

# Westminster Activity Programme

## Summer 2019

### July 22<sup>nd</sup> – September 1<sup>st</sup> 2019

#### GENERAL INFO:

Welcome to the Westminster Summer programme!  
 This programme covers everything happening in Westminster during the 6-week summer programme. We operate a reduced programme during this time and the full hub programmes of regular weekly activities will return in September.

**North Westminster**  
**02037138737 or 07717201791**

**South Westminster (Churchill)**  
**07530 734 489**

#### TRIPS

Please note all trips being organised by the Westminster Team are included in Open Age's main trips programme and not in this programme so please refer to that for information on exciting trips to the Houses of Parliament, Sky Garden, Saint Paul's Cathedral, Thames Clipper and Kensington Palace.

**Bookings in this Westminster Programme and the Trips programme open from 9.00am on Monday 22<sup>nd</sup> July.**

## MONDAY CHOICES

**Activities are for Westminster residents ONLY**

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Podiatry (Monthly)</b> <b>NEW!</b>	<b>5<sup>th</sup> &amp; 12<sup>th</sup></b> <b>August</b> 10.00-16.00	Margaret's Activity Centre, 1 Carey Place SW1V 2RT	24, C10, 360	£10	We are delighted to offer a monthly podiatry service. To find out more & to book call <b>07530 734 489</b> .
<b>Table Tennis</b>	<b>Every Monday</b> 10.30-12.00	The Greenhouse Centre, 35 Cosway Street, NW1 5NS	18	FREE	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.
<b>Learn to Bowl</b>	<b>5<sup>th</sup> August</b> 10.30-12.30	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. You will be taught the technique and then A great activity for everyone! Refreshments will be provided

<b>Cycle Smarter MUST BOOK</b>	<b>29<sup>th</sup> July – 19<sup>th</sup> August</b> 10.30-12.30  1.00 – 3.00	Paddington Recreation Ground Randolph Avenue, Maida Vale W9 1PD	31, 316, 328	FREE	Whether you are a complete beginner or want to brush up on your skills, come and join our 4 week course of cycle skills training led by qualified instructors. Call Tina or Jade to book your course on <b>0208 962 4537</b> .
<b>Steady and Stable MUST BOOK</b>	<b>Until 5<sup>th</sup> August</b> 10.45-11.45	All Saints Margaret Street, 7 Margaret St, Fitzrovia, W1W 8JG	C2, 7, 8, 10, 25, 55, 73,88	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility. To book please contact Tina on <b>0208 962 5582</b> .
<b>Steady and Stable MUST BOOK</b>	<b>Until 5<sup>th</sup> August</b> 11.00-12.00	Barbara Brosnan Ct. 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility. To book please contact Tina on <b>0208 962 5582</b> .
<b>Local guided walks – South Westminster</b>	<b>19<sup>th</sup> August</b> 11.00-12.00	St Margaret's Activity Centre, 1 Carey Place SW1V 2RT	24, C10, 360	FREE	Take a walk down memory lane in the company of a knowledgeable Westminster tour guide. Look at your local streets and buildings afresh and reminisce about how they have changed over the years. To book please call <b>0208 962 4141</b> .
<b>Osteo Blast MUST BOOK</b>	<b>Until 5<sup>th</sup> August</b> 2.00-3.00	Seymour Leisure Centre, Seymour Place, London W1H 5TJ	7, 23, 27, 36, 436	£1	A 16 week exercise programme designed to initiate muscle strengthening and increase bone density to improve independent living and overall bone health. To book please call Jade on <b>020 8962 4537</b> .
<b>Steady and Stable MUST BOOK</b>	<b>Until 5<sup>th</sup> August</b> 2.00-3.15	Barbara Brosnan Ct. 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility. To book please contact Tina on <b>0208 962 5582</b> .
<b>Phone Club: Discussion group For the Housebound</b>	2.30-3.30 Call for Summer dates!	Comfort of YOUR own home!	N/A	FREE	Conversation topics range from 'current affairs' to 'health', 'films', 'laughter' and quizzes. Phone <b>020 3713 8736</b> for more info.
<b>Begin to Gym</b>	2.30-3.30	Porchester Leisure Centre, Queensway, Bayswater, 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!
<b>Phone Club: Creative Writing Group For the Housebound</b>	4.00-5.00 Call for summer dates!	Comfort of YOUR own home!	N/A	FREE	Led by tutor – includes poetry, short-stories and life stories, word games & writing exercises. Phone <b>020 3713 8736</b> for more info.

## TUESDAY CHOICES

### Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Steady and Stable MUST BOOK</b>	<b>Until 6<sup>th</sup> August</b> 10.00-11.00	Penfold Com. Hub 60 Penfold St, NW8 8PJ	7, 18, 23, 27	FREE	Fun, tried & tested falls prevention programme to improve balance, reduce falls & keep you mobile. Call Tina to book <b>020 8962 5582</b> .
<b>Steady and Stable MUST BOOK</b>	<b>Until 6<sup>th</sup> August</b> 11.00-12.00	Penfold Com. Hub 60 Penfold St, NW8 8PJ	7, 18, 23, 27	FREE	Fun, tried & tested falls prevention programme to improve balance, reduce falls & keep you mobile. Call Tina to book <b>020 8962 5582</b> .
<b>Local guided walks – North Westminster</b>	<b>13<sup>th</sup> August</b> 11.00-12.00	Meet at Warwick Community Hall, 300 Harrow Road, W2 5HG	18, 36	FREE	Take a walk down memory lane in the company of a knowledgeable Westminster tour guide. Look at your local streets and buildings afresh and reminisce about how they have changed over the years. <b>To book please call 02089624141</b>
<b>Walking Football</b>  <i>In association with Chelsea FC Foundation</i>	11.15-12.15	The Hub, Regents Park, Inner Circle, NW1 4RU	6, 18, 31, 139, 187	FREE	“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! Suitable for any abilities.
<b>The Open Age Mile MUST BOOK</b>	<b>20<sup>th</sup> August</b> 11.00	Paddington Recreation Ground, Randolph Avenue, Maida Vale, W9 1PD	31, 316, 328	£2	Walk, jog or run this one mile route around the park and see how quick you can complete it! If you would like to collect sponsorship then please get in touch. To book, please call Jade on <b>02089624141</b> .

## WEDNESDAY CHOICES

### Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Osteo Blast MUST BOOK</b>	<b>Until 7<sup>th</sup> August</b> 10.00-11.00	Marshall Street Leisure Centre, 15 Marshall Street, Soho, W1F 7EL	12, 88, 159	£1	A 16 week exercise programme designed to initiate muscle strengthening and increase bone density to improve independent living and overall bone health. <b>TO BOOK please call Jade on 020 8962 4537</b> .
<b>Pitch and Putt</b>	<b>7<sup>th</sup> August</b> 11.00am	Queens Park Lodge, Harvist Rd, London NW6 6SG	6, 28, 452	FREE	Join us for an enjoyable game of Pitch and Putt on the 9-hole golf course! Clubs and balls provided or bring your own! Call <b>02037138737</b> or <b>07717201791</b> to book.
<b>Social Cycling (Mixed ability) MUST BOOK</b>	<b>14<sup>th</sup> August</b> 11.00-12.30	Meet at the Pavilion reception at Paddington Recreation Ground, Randolph Avenue, W9 1PD	6, 31, 316, 328	FREE	Our ride leader will guide you around the local area using the quiet streets and cycle paths. Bikes and helmets are available to use! Other social rides available, please call <b>0208 962 5582</b> for more details

<b>Begin to Gym</b>	2.30-3.30	Porchester Leisure Centre, Queensway, Bayswater, 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!
<b>Tennis</b>	5.30-6.30	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.

## THURSDAY CHOICES

**Activities are for Westminster residents ONLY**

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Complementary Therapies</b> (Munro Health Co-Op) <b>MUST BOOK</b>	Half hour or hourly slots	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	6,31, 36, 187, 228, 328,	£12 per half hour	Massage, Shiatsu and Reflexology. Call <b>02037138737</b> or <b>07717201791</b> to book. Some availability on other days!
<b>Steady and Stable</b> <b>MUST BOOK</b>	<b>Until 8<sup>th</sup> August</b> 10.00-11.00	Victoria Medical Centre, 29 Upper Tachbrook Street, Pimlico, SW1V 1SN	2,36, 185, 436, C10, 360	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Tina on <b>0208 962 5582</b> .
<b>Secret City Gardens Walk</b>	<b>8<sup>th</sup> August</b> 10.30-12.30	St Pauls Tube Station	6, 8, 25, 46, 521	FREE	Enjoy a walk through the City of London's hidden gardens, taking in the sights and finding history as far back as 2000 years! From The Postman's Park, Barbican complex to The Barber-Surgeons Garden! We'll be starting from St Pauls Station (Central Line) and the walk will last Approximately 2 Hours (With a Break) at a medium pace. Call <b>02037138737</b> or <b>07717201791</b> to book.
<b>Pitch and Putt</b>	<b>1<sup>st</sup> August</b> 11.00am	Queens Park Lodge, Harvist Rd, London NW6 6SG	6, 28, 452	FREE	Join us for an enjoyable game of Pitch and Putt on the 9-hole golf course! Clubs and balls provided or bring your own! Call <b>02037138737</b> or <b>07717201791</b> to book.
<b>Camden Canal Walk</b>	<b>15<sup>th</sup> August</b> 11.00-1.00	Camden Town Tube Station	27, C2, 24	FREE	We'll be taking a summer stroll along the Regent's Canal from Camden then into glorious Regents Park, taking in the boats, greenery and hopefully some sunshine! Meeting Camden Town Station, Lasting Approximately 2 hours at a medium pace. Call <b>02037138737</b> or <b>07717201791</b> to book.

<b>Phone Club: Discussion group</b> For the Housebound	1.00-2.00 Call for Summer dates!	Comfort of your home	N/A	FREE	Conversation topics range from 'current affairs' to 'health', 'films', & 'quizzes. Phone on <b>020 37138736</b> for more info!
<b>Steady and Stable</b> (Class 1 – high level) <b>MUST BOOK</b>  <b>*NEW SUMMER VENUE</b>	<b>25<sup>th</sup> July, 1<sup>st</sup> &amp; 8<sup>th</sup> August</b> 1.00-2.15	Beethoven Centre, Third Ave, London W10 4JL	6, 187, 316	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on <b>0208 962 4537</b> .
<b>Steady and Stable</b> (Class 2 – low level) <b>MUST BOOK</b> <b>*NEW SUMMER VENUE</b>	<b>25<sup>th</sup> July, 1<sup>st</sup> &amp; 8<sup>th</sup> August</b> 2.15-3.15	Beethoven Centre, Third Ave, London W10 4JL	6, 187, 316	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on <b>0208 962 4537</b> .
<b>Book Talk: Phone Discussion group</b> For the Housebound	2.30-3.30 Call for Summer dates!	Comfort of your own home	N/A	FREE	Discuss a book delivered by home library service. Phone <b>020 3713 8736</b> for more info
<b>Phone Club:</b> Discussion group for those who are housebound	4.00-5.00 Call for Summer dates!	Comfort of your own home	N/A	FREE	Conversation topics range from 'current affairs' to 'health', 'films', & quizzes. Phone <b>020 3713 8736</b> for more info

## FRIDAY CHOICES

**Activities are for Westminster residents ONLY**

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Local guided walks – Central Westminster</b>	<b>16<sup>th</sup> August</b> 11.00-12.00	Meet at Church Street Library, 67 Church Street, NW8 8EU	6, 16, 98, 332, 414	FREE	Take a walk down memory lane in the company of a knowledgeable Westminster tour guide. Look at your local streets and buildings afresh and reminisce about how they have changed over the years. To book please call <b>0208 962 4141</b> .
<b>Osteo Blast</b> <b>MUST BOOK!</b>	<b>Until 9<sup>th</sup> August</b> 2.30-3.30	The Abbey Centre 34 Great Smith Street SW1P 3BU	87, 88	£1	A 16 week exercise programme designed to initiate muscle strengthening and increase bone density to improve independent living and overall bone health. TO BOOK please call Jade on <b>020 8962 4537</b> .
<b>Tennis</b>	5.30-6.30	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.

# SATURDAY CHOICES

## Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Badminton	9.00-10.00	Academy Sports Centre, 255 Harrow Road, W2 5EZ (at end of Torquay Street side road)	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.
Keep Fit / Get Strong	Last class 17 <sup>th</sup> August 11.00-12.00		18, 36	£1.50	Cardiovascular aerobic exercise to get the whole body moving and improve fitness and strength.
Stretch & Relax:	Last class 17 <sup>th</sup> August 12.00-1.00		£1.50	A great, gentle way to stretch, tone and work on core strength - floor mat based exercise session.	
Queens Park Summer Festival	3 <sup>rd</sup> August 1.00-4.00	St Jude's Hall, Ilbert Street, W10 4DL	18, 28, 228	FREE	Celebrate Summer with the Queen's Park Summer Festival 50+ zone for an afternoon of music, dancing, games and afternoon tea. Don't miss festival favourite Franz Black! This event is inside so pop along come rain or shine!



### Regent Street Cinema

Every Wednesday

Regent Street Classic Matinees- £1.75

12.00-2.00pm OR 3.30-5.00pm

Weekly matinee film screening at the newly renovated Regent Street Cinema.

For details of films call: 0207 911 5050 (Cinema) or 0208 962 4141 (Open Age)

Or visit: [www.regentstreetcinema.com/programme/](http://www.regentstreetcinema.com/programme/)

### Regent Street Ballroom

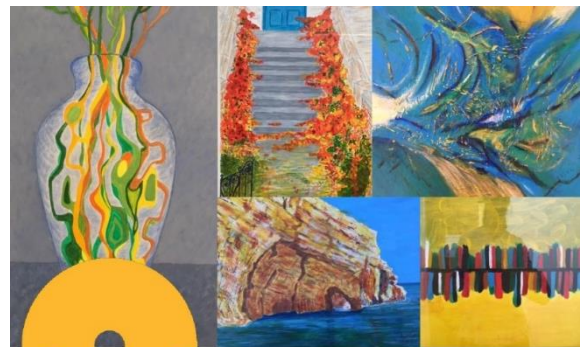
Dancing- Free

2.15-3.00pm

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!



307 Regent St, Marylebone, London, W1B 2HW



### Open Age Art Exhibition At The Saatchi Gallery

Open Age Member's artwork will be exhibited in the Saatchi Gallery Education Room on the following dates and times:

- Tuesday 6th August—10am-6pm
- Wednesday 7th August—12.30pm-6pm
- Thursday 8th August—10am-6pm



Join our North Westminster email bulletin to keep up to date with all our exciting activities and events, plus any additional trips we are able to organise throughout the term to ensure you don't miss a thing!



If you would like to receive this please email

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