

Westbourne Hub Activity Programme

September 10th - December 16th 2018

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*



Pumpkin Carving Workshop

**Wednesday 31st October
4.00-6.00pm**

Try your hand at carving a pumpkin, all materials and pumpkins provided. All abilities welcome! To book call:
02037138737

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

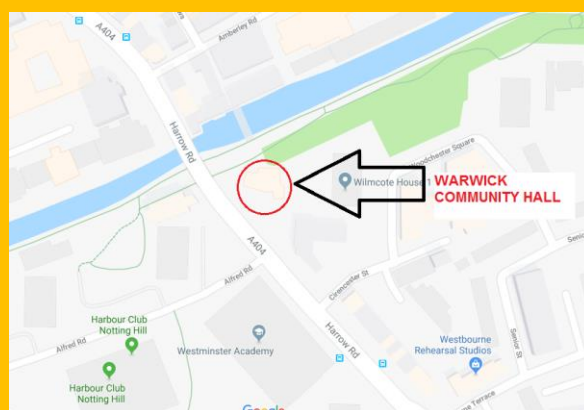
THE WESTBOURNE HUB OFFICE IS MOVING



We will be moving the Westbourne hub office from Paddington Arts to Warwick Community Hall on the 1st of October.

Pop in on the 8th of October for a cup of tea and to say hello!

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



**UNLESS STATED OTHERWISE, ACTIVITIES START W/C MONDAY 10TH
SEPTEMBER AND END SUNDAY 16TH DECEMBER 2018**

NO CLASSES HALF TERM: MONDAY 22ND OCTOBER – SUNDAY 28TH OCTOBER

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 22 nd Oct	£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 22 nd Oct	£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 22 nd Oct	£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 NEW!	1.00 - 2.00 Starts 29 th Oct	£1	Try your hand at drawing with this new weekly sketching workshop with Artist Alexandra - All abilities and experience welcome.
Play Reading	1.00 - 2.00 No Class 22 nd Oct	£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 22 nd Oct	£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 22 nd Oct	£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 CHRISTMAS BONANZA

10th December 12.00-3.00pm

Come along to Warwick Community Hall for an end of term celebration, Exhibition and craft sale to raise money for the Westbourne Hub activities.



OTHER MONDAY CHOICES AT VARIOUS VENUES

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
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 Lawn Bowls. No experience needed. A great activity for everyone! Refreshments will be provided. Call Jade to book on 0208 962 4537 .
Osteo Blast	10.45 - 11.45 Starts 24 th Sept	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 please call Jade on 020 8962 4537 .
Cricket and Bowls	11.00 - 12.00 17 th Sept 15 th Oct 12 th Nov 10 th Dec	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 Lawn Bowls in an amazing sporting venue! Cricket coaches will be on hand to develop your cricket skills.
Step up from Steady	11.45 - 12.45 Starts 10 th Sept	All Saints, Margaret Street 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.
Osteo Pro	1.00 - 2.00 Starts 3 rd Sept 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.
Steady & Stable MUST BOOK!!	1.00 - 2.00 NO HALF TERM BREAK	All Saints, Margaret Street 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 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 .
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 .
6 Week Creative Writing Course - Murder Mysteries	10.30 - 12.30 Starts 2 nd Oct	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 new course – all abilities welcome. For more information call Alexandra on 02037138737 .
Monthly Reminiscence at Rayne House	10.30 - 12.30 18 th Sept 30 th Oct 27 th Nov 11 th Dec	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.
Steady & Stable 2 MUST BOOK!!	11.00 - 12.00 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 .
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 25 th Sept 30 th Oct 27 th Nov 11 th Dec	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 11 th Sept	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 6 th Nov	Paddington Library, Porchester Rd, W2 5DU	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 (Note: Staff only present at start)	1.00 Sharp! Starts 4 th Sept	Westbourne Grove area restaurants.	7, 23, 27, 36	£9+ to £12+	No need to book. Informal meet up. Dated programme of lunches available Tel: 020 3713 8737
T'ai Chi	2.00 - 3.00 Starts 11 th Sept	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	2.00 - 4.30 Starts 2 nd Oct	Paddington Library, Porchester Rd, W2 5DU	7, 18, 23, 27, 36	FREE	Join this very friendly class and find out; Who to speak to about your health. When to call 111 or 999. How to get your free health checks. Healthy Eating and Exercise. Practise speaking English and much more..... For more information and to enrol please call Maude/Russell on 020 8962 5594 or 020 8962 5583 .




'Help to Hear'	2.30 - 3.30 (aim at 2.15 for tea & info at beginning)	Quiet Room Maida Vale Library Sutherland Ave. W9 2QT	6, 36 187, 414	£1	Enjoyable and interesting weekly session for people with partial hearing loss. A chance to converse and practice the art of Lip Reading via listening and learning about varied entertaining topics, chosen and read out by members. Advice leaflets and information on all aspects of hearing loss support. Facilitated by Open Age staff member.
Keep Fit, Get Strong and Stay Balanced NEW!	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 Starts 12 th Sept	Paddington Recreation Ground, Randolph Avenue, Maida Vale, W9 1PD *Meet between athletics track and Pavilion	328, 6, 31, 316	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.
National Theatre Project MUST BOOK!!	10.30 - 12.30 Starts 26 th Sept *Pre-session refreshments at 10.00am	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, W10 4RS	18, 28, 228	FREE	Come & explore the joy of expressing stories through dance & movement in this class led by professional artists from the National Theatre. Sessions will be fun, active, playful and full of music! Absolutely no previous experience necessary, everyone welcome! Limited spaces available so call 07717201791 to book.

Men's Monthly Social Lunch	11.00 - 1.00 5 th Sept 3 rd Oct 7 th Nov 5 th Dec	Depart 11am: Stowe Community Centre, 258 Harrow Road, W2 5ES	18, 36	£2	Have good fun & enjoy lively wide ranging discussions over Lunch at local Design Studios Café. Call Maureen 020 3713 8737 (You must book your place by the day before the meeting) (Lunch at 12pm – after a 10 min walk from Stowe Centre)
Singing for Pleasure 	10:30 - 11:30 Starts 5 th Sept No Class 14 th Nov	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 Starts 5 th Sept No Class 14 th Nov	St Paul's Church Marylebone 5 Rossmore Rd NW1 6NJ	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, W1B2UW	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	The Bar Regent Street Cinema 309 Regent St W1B 2UW	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 Starts 5 th Sept NO HALF TERM BREAK	Dance Studio at Paddington Arts 32 Woodfield Rd W9 2BE	18, 28, 31, 36, 228	£1	Unwind & relax the mind, maintain flexibility & build strength. All welcome whatever your reason for practicing yoga!
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!
September 5th - Silverline: Charity set up to alleviate loneliness October 3rd – Transport For All: Charity working to improve access for all November 7th – Coming to London since WW2. Talk by Ciaran from Migrant Resource Centre December 5th – Social with festivities					
Tennis NEW CLASS!	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	10.00 - 11.30	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 on 020 8962 5583 for more details.	
Ukulele Lessons NEW TIME!	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.	
September 13 th - Social 20 th - SilverLine 27 th - Resonate Arts		October 4 th - Social 11 th – Transport for All 18 th - MIND in Westminster 25 th – Half Term		November 1 st - Social 8 th – Coming to London after WW2 15 th - Quiz Time 22 nd - Arty Crafty Fun! 29 th - Trailblazer: Help re housing & finance problems		December 6 th - TBC 13 th - End of Term Social
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	10.30 - 11.30	Dance Studio Paddington Arts 32 Woodfield Rd W9 2BE	18, 28, 31, 36, 228, 328	£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	Amberley Clubroom, Amberley Est, Shirland Road, W92JZ	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 14th Sept - Finding your Feet 5th Oct - The Wind that Shakes the Barley 2nd Nov - Dead Poets Society 7th Dec - Narnia
Tennis NEW CLASS!!	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

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 02037138737

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

Monday 5th November 12pm

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

Warwick Community Hall, 300 Harrow Road,
W2 5HG

SATURDAY CHOICES

Activities are for Westminster residents ONLY

Tel: 020 3713 8737

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Badminton NEW CLASS!!	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 Starts 8 th Sept NO HALF TERM BREAK			£1.50	Cardiovascular aerobic exercise to get the whole body moving and improve fitness and strength.
Pilates NEW CLASS!	12.00 - 1.00 Starts 8 th Sept 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 Starts 8 th Sept	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 Starts 8 th Sept			£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 NEW CLASS!	9.00 - 10.00 Starts 23 rd Sept	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.



SILVER SUNDAY
CELEBRATING OLDER PEOPLE

ENJOY ANY OPEN AGE ACTIVITY FOR FREE BETWEEN THE 8TH AND 12TH OCTOBER

Silver Screening Friday Film 5th October - THE WIND THAT SHAKES THE BARLEY - 1.45pm
Westminster Academy, 255 Harrow Rd, W2 5EZ

Silver Sunday Ballroom & Latin Dancing Sunday 7th October - Refreshments provided – 2.00pm
Academy Sports Centre, 255 Harrow Road W2 5EZ (at end of Torquay Street side road)

Westbourne Hub Trips, Events and Workshops:

FREE Royal Institute of Architecture Visit, Friday 21st September, 2.00pm

Enjoy a guided tour of the Royal Institute's newest exhibition, 'Disappear Here' followed by an art workshop. 'Disappear Here: On Perspective And Other Kinds Of Space' is a new commission by the Sam Jacob Studio which leads the visitor through deceptive murals, cunning architectural structures and a newly commissioned film to trace the lineage of perspective across centuries and technologies. Call **020 3713 8737** to book.

FREE Visit to The Queens Gallery, Monday 8th October, 2.00pm

An opportunity to visit the gallery's latest exhibition, 'Splendours of the Subcontinent' for a Poetry & Creative Writing Workshop. In October 1875, the Prince of Wales set off on a four-month tour of the Indian Subcontinent, visiting over 21 localities, which today encompass India, Sri Lanka, Pakistan and Nepal. 'Splendours of the Subcontinent: A Prince's Tour of India 1875-76' tells the story of this grand tour through some of the finest Indian treasures from the Royal Collection, which were presented to the Prince during his visit. Call **020 3713 8737** to book.

FREE Banqueting House Trip, Friday 23rd November, 10.00am

Experience James I's breath-taking Banqueting Hall, created in 1622 as a venue for extravagant Jacobean entertainments. Call **020 3713 8737** to book.

FREE Westminster Tea Dance, Sunday 9th December, 2.00-4.30pm

The Westminster Tea Dance is hosted by the Sir Simon Milton Foundation and supported by Westminster City Council. They look forward to welcoming you to a memorable afternoon of live music, featured performers and afternoon tea. Attendees must be Westminster residents, over 65 and able to organise their own transport. Grosvenor House, AJW Marriott Hotel, 86-90 Park Lane, W1K 7TN. Call **07717201791** to book.

FREE Third Age Counselling

Feeling a little low, anxious or overwhelmed? Often talking your problems through confidentially, with a professional, can help. 1 hour sessions run all day. Call **020 7976 6667** to book.

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.



Join us for our:

Members' Feedback Days

Open Age is developing a new strategy and we want your input. Feedback sessions for members as well as some activities will be held on this day. More information will be available closer to the time, but please mark your diaries for the below dates!

Monday 15th October

QPHR Hub, New Avenues, 3-7 Third Avenue
London, W10 4RS

Monday 22nd October

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

Wednesday 24th October

New Horizons, Guinness Trust Estate, Cadogan Street SW3



BLACK HISTORY MONTH

Join us in October to celebrate Black History month with our special listing of activities.

- **Monday 1st October:**
1.00pm - Play Reading,
2.00pm - Current Affairs at Warwick Community Hall
- **Tuesday 30th October:**
10.30am Reminiscence and History at Rayne House
- **Wednesday 3rd October:**
10.30am Art for All at Hardy House
- **Thursday 4th October:**
2.30pm - W2 Social at St Stephens Church

For more information call:
020 3713 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**.

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.



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	
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	
Monthly Sleep Workshop	12.30-1.30	FREE	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
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	1.00-2.15	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	10.00-11.30	£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
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
Monthly IT Drop In	1.00-2.30	FREE	
Arabic Women's Social	1.30-3.30	FREE	
Beginners Women's English Lessons	1.45-2.45	FREE	
Sewing Key Skills	2.00-4.00	£2	MUST BOOK! Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
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 & Performance Group	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
Fella's Fitness (Men Only)	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 Churchill 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
History & Philosophy Discussion Group	2.00-4.00	£2	Darwin House, 104 Grosvenor Road, Churchill Gardens Estate, SW1V 3DH
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	
Tai Chi Qi Gong	12.30-1.30	£1	St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
Guitar Lesson from Musicus	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			
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
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
Hub Tea & Catch Up	12.30-1.30	FREE	
Games & Social Afternoon	1.00-3.00	FREE	
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
Walking Football	4.00-5.00	FREE	Meet at St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT
WEEKEND			
Saturday Third Age Counselling	9.00-6.00	FREE	MUST BOOK! Glastonbury House, Abbots Manor Estate, Warwick Way, SW1V 4NT
Sunday Lunch	10.30-3.00	£5.50	MUST BOOK! St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT