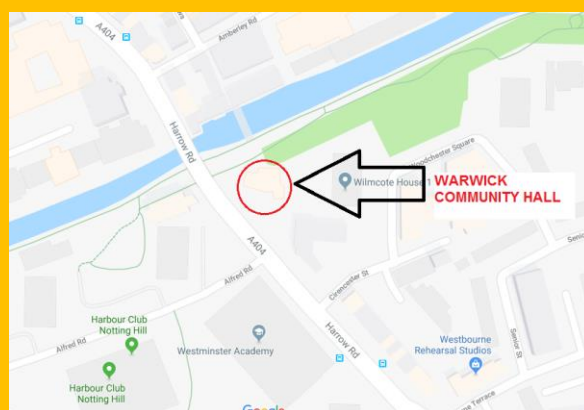
**Warwick Community Hall,
300 Harrow Road, W2 5HG**

THE WESTBOURNE HUB OFFICE HAS MOVED



We have recently moved the Westbourne hub office from Paddington Arts to Warwick Community Hall. Why not pop in on a Monday to see the new space and say hello!

**Warwick Community
Hall,
300 Harrow Road,
W2 5HG**



**UNLESS STATED OTHERWISE, ACTIVITIES START W/C MONDAY 7TH
JANUARY AND END SUNDAY 24TH MARCH 2019**

NO CLASSES HALF TERM: MONDAY 18TH FEBRUARY – SUNDAY 24TH FEBRUARY

MONDAY CHOICES

Activities are for Westminster residents ONLY

Tel: 020 3713 8737

Magic Monday @ Warwick Community Hall!

All Magic Monday events are held at: Warwick Community Hall 300 Harrow Road, W2 5HG
Buses: 18 and 36

Drop In for Tea & Coffee (available throughout the day), choose your favourite activity, or spend the day with us!

| MAGIC MONDAY ACTIVITY | TIME | FEE | DETAILS |
|---------------------------------|--|--------------|---|
| T'ai Chi | 10.30 - 11:30 No Class 18 th Feb | £1 | Improve your balance and stability as our tutor guides you through this ancient Chinese art. Relaxing & strengthening. |
| Brain Boost! | 12.00 - 1.00 No Class 18 th Feb | £1 | Give your brain a workout and come along to try our fun games, puzzles and activities. Use our iPads to choose from a range of interactive games or bring your own! |
| Collage Class | 12.00 - 1.30 No Class 18 th Feb | £1.50 | Come and explore the wonderful art of collage and decoupage. Use your imagination and creativity to produce beautiful pictures, cards and scrap books. All welcome. |
| Sketching Still Life | 1.00 - 2.00 No Class 18 th Feb | £1 | Pick up a pencil and practice sketching still life in this relaxed group - All abilities and experience welcome. |
| Play Reading | 1.00 - 2.00 No Class 18 th Feb | £1 | Join this lively group for some exciting play reading. Read through a variety of well-known plays, no experience necessary. |
| Current Affairs | 2.00 - 3.30 No Class 18 th Feb | £1.50 | Review and discuss national and international affairs over a cup of tea with our lively and talkative group! |
| Sew, Knit and Chat Group | 2.00 - 3.30 No Class 18 th Feb | £1 | Have fun and learn how to: use the machine; do simple repairs and alterations; hand stitching; create a range of projects – or bring in your own items to repair, make, embroider or knit. All abilities welcome! |

MAGIC MONDAY GOES TO KENSINGTON PALACE ON THE 11th February

Please note that there will not be any sessions at Warwick Community Hall from 12pm on the 11th February.

NOTE: This trip only open to regular Magic Monday attendees.

OTHER MONDAY CHOICES AT VARIOUS VENUES

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|--|--|--|---------------------------------|--------------|---|
| Step up from Steady | 9.45 - 10.45 | All Saints, 7 Margaret St. Fitzrovia, London W1W 8JG | 7,10 23, 94, 390 | £2 | This is the next step after Steady & Stable to maintain and further improve balance and muscle strength. |
| Pilates | 10.00 - 11.00 | Dance Studio at Paddington Arts 32 Woodfield Rd W9 2BE | 18 28 31 | £1 | A great, gentle way to stretch, tone and work on core strength - floor mat based exercise session. |
| Bowls at Paddington Sports Club | 10.30 - 12.30 First Monday of Every Month | Paddington Sports Club, Castellain Road, Maida Vale W9 1HQ (Entrance next to Bon Appetit) | 6, 18, 36, 187, 228 | FREE | A great chance for you to learn Bowls. No experience needed. A great activity for everyone! Refreshments will be provided. Call Jade to book on 0208 962 4537 . |
| Table Tennis NEW | 10.30 - 12.00 | Greenhouse Sports, 35 Cosway Street, Marylebone, NW1 5NS | 18 | £2.50 | Whether you are an experienced player or never played before, this is the session for you! A coach will be available to teach you to become a better player! Tea and coffee will be provided. |
| Cricket and Bowls NEW TIME | 10.30 - 12.30 21 st Jan 11 th Feb 18 th March 29 th April | Lord's Cricket Ground St John's Wood Rd, London NW8 8QN | 6, 187, 414 | FREE | Come down to Lords where you will get the chance to play Cricket and Bowls in an amazing sporting venue! Cricket coaches will be on hand to develop your cricket skills. |
| Osteo Blast | 10.45 - 11.45 NO HALF TERM BREAK | Jubilee Hall Trust, 30 The Piazza, Covent Garden, London WC2E 8BE | 23 | £1 | A 16 week exercise programme involving balance exercises, floor based strengthening exercises and weight bearing exercises. You will also learn how to exercise safely and effectively for overall bone health. To book call Jade on 020 8962 4537 . |
| Steady & Stable MUST BOOK!! | 10.45 - 11.45 NO HALF TERM BREAK | All Saints, 7 Margaret St Fitzrovia, London W1W 8JG | 7,10 23, 94, 390 | FREE | Fun evidence based programme shown to improve balance, reduce falls & ensure you can keep living independently for longer. Call Tina on 020 8962 5582 to book. |
| Osteo Pro | 1.00 - 2.00 NO HALF TERM BREAK | Seymour Leisure Centre, Seymour Place, W1H 5TJ | 7, 12, 18, 23 | £1 | **To be eligible for this you must have previously attended the Osteo Blast programme.** Osteo Pro is an exercise class designed to develop muscle strengthening and further increase bone density. |

| | | | | | |
|--|--|---|------------------------|-------------|---|
| Osteo Blast MUST BOOK!! | 2.00 - 3.00 NO HALF TERM BREAK | Seymour Leisure Centre, Seymour Place, W1H 5TJ | 7, 12, 18, 23 | £1 | A 16 week exercise programme involving balance exercises, floor based strengthening exercises and weight bearing exercises. You will also learn how to exercise safely and effectively for overall bone health. To book, please call Jade on 020 8962 4537 . |
| Begin to Gym NEW | 2.30 - 3.30 Starts 7 th Jan | Porchester Leisure Centre, Queensway, Bayswater, London, W2 5HS | 36 | £3 | Come and join us in the quiet space at Porchester where a personal trainer will be on hand to show you how to work the machines with the correct technique. Great for improving strength and cardiovascular fitness! |
| Phone Club: Current affairs/ Discussion group For the Housebound | 2.30 - 3.30 | In the comfort of YOUR own home, at no cost to you! | N/A | FREE | Focus on: Current Affairs, Local and International news, sport, interesting facts and articles, topical talks. Phone Hester for more info & to join on 020 3713 8736 . |
| Phone Club: Creative Writing Group For the Housebound | 4.00 - 5.00 | In the comfort of YOUR own home, at no cost to you! | N/A | FREE | Develop your creative writing skills with optional homework activities and opportunity to read work aloud for constructive feedback. Phone Hester for more info & to join on 020 3713 8736 . |

TUESDAY CHOICES

Activities are for Westminster residents ONLY

Tel: 020 3713 8737

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|--|---|--|---|-------------|---|
| Steady & Stable 1 MUST BOOK!! | 10.00 - 11.00 NO HALF TERM BREAK | Penfold Com. Hub, 60 Penfold St, NW8 8PJ | 6, 16 98 332 414 | FREE | Fun, tried & tested falls prevention programme to improve balance, reduce falls & keep you mobile. Call Tina to book 020 8962 5582 . |
| 10 Week Creative Writing Course - Alternate Realities and Histories | 10.30 - 12.30 Starts 8 th Jan | Warwick Community Hall, 300 Harrow Road W2 5HG | 18, 28, 31, 36, 228, 328 | £2 | Explore and develop your storytelling and creative writing skills in this exciting course – all abilities welcome. For more information and to book your space call Alexandra on 0203 713 8737 . |
| Monthly Reminiscence at Rayne House | 10.30 - 12.30 29 th January 26 th February 26 th March | Rayne House 170 Delaware Rd, W9 2LW | 6, 187, 414 | £2 | Retrace, review and reflect on local history and events. Share your memories & make connections with our group over tea. |

| | | | | | |
|--|---|--|-------------------------------|----------------------------|---|
| Book Break | 10:30 - 12:00 | Hardy House 64 Great Western Road, W11 1AA | 28, 31, 328 | FREE | Enjoy some fun and interesting texts as we read together, or relax and just listen, to short stories and articles. Great way to socialise over a cup of tea or coffee! |
| Zumba Gold | 11.00 - 12.00 | Fitzrovia Centre, 2 Foley Street W1W 6DL | 18, 27,3 088 453 | £1 | Join our dance fitness classes that are fun, energetic, and make you feel amazing! All abilities welcome. |
| Walking Netball NEW | 11.00 - 12.00 | Will to Win Hyde Park, South Carriage Drive, W2 2UH | 9,10, 52, 70, 452 | FREE | Love netball but not sure the fast game is for you anymore? Then come and join our new walking netball class! Suitable for both beginners and experienced players. |
| Steady & Stable 2 MUST BOOK!! | 11.15 - 12.15 NO HALF TERM BREAK | Penfold Com. Hub, 60 Penfold St, NW8 8PJ | 6, 16 98 332 414 | FREE | Fun, tried & tested falls prevention programme to improve balance, reduce falls & keep you mobile. Call Tina to book 020 8962 5582 . |
| Men's Space: "Active Men" exercise class with local walks | 12.30 - 1.30 | Hardy House 64 Great Western Road, W11 1AA | 28, 31, 328 | FREE | Are you getting enough exercise? Join the Active Men group for weekly exercise regular with local walks. Call Russell on 020 8962 5583 for more info or to join the group. |
| Men's Monthly Sandwich Lunch & Health Talk | 12.30 - 1.30 29 th Jan 26 th Feb 19 th March | Hardy House 64 Great Western Road, W11 1AA | 28, 31, 328 | £1 | Join us to meet the experts for some friendly company, with a delicious lunch, and a chance to discuss a range of topics! For info call: 020 3713 8737 . |
| Intermediate IT 6 Week Course MUST BOOK!! | 1:00 - 3:00 Starts 8 th Jan | Paddington Library Porchester Rd W2 5DU | 7, 18, 23, 27, 36 | £2 | An intermediate course for those who have got to grips with the basics and would like to improve and progress. MUST BOOK call 020 3713 8737 . |
| Beginners IT 6 week course MUST BOOK!! | 1.00 - 3.00 Starts 26 th Feb | | 7, 18, 23, 27, 36 | £2 | A beginner course for all needs and abilities, led by our expert tutor learn the basics of using a computer and its programmes. MUST BOOK call 020 3713 8737 . |
| Lunch Club (<u>Note:</u> Staff only present at start, self-run) | 1.00 Sharp! Starts 8 th Jan | Westbourne Grove area restaurants. | 7, 23, 27, 36 | £9+ to £12+ | No need to book, informal group. Dated programme of restaurants available Tel: 020 3713 8737 . |
| T'ai Chi | 2.00 - 3.00 | Paddington Recreation Ground, Randolph Avenue, Maida Vale W9 1PD Meet in the Bowls Pavilion | 6, 31, 316, 328 | £3 | Improve your balance and stability as our tutor guides you through this ancient Chinese physical art. Refreshments will be provided. |




| | | | | | |
|---|--|---|-------------------------|-------------|--|
| Improve English - Improve Health with Val Phillips | 2.00 - 4.30 | Paddington Library, Porchester Rd, W2 5DU | 7, 18, 23, 27, 36 | FREE | A 10 week course to improve your understanding of health, on how to stay well, learn how to access health services and to improve your English at Paddington Library. For details or to express interest call Russell on 020 8962 5583 or Maude on 020 8962 5594. |
| 'Help to Hear' Learn to Lip Read! NEW TUTOR | 2.00 - 4.00 Starts 8th Jan | Warwick Community Hall, 300 Harrow Road W2 5HG (opposite Westminster Academy) | 18, 36 | £2 | Lip Reading helps you fill the gaps so you can continue to enjoy activities and conversations! Includes refreshments break. First 4 weeks Audiology Students, will join us, they can answer your queries. More info: 0203 713 8737. |
| Keep Fit, Get Strong and Stay Balanced | 5.30 - 6.30 NO HALF TERM BREAK | 1 Frith St, Soho, London W1D 3HZ | 10, 25, 55, 73, 98, 390 | FREE | Join this mixed ability class which guarantees a great workout for the whole body! For more info please contact Jade on 0208 962 4537. |

WEDNESDAY CHOICES

Activities are for Westminster residents ONLY

Tel: 020 3713 8737

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|---|--|--|-----------------|--------------|---|
| Art for All | 10.30 - 12:30 | Hardy House 64 Great Western Road, W11 1AA | 28, 31, 328 | £2 | Let our expert tutor help you to develop your creative talents, learn new techniques, and find your own style, as part of a friendly social group. All materials provided. |
| Walk This Way (Positively Physical) | 10.30 - 11.30 | Paddington Recreation Ground, Randolph Avenue, Maida Vale, W9 1PD *Meet between athletics track and Pavilion | 6, 31, 316, 328 | FREE | Put your best foot forward and join this walking group for great health benefits! You will also get the opportunity to use the outdoor gym equipment with support from the instructor. |
| Men's Monthly Social Lunch | 11.00 - 1.00 Jan 9th Feb 6th March 6th | Depart 11.30 Stowe Community Centre, 258 Harrow Road, W2 5ES | 18, 36 | £1.50 | Have good fun & enjoy lively wide ranging discussions over Lunch at local Design Studios Café, 10 mins walk away. Call Maureen 020 3713 8737. (You must book your place by the day before the meeting) |

| | | | | | |
|--|---|---|--------------------------|------------------------|--|
| Singing for Pleasure  | 10:30 - 11:30 | St Paul's Church Marylebone 5 Rossmore Rd NW1 6NJ | 139, 189 | £1 | New to singing? Want to brush up? This class is for you! Come and join the fun and learn how to develop your voice in this lively, friendly class! |
| Gentle Zumba  | 12:00 - 1:00 | | 139, 189 | £1 | Inspired by Latin Dance and music, Zumba is a great workout for the whole body! |
| Regent Street Classic Matinees EVERY WEEK! | 12.00 - 2.00 or 3.30 - 5.00 | Regent Street Cinema 309 Regent St London, W1B 2UW | 88, 453 C2 | £1.75 | Weekly matinee film screening at the newly renovated Regent Street Cinema (north of Oxford Circus). For details of films call 020 3713 8737 . |
| Regent Street Ballroom Dancing EVERY WEEK! | 2.15 - 3.00 | | 88, 453 C2 | FREE | Join us in the bar, after the matinee, for a free informal ballroom dance class –doesn't matter if you haven't got a partner! |
| Yoga  Supported by Co-op Members | 2.00 - 3.00 NO HALF TERM BREAK | Dance Studio at Paddington Arts 32 Woodfield Rd W9 2BE | 18, 28, 36, 228 | £1 | Unwind & relax the mind, maintain flexibility & build strength. All abilities welcome. |
| W9 Monthly Social at Rayne House | 2.00 - 4.00 Dates below | Rayne House 170 Delaware Road, W9 2LW | 6, 187, 414 | £2 incl. raffle | Friendly monthly social afternoon for locals with guest speakers, raffle & tea with Maureen. Please remember to bring something for the raffle! |
| January 9th NEW YEAR QUIZ. February 6th FIRST AID – Rosie from St Johns Ambulance. March 6th ORAL HEALTH – Alison from local dental health services. | | | | | |
| Tennis | 5.30 - 6.30 NO HALF TERM BREAK | Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW | 18, 36 | FREE | Practice your swing and have fun at this free self-led drop in session at Academy Sport's tennis courts. Balls provided. Sign in at reception upon arrival. For info call: 020 3713 8737. |

THURSDAY CHOICES

Activities are for Westminster residents ONLY

Tel: 020 3713 8737

| ACTIVITY | TIME | PLACE | BUS | COST | DETAIL |
|---------------------------------|----------------------|---|--------------------------|-----------|--|
| T'ai Chi | 10.00 - 11.00 | Amberley Clubroom, Amberley Est, Shirland Road, W92JZ | 6, 187, 414 | £1 | Improve your balance and stability as our tutor guides you through this ancient Chinese physical art – relaxing & strengthening. |
| Walking Football Session | 10.30 - 12.00 | Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW | 18, 28, 36, 228 | £1 | "The beautiful game without the running". Walking Football is a great way to get fit, learn new skills, have fun and socialise at the same time! Less pace, more grace... a purely beautiful game. Call Russell 020 8962 5583 for more details. |

| | | | | | |
|---|--|--|-----------------------------------|---|---|
| Ukulele Lessons | 10.30 - 12.00 | Warwick Community Hall, 300 Harrow Road W2 5HG | 18, 36 | £1.50 | Ever wanted to learn the Guitar? Try your hand at Ukulele! Whether you have played before or are a beginner all are welcome: 1½ hour session! |
| W2 Active Citizens Chair Exercise | 1.30 - 2.30 | St Stephen's Church Hall, Talbot Rd, W2 5QT (entrance behind large red notice board) | 7, 18, 23, 27, 28, 31, 36 70, 328 | £1 | Seated exercise for first hour to stretch and tone the whole body for anyone over 50. |
| W2 Active Citizens Social Refreshments & Talks | 2.30 - 3.30 Talks Below | | | £1 | Followed by Social, Tea & regular guest speakers, details below. |
| January 10 – Social. 17 – Westminster Archives, Alison. 24 – SCIENCE Museum, Rebecca. 31 – Museum of PHILATELIC HISTORY, Juliet. | | February 7 – Social 14 – ORAL HEALTH, Alison. 21 – HALFTERM NO MEETING. 28 – CONTACT the Elderly Charity, Amanda. | | March 7 – Westbourne Hub Quarterly Members Meeting. All welcome to attend. 14 – ASTRONOMY, Dr Kevin Walsh. 21 – QUIZ FUN! | |
| Book Talk: Phone Group For the Housebound | 2.30 - 3.30 | In the comfort of YOUR own home! | n/a | FREE | A shared weekly reading group and discuss a different book each month delivered by home library service - from Crime to Historical Fiction. Call Hester for more info & to join on 020 3713 8736 . |
| Phone Club: Discussion group For the housebound | 4.00 - 5.00 | In the comfort of YOUR own home! | n/a | FREE | Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Call Hester for more info & to join on 020 3713 8736 . |

FRIDAY CHOICES

Activities are for Westminster residents ONLY

Tel: 020 3713 8737

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|---|---|--|-------------|-----------|--|
| Simply T'ai Chi NEW VENUE & TIME | 10.00 - 11.00 | Warwick Community Hall, 300 Harrow Road W2 5HG | 18, 36 | £1 | Introduction to learning single position T'ai Chi. Learn the key moves from our expert, as she guides you easily through this relaxing class. Improve your posture, flexibility and focus. |
| Chair Yoga | 10.30 - 11.30 Starts 18 th Jan | Amberley Clubroom, Amberley Est, Shirland Road, W9 2JZ | 6, 187, 414 | £1 | Gentle Chair Yoga & Breathing (Hatha Yoga). Try this relaxed and friendly class which can help increase flexibility, muscle strength and tone. Improve balance & posture, respiration, energy and vitality, anxiety, depression & stress, help to balance metabolism, weight reduction, cardio & circulatory health. |

| | | | | | |
|---|---|--|-----------|-------------|--|
| First Friday Film Club MONTHLY!! | 2.00pm (Please arrive promptly for 1.45pm to sign in) | Westminster Academy, 255 Harrow Rd, W2 5EZ | 18, 36 | £1 | Monthly film club on the big screen at Westminster Academy. Refreshments provided 11th Jan - Toast. 1st Feb – About Time. 1st March – The Englishman who went up a hill but came down a mountain. |
| Tennis | 5.30 - 6.30 NO HALF TERM BREAK | Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW | 18, 36 | FREE | Practice your swing and have fun at this free self-led drop in session at Academy Sport's tennis courts. Balls provided. Sign in at reception upon arrival. For info call: 020 3713 8737. |

SATURDAY CHOICES

Activities are for Westminster residents ONLY

Tel: 020 3713 8737

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|--|--|---|--|--------------|---|
| Badminton | 9.00 - 10.00 NO HALF TERM BREAK | Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW | 18, 36 | FREE | Get free access to the sports hall to practice and learn in this self-led group. Sign in at reception upon arrival. For info call 020 3713 8737. |
| Keep Fit / Get Strong | 11.00 - 12.00 NO HALF TERM BREAK | | | £1.50 | Cardiovascular aerobic exercise to get the whole body moving and improve fitness and strength. |
| Pilates | 12.00 - 1.00 NO HALF TERM BREAK | | | £1.50 | A great, gentle way to stretch, tone and work on core strength - floor mat based exercise session. |
| Saturday Shape Up: Multi-sports | 1.00 - 3.00 | St Augustine's Hall, Oxford Road, London NW6 5SN | 6,16 31, 36, 98, 187, 228, 316, 328, 332 | £2 | Suitable for individuals of all levels wanting to play badminton, table tennis and soft tennis. Beginners and experienced players alike have the opportunity to learn or play competitive matches with others of a similar standard. Includes short warm-up and stretching. |
| Saturday Shape Up : Badminton | 3.00 - 4.00 | | | £1 | A 1-hour session for competent badminton players who enjoy playing more competitive matches. |

SUNDAY CHOICES

Activities are for Westminster residents ONLY

Tel: 020 3713 8737

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|--|---|---|--------|-------|---|
| Zumba Gold | 9.00 - 10.00 Starts 20 th Jan | Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW | 18, 36 | £1.50 | Inspired by Latin Dance and music, Zumba is a great workout for the whole body! |
| Strictly Sunday - Ballroom & Latin Dancing | 2.00 - 4.00 | | | £3 | A Sunday session for all dance abilities with an expert tutor and refreshments. |
| FREE GYM NEW | ALL DAY SUNDAYS | Jubilee Hall Trust, 30 The Piazza, Covent Garden, London WC2E 8BE | 23 | FREE | Drop in between 10am and 5pm any Sunday and you can exercise in the gym for free! This is available to anyone of any age so why not bring a friend. Classes and gym inductions are available throughout the day. A membership form will need to be completed on your first session. |

Westbourne Hub Trips, Events and Workshops:

FREE FIRST AID SESSION

Thursday 31st January 2.00-4.00pm, Warwick Community Hall 300 Harrow Road W2 5HG.

MUST BOOK: 020 3713 8737.

FREE Tour, Talk and Tea at the Wallace Collection

Thursday 7th February, Hertford House, Manchester Square, London W1U 3BN

Join us at the Wallace Collection for a tour, talk and tea. Led by one of their fantastic volunteers we will be looking at love and romance at the Wallace Collection. **MUST BOOK: 020 3713 8737.**

FREE Science Museum at Open Age SCIENCE MUSEUM

Monday 11th February 2019 10-11.30am.

Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ.

Come and learn about the science behind the everyday. Explore the fascinating world of chemistry, as a taster for our event happening at the Science Museum in March. This is an opportunity to try some hands on experiments and help shape our future events! **Call Jenny or Kaidee on 0208 962 5500 to book.**

FREE Tour and Drama Workshop at the Queens Gallery

Wednesday 13th February 11am, The Queens Gallery, Buckingham Palace, Buckingham Palace Rd, SW1A 1AA.

Russia, Royalty & the Romanovs - Through war, alliance and dynastic marriage the relationships between Britain and Russia and their royal families are explored from Peter the Great's visit to London in 1698 through to Nicholas II. Portraits, sculpture, photographs, archival documents and miniature masterpieces by Fabergé illustrate historic events and family meetings between the rulers of the two nations. Many of the rich and varied works of art on display are unique – some commissioned as grand diplomatic gifts, others as intimate personal mementos between the royal family and the Romanovs, and they bring to life the shared patronage of artists and craftsmen from both countries. **MUST BOOK: 020 3713 8737.**

FREE Science Museum Workshop SCIENCE MUSEUM

Wednesday 6th March 3-5pm, Science Museum, Exhibition Rd, Kensington, SW7 2DD.

Help us celebrate the 150th anniversary of the periodic table with an afternoon delving into the wonderful world of chemistry. We'll be exploring our collection in a new way. Come and discover how mistakes have led to some of the world's most colourful, life changing and loud discoveries.

To get your **FREE** ticket(s) please book from the **1 February 2019** over the phone by calling **020 7942 4000** between 08.30 and 18.00 (please note that the lines can get very busy) OR you can book online here www.sciencemuseum.org.uk/see-and-do/06-03-2019 from February onwards.



Westbourne Hub Monthly

Film Club **FRIDAY 11TH January**

at: Westminster Academy, 255 Harrow Rd, London W2 5EZ

Presents: **TOAST**

Young Nigel Slater (Freddie Highmore) has big culinary aspirations, even though all his mother (Victoria Hamilton) knows how to make is toast. When his mother dies, relations grow strained between Nigel and his father (Ken Stott), especially when he remarries a woman (Helena Bonham Carter) who wins his heart with a lemon meringue pie. Nigel enters culinary school, starts working in a pub and finds himself competing with his stepmother -- both in the kitchen and for his father's attention.

HELENA BONHAM CARTER
KEN STOTT
VICTORIA HAMILTON
Freddie Highmore
A Story by Nigel Slater



TOAST
BASED ON THE BEST-SELLING MEMOIR BY NIGEL SLATER

£1

Please arrive for 1.45pm.

JOIN US AFTER THE FILM FOR TEA + COFFEE, CAKE!

Open Age Main Office: St Charles Centre for Health & Wellbeing, Exmoor Street
Charitable Incorporated Organisation No. 1160125



Westminster 50+

HELP TO HEAR - Here!
Lip Reading Class

Let your eyes help your ears!

This lively weekly class is for people with partial hearing loss, who may also use hearing aids. Lip Reading helps you fill the gaps so you can continue to enjoy activities and conversations!

Advice leaflets and information available on all aspects of hearing loss, using hearing aids and ear conditions. **Includes refreshments break.**

Every Tuesday 2.00 — 4.00

Cost: £2.00
@ Warwick Community Hall
300 Harrow Road
W2 5HG
(opposite Westminster Academy)
Buses: 18, 36

Just come along to join!

Open Age: **020 3713 8737**



City of Westminster Charitable Incorporated Organisation No. 1160125

www.openage.org.uk



Westminster

openage.org.uk



**Quarterly Hub Tea & Cake Catch Up
Community Group Meeting**

Thursday 7th March 2.30pm

Tell us your views and opinions about the Westbourne Hub Programme, hear updates and help plan for the next term ahead.

St Stephen's Church Hall, Talbot Rd, W2 5QT
(Entrance behind large red notice board)

Become an Open Age Activity Ambassador

Are you really passionate about your activity? Do you attend regularly, help out and are open to being a friendly face to new members? Become an Open Age Activity Ambassador and earn Time Credits for your Time helping.

**For more information
Call Alexandra on 0203 713 8737**

Additional Information:

The Positively Physical Programme is a project led by Open Age and funded by Public Health. For more information call **Jade on 0208 962 4537**.

Time for Me is a programme dedicated to people who look after a family member or friend as an unpaid carer. It offers support & advice from like-minded people in a similar situation, and the opportunity to have some fun! Activities, trips out, relaxation sessions and talks are all decided by this lovely group. Activities take place on Wednesdays and Thursdays. For more information call **Zannah Cooper on 020 8962 4536**.

Munro Health Complementary Health Sessions

Complementary Health: Massage, Reiki, Reflexology or Shiatsu. 1:1 with professional therapists. Sessions run throughout the day. £12 per 30 mins. Call **020 3713 8737** to book.

Need Help With Transport? -Westway Community Transport Service is for those who have difficulties accessing public transport. It is FREE to register then members pay a standard rate of £1.10 per mile. You can book a car & volunteer driver to go to a variety of destinations. To register and for more information call: **020 8964 1114** between 1pm and 4pm on weekdays or email info@westwayCT.org.uk.



Central London
Community Healthcare
NHS Trust



COMMUNITY
Champions

Supported by
Co-op Members



Other Activities in Westminster: QPHR Hub

Please note term start dates for the activities below may differ from the other activities in this programme so please call for a full QPHR Programme or more details on how to book.

| Queens Park and Harrow Road Hub: 07717201791 | | | Steady and Stable: 020 8962 5582 |
|---|--------------|-------|---|
| | | | Osteoblast: 020 8962 4537 |
| MONDAY | | | |
| Ballet Fitness | 10.00-11.00 | £1 | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Social with Speakers | 10.30-12.00 | FREE | |
| A World in a Suitcase | 10.30-12.30 | FREE | MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Steady and Stable | 11.00-12.00 | FREE | MUST BOOK! Barbara Brosnan Court, 46 Grove End Road, NW8 9NP |
| Boxing Fitness | 11.30-12.30 | £1 | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Beginners Internet | 11.30-1.30 | £2 | MUST BOOK! Queen's Park Library, 666 Harrow Road, W10 4NE |
| Soca Fit Licks | 12.30-1.30 | £1 | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Step Up from Steady | 12.45-1.45 | £2 | Barbara Brosnan Court, 46 Grove End Road, NW8 9NP |
| Chi-Gong | 1.30-2.30 | £1 | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Steady and Stable | 2.00-3.15 | FREE | MUST BOOK! Barbara Brosnan Court, 46 Grove End Road, NW8 9NP |
| Weekly Film Festival | 2.00-4.00 | £1 | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Mindfulness Meditation | 2.30-3.30 | £1 | |
| TUESDAY | | | |
| Strictly Open Age | 10.00-11.00 | £1 | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Simply Art 1 | 10.30-12.30 | £2 | |
| Stretch and Tone | 11.15-12.15 | £1 | MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Exercise to Music | 12.30-1.30 | £1 | |
| Table Tennis | 1.30-2.30 | FREE | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Beginners French | 1.40-2.40 | £1 | |
| Yoga | 2.30-3.30 | £1 | |
| Beginners French Plus | 2.40-3.40 | £1 | |
| WEDNESDAY | | | |
| Simply Art 2 | 10.30-12.00 | £1.50 | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| National Theatre Project | 10.30-12.30 | FREE | MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Intermediate Computers | 10.30-12.30 | £2 | MUST BOOK! Queen's Park Library, 666 Harrow Road, W10 4NE |
| Steady & Stable - High | 1.00-2.00 | FREE | MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Sketching at Museums & Galleries | 2.00-4.00 | £2 | MUST BOOK! Various Museums or Galleries |
| Wednesday Social with Speakers | 2.00-4.00 | FREE | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Steady & Stable - Low | 2.15-3.15 | FREE | MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| THURSDAY | | | |
| Complementary Therapy | ½ hour slots | £12 | MUST BOOK! Ernest Harriss House, 61 Elgin Avenue, W9 2BX |
| Singing For All | 10.15-11.45 | £1.50 | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Osteoblast | 11.30-12.30 | £1 | MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Intermediate Guitar Lessons | 12.15 -1.45 | £1.50 | MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Pilates | 12.30-1.30 | £1 | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Beginners Guitar Lessons | 1.45 -3.15 | £1.50 | MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Arabic Women's Social | 1.30-3.30 | FREE | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Beginners Women's English Lessons | 1.45-2.45 | FREE | |
| Chair Yoga | 3.00-4.00 | £1 | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| FRIDAY | | | |
| Chair Exercise to Music -High Level | 10.00-11.00 | £1 | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Games Cafe | 10.00 -12.00 | FREE | |
| Exercise to Music 2 | 11.30 -12.30 | £1 | |
| Monthly Play Reading | 11.30 -12.30 | £1 | Meet in Pool, Moberley Sports Centre, 25 Chamberlayne Road, NW10 3NB |
| Water Splash | 12.00 -1.00 | £1 | |
| Monthly Fish N' Chips | 12.00 -1.30 | £5 | MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Circuit Training Class | 12.30 -1.30 | £1 | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS |
| Monthly Social | 1.30-3.30 | £1 | |
| Line Dancing | 2.00-3.00 | £1 | |

Other Activities in Westminster: Churchill Hub

Please note term start dates for the activities below may differ from the other activities in this programme so please call for a full Westbourne Programme or more details on how to book.

| Churchill Hub: 020 7976 6354 or 07530734489 | | | Steady and Stable: 020 896 25582 |
|--|------------------------|-------------|---|
| | | | Osteoblast: 020 8962 4537 |
| MONDAY | | | |
| Meditation | 10.00-11.00 | £1 | St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT |
| Haircuts | 10.00-11.30 | £5 | |
| Coffee Morning | 10.00-12.00 | Free | |
| Podiatry (Monthly) | 10.00-15.00 | £10 | |
| Osteoblast | 10.45 -11.45 | £1 | Jubilee Hall, 30 The Piazza, Covent Garden, WC2E 8BE |
| Yoga | 11.00-12.30 | £1.50 | St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT |
| Zumba | 11.15-12.15 | £1 | St Stephen with St John Westminster, 38-42 Rochester Row, SW1P 1LE |
| Pilates 1 | 11.30-12.30 | £1 | Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ |
| Singing Class | 12.15-1.45 | £2 | St Stephen with St John Westminster, 38-42 Rochester Row, SW1P 1LE |
| Pilates 2 | 12.30-1.30 | £1 | Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ |
| Boxing Fitness | 2.00-3.00 | £2 | Queen Mother Sports Centre, 223 Vauxhall Bridge Road, SW1V 1EL |
| Creative Writing | 2.00-4.00 | £2 | Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ |
| Jewellery Making | 2.00-4.00 | £2 | St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT |
| TUESDAY | | | |
| Sewing & Craft | 10.00-12.00 | FREE | Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ |
| Walking Group | 11.00-1.00 | FREE | |
| Walking Netball | 11.00 -12.00 | FREE | Will to Win Hyde Park, South Carriage Drive, London W2 2UH |
| Tai Chi Qi Gong | 12.30-1.30 | £1 | St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT |
| Beginners & Intermediate Guitar Lessons | 1.30-2.20 2.30-3.20 | £1 £1 | MUST BOOK! Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ |
| Monthly Movie Afternoon | 1.30-3.30 | £1.50 | Eileen Anderson Court, Johnson's Place, SW1V 3EZ |
| Chair Yoga | 2.15-3.45 | £1 | St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT |
| WEDNESDAY | | | |
| Mixed Ability Circuits | 10.00-11.00 | £2 | Queen Mother Sports Centre, 223 Vauxhall Bridge Road, SW1V 1EL |
| Keep Fit | 10.00-11.00 | £1 | Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ |
| Knitting Group | 10.00-12.00 | FREE | St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT |
| Art Class | 10.00-1.00 | £1 per hour | Thamesbank Centre, Peabody Avenue, Turpentine Lane, SW1V 4BD |
| Chi Gong | 10.30-11.30 | FREE | Jubilee Hall, 30 The Piazza, Covent Garden, WC2E 8BE |
| Pilates | 11.30-12.30 | £1 | Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ |
| Men's Only Yoga | 12.30-1.30 | FREE | St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT |
| Quarterly Film Club | 1.30-3.30 | £1.50 | |
| Bridge Club | 2.00-4.15 | £7 | |
| Breathing Yoga | 2.15-4.15 | FREE | Glastonbury House, Abbots Manor Estate, Warwick Way, SW1V 4NT |
| THURSDAY | | | |
| Yoga | 10.00-11.30 | £1.50 | Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ |
| Coffee Morning & Computer Drop In | 10.30-12.30 | FREE | Glastonbury House, Abbots Manor Estate, Warwick Way, SW1V 4NT |
| Beauty Therapy | 12.30-3.30 | £5 | |
| Steady & Stable | 1.00-2.00 | FREE | MUST BOOK! Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ |
| Chair Based Exercise for Coordination | 2.15-3.15 | £1 | Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ |
| Yoga for Low Mood | 2.00-3.30 | £1.50 | St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT |
| FRIDAY | | | |
| Zumba | 10.00-11.00 | £1 | Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ |
| Shiatsu | 10.00-4.00 | £10 | MUST BOOK! Glastonbury House, Abbots Manor Estate, Warwick Way, SW1V 4NT |
| Latin Dance | 11.10-12.10 | £1 | Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ |
| Games & Social Afternoon | 1.00-3.00 | FREE | Churchill Gardens Hub, Churchill Gardens Road, SW1V 3AJ |
| Computer Drop In | 1.00-3.00 | FREE | |
| Craft Afternoon | 1.30-3.30 | FREE | St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT |
| Osteo Blast | 2.30-3.30 | £1 | MUST BOOK! The Abbey Centre, 34 Great Smith Street, SW1P 3BU |
| WEEKEND | | | |
| Saturday Third Age Counselling | 9.00-6.00 | FREE | MUST BOOK! Glastonbury House, Abbots Manor Estate, Warwick Way, SW1V 4NT |
| Free Gym | 10.00-5.00 | FREE | Jubilee Hall, 30 The Piazza, Covent Garden, WC2E 8BE |
| Sunday Lunch | 10.30-3.00 | £5.50 | MUST BOOK! St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT |