



Open Age

Centre and Online Combined Programme

**Monday 10th January – Friday 1st April 2022
(Half Term 14th February- 18th February)**

Welcome to our new combined centre and online programme!
This term we've added all our activities together. You'll find contact numbers for each activity and all addresses below.

Please note: All classes taking place in New Horizons, St Margaret, Avenues and Second Half Centres need to be booked one week in advance, please call us on the numbers below for more Information. Steady and Stable, Osteo Blast and Healthy Lungs sessions also need to be booked on the numbers displayed below.

IMPORTANT NOTICE REGARDING COST OF ACTIVITIES:

Please note, for activities running in centres and community venues we ask that members continue to contribute to Open Age £1 per hour, unless otherwise stated.

At the moment Open Age does not have the ability to take payments online, therefore we kindly ask those members who attend on-line activities to make a donation via our website, www.openage.org.uk or pop in to one of your nearest centres to contribute.

Adult Community Learning (ACL)

Classes annotated with '**ACL**' next to them means that they are Adult Community Learning courses. ACL offers a number of courses and they need to be booked and require a commitment which range between 3 and 10 weeks depending on the course. These classes are different from the standard Open Age drop in classes. You must be able to complete an enrolment form and provide evidence of ID i.e. Passport or Driving Licence number as well as your National Insurance number.

ACL Costs

Our ACL courses are a slightly different cost to all the other Open Age classes as we are funded by the government via the Royal Borough of Kensington and Chelsea. Our fees are **£3 per session**. However the course may be free if you meet the eligibility criteria.

Activities at Second Half Centre (North Kensington)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Mix	Second Half Centre	020 4516 9971
10:00 - 12:00	Computer for Beginners <i>*starts 17th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:30 - 12:30	Italian for Absolute Beginners <i>*starts 17th January</i> ACL	The Reed Centre	020 4516 9972 aclbookings@openage.org.uk
11:15 - 12:15	Tai Chi	Second Half Centre	020 4516 9971
11:30 - 12:30	Chair Exercise	Pepper Pot	No booking needed
12:15 - 13:45	International Cooking with Manju (<i>fortnightly</i>)	Second Half Centre	020 4516 9971
12:30 - 13:30	Stretch and Tone	Second Half Centre	020 4516 9971
13:00 - 15:00	Getting to Know Your Android Smartphone <i>*starts 17th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
13:00 - 15:00	Italian for Beginners <i>*starts 17th January</i> ACL	The Reed Centre	020 4516 9972 aclbookings@openage.org.uk
13:45 - 15:45	Singing For All	Second Half Centre	020 4516 9971
14:15 - 15:45	Still Life & Life Drawing	Second Half Centre	020 4516 9971
15:30 - 17:30	Men Space: Meet up & Social	Second Half Centre	07467 952 564

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Zumba	Second Half Centre	020 4516 9971
10:00 - 12:00	Getting to Know Your iPhone	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk

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	<i>*starts 18th January</i> ACL		
10:00 - 12:00	Computer for Beginners <i>*starts 18th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
11:00 - 12:00	Kundalini Yoga	Second Half Centre	020 4516 9971
12:30 - 13:30	Outreach Tech Support (own devices)	Second Half Centre	020 4516 9977 outreachbookings@openage.org.uk
13:00 - 14:00	Steady & Stable: Falls Prevention Exercise Programme	Second Half Centre	020 4516 9975
13:00 - 15:00	Building Your Windows 10 Knowledge <i>*starts 18th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
13:30 - 14:30	Tai Chi	St George's Church	No booking needed
13:45 - 15:45	Lipreading & Managing Hearing Loss <i>*starts 18th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise Programme	Second Half Centre	020 4516 9975
15:30 - 16:30	Step up from Steady	Second Half Centre	020 4516 9971
16:15 - 17:45	Men Space: The Magic of Music	Second Half Centre	07467 952 564

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:30	Painting and Drawing	Second Half Centre	020 4516 9971
10:00 - 11:30	Creative Threads	Second Half Centre	020 4516 9971
10:00 - 12:00	iPad for Beginners <i>*starts 19th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
12:00 - 13:00	Chair Exercise	Second Half Centre	020 4516 9971
12:15 - 14:15	Men Space: Lunch & Cookery (Bi weekly)	Second Half Centre	07467 952 564
13:00 - 15:00	Italian - Next Step 1 <i>*starts 19th January</i> ACL	The Reed Centre	020 4516 9972 aclbookings@openage.org.uk

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13:30 - 15:30	Meditation & Mindfulness <i>*starts 19th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
13:30 - 15:30	Men Space: IT Classes <i>*starts 19th January</i> ACL	Second Half Centre	07467 952 564 aclbookings@openage.org.uk
14:30 - 16:30	Poetry <i>*starts 19th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
15:00 – 16:30	“Well Read” Play reading with the Playground Theatre	Second Half Centre	020 4516 9971

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Second Half Centre	020 4516 9971
10:00 - 12:00	Speaking English with Confidence <i>*starts 13th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Getting to Know Your Android Phone <i>*starts 13th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:30 - 12:00	Mosaics & Ceramics	Second Half Centre	020 4516 9971
11:15 - 12:15	Body Conditioning	Second Half Centre	020 4516 9971
12:30 - 13:30	Chair Exercise	Second Half Centre	020 4516 9971
12:30 - 14:30	Spanish - Beginners <i>*starts 13th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
13:00 - 15:00	Getting to Know Your Android Tablet <i>*starts 13th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
14:45 - 16:15	Spanish Conversation	Second Half Centre	020 4516 9971

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Second Half Centre	020 4516 9971

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10:00 - 12:00	Spanish for Absolute Beginners <i>*starts 14th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Online Safety <i>*starts 14th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Getting to Know Your Gmail Email <i>*starts 14th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:15 - 11:15	Pilates	Westway Fitness Centre	No booking needed
10:30 - 12:30	Time for Me Carers IT course: Get more from your smartphone, tablet and/or computer <i>*starts 25th February</i> ACL	Second Half Centre	0204 516 9976 carerstimeforme@openage.org.uk
11:30 - 12:30	Tai Chi	Westway Fitness Centre	No booking needed
12:30 - 14:30	Spanish - Next Step 2 <i>*starts 14th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
12:45 - 13:45	Exercise to Music	Second Half Centre	020 4516 9971
13:00 - 15:00	Build Your Own Website Using WordPress <i>*starts 14th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
14:00 - 16:00	Stroke Recovery social group with Rachel (fortnightly-starts 14 th Jan)	Second Half Centre	No booking needed

Activities at New Horizons (Chelsea)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
9:45 - 11:45	Art - Watercolours (All Levels) <i>*starts 17th January</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Computer for Beginners	New Horizons	020 4516 9972

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	<i>*starts 17th January</i> ACL		aclbookings@openage.org.uk
10:00 - 12:00	Jewellery Making	New Horizons	020 4516 9970
12:00 - 13:00	Pilates	New Horizons	020 4516 9970
12:00 - 14:00	Unsupported IT Drop In	New Horizons	020 4516 9970
13:15 - 14:15	Ballet	New Horizons	020 4516 9970
13:00 - 15:00	Art - Watercolours (All Levels) <i>*starts 17th January</i> ACL	Old Brompton Library	020 4516 9972 aclbookings@openage.org.uk
13:30 - 15:30	Shared Reading	New Horizons	020 4516 9970
14:00 - 16:00	Monday Games / Club	New Horizons	020 4516 9970
14:00 - 16:00	Getting to Know Your iPhone <i>*starts 17th January</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
14:30 - 16:30	Pranayama Yoga	New Horizons	020 4516 9970

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 – 11:45	In The News	New Horizons	020 4516 9970
10:00 - 12:00	Italian Conversation (Advanced)	New Horizons	020 4516 9970
10:00 - 12:00	Creative Writing <i>*starts 18th January</i> ACL	Response Community Projects	020 4516 9972 aclbookings@openage.org.uk
12:00 - 13:00	Stretch and Tone	New Horizons	020 4516 9970
12:00 - 14:00	Supported IT Drop In	New Horizons	020 4516 9970
13:00 - 16:00	Bridge Club	Ixworth Place	020 4516 9970
13:15 - 14:15	Dance Exercise	New Horizons	020 4516 9970
13:30 - 14:30	Meditation	New Horizons	020 4516 9970
14:00 - 16:00	Time for Me Carers: Social & Creative Activities (1 st Tuesday each month)	New Horizons	020 4516 9976 carerstimeforme@openage.org.uk
14:30 - 16:30	Drama <i>*starts 18th January</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Newsletter Group	New Horizons	020 4516 9970

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09:45 – 10:45	Steady & Stable: Falls Prevention Exercise Programme	New Horizons	020 4516 9975
10:00 - 16:00	Third Age Counselling	New Horizons	0207 976 6667 enquiries@thirdagecounselling.com
10:45 – 11:45	Steady & Stable: Falls Prevention Exercise Programme	New Horizons	020 4516 9975
11:00 - 13:00	French Conversation (Upper Intermediate/Advanced)	New Horizons	020 4516 9970
12:00 - 13:00	Outreach Tech Support (own devices)	New Horizons	020 4516 9977 outreachbookings@openage.org.uk
12:00 - 13:00	Chi Gong	New Horizons	020 4516 9970
13:15 - 14:15	Chair Exercise	New Horizons	020 4516 9970
14:00 - 16:00	Lipreading & Managing Hearing Loss <i>*starts 19th January</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
14:30 - 16:30	Singing	New Horizons	020 4516 9970
14:00 - 16:00	Quiz	New Horizons	020 4516 9970

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
9:45 - 10:45	Chair Yoga	New Horizons	020 4516 9970
10:00 - 12:00	Literature & Poetry	New Horizons	020 4516 9970
10:00 - 12:00	Art Class	Ixworth Place	020 4516 9970
10:00 - 12:00	Play Workshops (in partnership with Finborough Theatre)	Response Community Projects	020 4516 9970
10:00 - 16:00	Third Age Counselling	New Horizons	0207 976 6667 enquiries@thirdagecounselling.com
11:00 - 12:00	Yoga	New Horizons	020 4516 9970
12:00 - 14:00	Supported IT Drop In	New Horizons	020 4516 9970
12:15 - 13:15	Chi Gong	New Horizons	020 4516 9970
13:00 - 15:00	OneYou Clinic	New Horizons	0203 434 2500
14:00 - 16:00	Getting to Know Your Android Phone <i>*starts 13th January</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk

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14:30 - 16:30	Life Stories <i>*starts 13th January</i> ACL	Chelsea Theatre	020 4516 9972 aclbookings@openage.org.uk
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Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Book Club (21 st of January then last Friday of each month)	New Horizons	020 4516 9970
10:00 - 11:30	Drawing at the V&A Museum (All Levels) <i>*starts 14th January</i> ACL	Victoria & Albert Museum	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Computer for Beginners <i>*starts 14th January</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:45 - 11:45	Zumba	New Horizons	020 4516 9970
10:45 - 11:45	Pilates	St. Mary The Boltons	No booking needed
12:00 - 13:00	Chair Exercise	St. Mary The Boltons	020 4516 9974
12:00 - 13:30	Drawing at the V&A Museum (All Levels) <i>*starts 14th January</i> ACL	Victoria & Albert Museum	020 4516 9972 aclbookings@openage.org.uk
12:00 - 14:00	Unsupported IT Drop In	New Horizons	020 4516 9970
12:00 - 14:00	OneYou Club	New Horizons	0203 434 2500
14:00 - 16:00	Cryptic Crossword	New Horizons	020 4516 9970
14:15 - 15:15	Pilates	New Horizons	020 4516 9970
14:00 - 16:00	iPad for Beginners <i>*starts 14th January</i> ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
15:30 - 16:30	NH Open Space (last Friday of the month)	New Horizons	020 4516 9970

Activities at Avenues (North Westminster)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Ballet Fitness	Avenues	020 3713 8737
10:00 - 11:30	Patchwork Making and more	Avenues	020 3713 8737

10:00 - 12:00	Bowls 10 th Jan, 7 th Feb & 7 th March	Paddington Sports Club	No booking needed
10:00 - 12:00	Walking Cricket 31 st Jan – 28 th March. No classes 7 th Feb & 7 th March	Lords Cricket Ground	No booking needed
11:15 - 12:15	Zumba	Avenues	020 3713 8737
12:00 - 13:00	Social - Mind Games (volunteer led)	Avenues	020 3713 8737
12:30 - 13:30	Stretch and Tone	Avenues	020 3713 8737
12:45 - 13:45	Step Up from Steady	Barbara Brosnan Court	No booking needed
13:00 - 14:00	Osteo Pro	Seymour Leisure Centre	No booking needed
14:00 - 15:30	Film Festival	Avenues	020 3713 8737
14:30 - 15:30	Begin to Gym (£3)	Porchester Leisure Centre	No booking needed

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Avenues	020 3713 8737
10:00 - 11:30	Simply Art	Avenues	020 3713 8737
10:30 - 11:30	Dance Exercise	Fitzrovia Community Centre	020 4516 9974
11:15 - 12:15	Chair Exercise	Avenues	020 3713 8737
11:45 - 12:45	Lipreading for Hearing Loss	Avenues	020 3713 8737
12:30 - 13:30	Exercise to Music	Avenues	020 3713 8737
13:00 - 15:00	Social - Table Tennis	Avenues	020 3713 8737
14:00 - 15:00	Tai Chi (£3)	Paddington Recreation Ground	Pay and register at reception in the pavilion
14:00 – 15:30	Sketching at Museums	Various Locations	020 3713 8737

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Creative Writing	Avenues	020 3713 8737

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10:00 - 11:00	Yoga	Avenues	020 3713 8737
10:00 - 12:00	Social - Games Café	Avenues	020 3713 8737
11:15 - 12:15	Steady & Stable: Falls Prevention Exercise Programme	Avenues	020 4516 9975
12:00 - 14:00	Guest Speaker and Social (last Wednesday of each month)	Avenues	020 3713 8737
12:00 – 13:00	Dance Exercise	St Paul's Church	No booking needed
12:30 - 13:30	Steady & Stable: Falls Prevention Exercise Programme	Avenues	020 4516 9975
13:30 - 15:30	Time for Me Carers: Social & Creative Activities (2 nd Wednesday of each month)	Avenues	020 4516 9976 carerstimeforme@openage.org.uk
14:00 - 15:00	Osteo Blast: Exercise for Healthy Bones	Avenues	dbath@openage.org.uk
14:30 - 15:30	Begin to Gym (£3)	Porchester Leisure Centre	No booking needed

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Tai Chi	Avenues	020 3713 8737
10:15 - 11:45	Singing For All	Avenues	020 3713 8737
11:00 - 12:00	Walking Football	The Hub, Regents Park	No booking needed
11:15 - 12:15	Exercise to Music	Avenues	020 3713 8737
12:00 - 13:00	Guitar for All	Avenues	020 3713 8737
12:45 - 13:45	Pilates	Avenues	020 3713 8737
14:00 - 15:00	Men Space: Meet up & Social (Bi-weekly)	Avenues	07467 952 564
14:00 - 15:00	Chair Yoga	Avenues	020 3713 8737

Friday

(Avenues is closed on Fridays)

TIME	CLASS	LOCATION	BOOKING DETAILS
10:45 -12:45	Men Space: Walking Football	Westminster Academy	07467 952 564
12:00 - 13:00	Aqua Aerobics	Moberley Sports Centre	No booking needed

Saturday

TIME	CLASS	LOCATION	BOOKING DETAILS
13:00 – 15:00	Multi Sports (Table Tennis, Short Tennis and Badminton)	St Augustine's Sports Centre	Call 020 4516 9974 to find out how to book.

Activities in St Margaret's (South Westminster)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 11:30	Monday Morning Movies	St Margaret's	020 4516 9969
11:00 - 12:00	Chair Exercise	Victoria Medical Centre	No booking needed
11:15 - 12:15	Zumba	St Stephen's Church	020 4516 9974
11:30 – 13:30	Time for Me Carers: Social & Creative Activities (3 rd Monday each month)	St Margaret's	020 4516 9976 carerstimeforme@openage.org.uk
12:15 - 13:45	Singing Class	St Stephen's Church	020 4516 9969
15:00 - 16:30	Creative Writing	St Margaret's	020 4516 9969
14:30 - 15:30	Pilates	Churchill Gardens Residents Hall	No booking needed

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 11:30	Tuesday Morning Social	St Margaret's	020 4516 9969
12:30 - 13:30	Chi Gong	St Margaret's	020 4516 9969

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14:00 - 15:00	Chair Yoga	St Margaret's	020 4516 9969
15:30 – 17:00	St Margaret's Open Space (1 st Tuesday of each month)	St Margaret's	020 4516 9969

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Keep Fit	St Margaret's	020 4516 9969
12:30 - 13:30	Men's Yoga	St Margaret's	020 4516 9969
14:00 - 16:00	Bridge Club	St Margaret's	020 4516 9969

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Computer Drop In	St Margaret's	020 4516 9969
10:00 – 11:00	Food for Thought with Manju (First Thursday of every month) 6 th Jan, 3 rd Feb, 3 rd March	St Margaret's	020 4516 9969
11.30 – 13.30	Monthly Movies at Eileen Anderson Last Thursday of every month	Eileen Anderson House	020 4516 9969
13:30 - 15:30	Art Class	St Margaret's	020 4516 9969
15:00 - 16:00	Yoga	Queen Mother Sports Centre	No booking needed

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Exercise	St Margaret's	020 4516 9969
11:45 - 12:45	Table Tennis	St Margaret's	020 4516 9969
13:30 - 15:30	Games & Crafts Fridays	St Margaret's	020 4516 9969

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Activities in Hammersmith & Fulham

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 11.30	Yoga	Edward Woods Community Centre	No booking needed
13:00 – 14:00	Pilates	St Andrew's Church, Fulham	No booking needed

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
11:00 - 12:00	Chi Gong	All Saints Church, Fulham	No booking needed
11:00 - 12:00	Steady & Stable: Falls Prevention Exercise Programme	Bishop Creighton House	020 4516 9975
14:00 - 15:00	Chair based Exercise	Age UK	No booking needed
14.15 – 15.15	Yoga	White City Community Centre	No booking needed, starts 18 th Jan

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
13:00 - 14:00	Pilates	St John's Church, Fulham	No booking needed
14:00 - 15:00	Exercise to Music	Our Lady of Fatima	No booking needed
14:30 - 15:30	Dance Mix (including Jazz, Musical Theatre and Disco)	St John's Church, Fulham	No booking needed

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Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Zumba	St Andrew's Church	No booking needed
11:15 - 12:45	Singing for All	St Andrew's Church	No booking needed

Online Activities & Phone Groups

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Kundalini Yoga	Zoom	physicalactivitybookings@openage.org.uk
10:30 - 11:30	Kensington Activity Social Group (KAG)	Phone Group	020 3713 8736
10:30 - 11:30	Steady & Stable: Falls Prevention Exercise Programme	Zoom	020 4516 9975
11.00 – 12.30	Shared Reading (With Ghada)	Zoom	bookings@openage.org.uk
11:30 - 12:30	Monday Forum	Phone Group	07741 656 478
11:30 - 12:30	Dance Mix	Zoom	physicalactivitybookings@openage.org.uk
12:00 - 13:00	Advanced Spanish Chat	Zoom	bookings@openage.org.uk
14:00 - 16:00	Creative Writing <i>*starts 17th January</i> ACL	Zoom	aclbookings@openage.org.uk
14:30 - 15:30	Local History (monthly)	Zoom	bookings@openage.org.uk
14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones	Zoom	dbath@openage.org.uk
14:30 - 15:30	Steady & Stable: Falls Prevention Exercise Programme	Zoom	020 4516 9975
15:30 - 17:00	Mindfulness & Relaxation	Zoom	bookings@openage.org.uk

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Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Zoom	physicalactivitybookings@openage.org.uk
10:30-11:30	Healthy Lungs: Exercise for Lung Health	Zoom	dbath@openage.org.uk
11:00 – 12:30	Open Science: *NEW* The Coloniality of Wildlife Conservation Across African Savannas 25th January only <i>In partnership with Imperial College, London and to mark the Cop26 Conference</i>	Zoom	bookings@openage.org.uk
12:15 – 13:15	Men Space: Active Exercise	Zoom	07467 952 564
12:30 - 13:30	Zumba	Zoom	physicalactivitybookings@openage.org.uk
13:00 - 15:00	Italian - Next Step 2 <i>*starts 18th January</i> ACL	Zoom	aclbookings@openage.org.uk
13:00 - 15:00	Spanish - Next Step 1 <i>*starts 18th January</i> ACL	Zoom	aclbookings@openage.org.uk
14:00 - 16:00	Creative Writing <i>*starts 18th January</i> ACL	Zoom	aclbookings@openage.org.uk
14:15 - 15:00	Open Space Talks	Zoom	bookings@openage.org.uk
14:30 - 15:30	Healthy Lungs: Exercise for Lung Health	Zoom	dbath@openage.org.uk
15:00 - 16:00	Yoga	Zoom	physicalactivitybookings@openage.org.uk

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
9:30 - 11:00	Sketching in Sculpture Parks (All Levels) <i>*starts 19th January</i> ACL	Zoom	aclbookings@openage.org.uk
9:30 - 11:30	Italian - Beginners Plus + <i>*starts 19th January</i> ACL	Zoom	aclbookings@openage.org.uk
10:00 - 11:00	Yoga	Zoom	physicalactivitybookings@openage.org.uk

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11:00 - 13:00	Time for Me Carers: Yoga, Relaxation & Gong (3 rd Weds each month)	Zoom	020 4516 9976 carerstimeforme@openage.org.uk
11:00 - 12:00	Shared Reading (with Ewa)	Zoom	020 3713 8736
11.00 – 12.30	Greek Mythology (With Ghada)	Zoom	bookings@openage.org.uk
11:30 - 13:00	Sketching in Sculpture Parks (Advanced) <i>*starts 19th January</i> ACL	Zoom	aclbookings@openage.org.uk
13:30 - 15:30	Time for Me Carers: Creative Writing (1 st Weds each month)	Zoom & Phone	020 4516 9976 carerstimeforme@openage.org.uk
14:00 - 15:00	Chair Exercise	Zoom	physicalactivitybookings@openage.org.uk
14:30 - 15:30	Campden Ward Social Group	Phone Group	020 3713 8736
15:30 - 16:30	Conversational French	Zoom	bookings@openage.org.uk
16:00 - 17:30	Meditation & Mindfulness <i>*starts 19th January</i> ACL	Zoom	aclbookings@openage.org.uk

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Imagine, Interact, Improvise: Improv workshops	Zoom	bookings@openage.org.uk
10:30 - 11:30	Boxing Fitness	Zoom	physicalactivitybookings@openage.org.uk
11:00 - 12:00	Osteo Blast: Exercise for Healthy Bones	Zoom	dbath@openage.org.uk
11:00 - 12:30	Italian Archaeology (fortnightly from 13 th January)	Zoom	bookings@openage.org.uk
12:00 - 13:00	Pilates	Zoom	physicalactivitybookings@openage.org.uk
14:00 - 15:00	Chi Gong	Zoom	physicalactivitybookings@openage.org.uk
14:00 - 16:00	Time for Me Carers: Relaxation Class (monthly)	Zoom	020 4516 9976 carerstimeforme@openage.org.uk

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14:00 - 15:00	Shared Reading with Ewa	Phone Group	020 3713 8736
16:00 - 17:00	Topical Hour	Phone Group	020 3713 8736

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Stretch and Tone	Zoom	physicalactivitybookings@openage.org.uk
10:30 - 11:30	Philosophy	Zoom	bookings@openage.org.uk
10:30 - 11:30	Monthly Quiz	Zoom	bookings@openage.org.uk
11:00 - 13:00	Time for Me Carers: activities (including yoga, creative writing, Chi Kung, talks)	Zoom & Phone	0204 516 9976 carerstimeforme@openage.org.uk
12:00 - 13:00	Philosophy	Zoom	bookings@openage.org.uk
13:30 - 14:30	Friday Social Quiz	Phone Group	07741 656 478
14:00 - 16:00	Disco Fever <i>*starts 14th January</i> ACL	Zoom	020 4516 9972 aclbookings@openage.org.uk
14:30 - 15:30	Steady & Stable: Falls Prevention Exercise Programme	Zoom	020 4516 9975
14:30 - 15:30	Step Up from Steady	Zoom	physicalactivitybookings@openage.org.uk
15:00 - 17:00	Spanish - Beginners Plus <i>*starts 14th January</i> ACL	Zoom	020 4516 9972 aclbookings@openage.org.uk

Activities outside of Open Age

- THERAPIES:**

Shiatsu and Reflexology therapies available on alternate Fridays between 10.00am and 4.00pm by appointment only, at the Reed Centre (*address in community venues listing at back of programme*). £15 for a 30-minute treatment.

To book call:

Rita Taylor, Reflexology – 07865 080969



Paula Kent, Shiatsu Massage – 07715 512703

- **BEAUTY TREATMENTS:**

Facials, massages, pedicures, manicures, and much more on Thursdays between 10:00am and 4:00pm at Anchor Court, 2 Carey Place.

To book call:

Rima Alsouss – 07944 502950

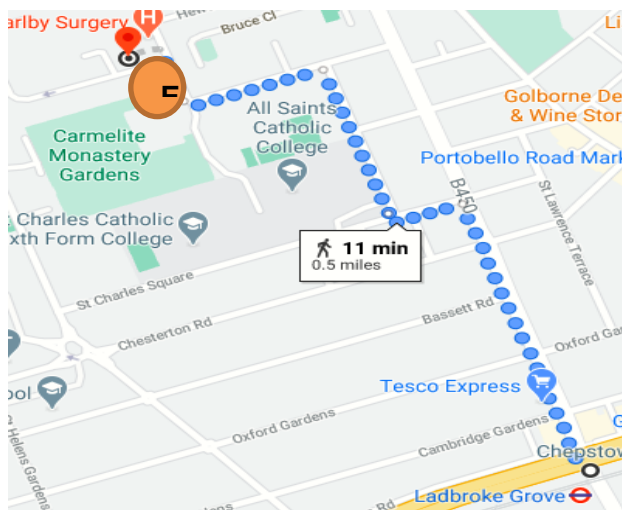
- **REGENT STREET CINEMA** **Regency Seniors - Monday Matinees for the over 55s**
only £4 per ticket

You can book the films here:

<https://www.regentstreetcinema.com/regency-seniors/>

Or contact the cinema directly between 5.00pm and 10.00pm on 020 7911 5050.
307 Regent St, London W1B 2HW

Locations of Open Age centres



Open Age - St Charles Centre for Health & Wellbeing

Second Half Centre

Exmoor Street

London W10 6DZ

Borough - Kensington and Chelsea (North)

Telephone: 020 4516 9971

email: acarrington@openage.org.uk

Second Half Centre, left at Main Reception

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Open Age – Avenues

New Avenues

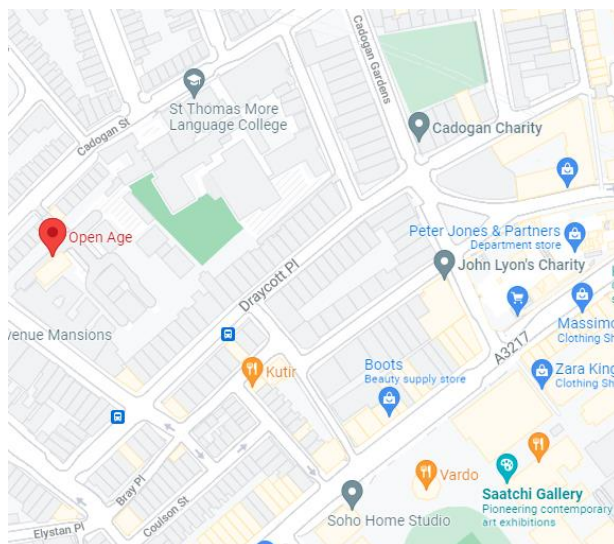
3-7 Third Avenue

London W10 4RS

Borough – Westminister (North)

Telephone: 020 3717 8737

email: gbrown@openage.org.uk



Open Age - New Horizons

Guinness Trust Estate Cadogan Street

London SW3 2PF

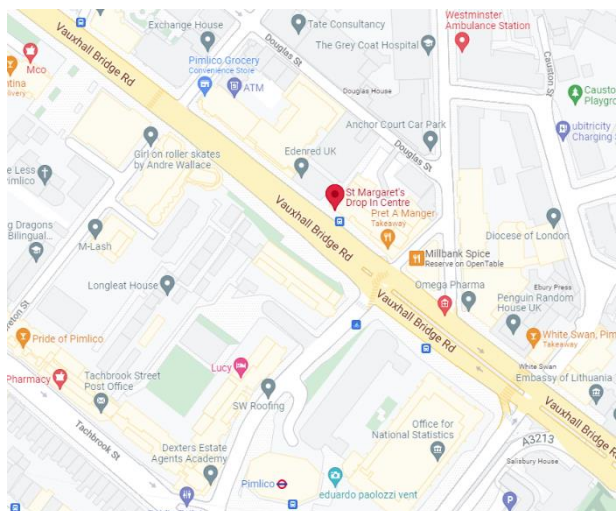
Borough - Kensington and Chelsea (South)

Telephone: 020 4516 9970

email: fkorenica@openage.org.uk

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Open Age – St Margaret's

St Margaret's
 1 Carey Place
 London
 SW1V 2RT
 Borough – Westminster (South)
 Telephone: 020 4516 9969
 email: hmunns@Openage.org.uk

Locations of Community Venues (in alphabetical order)

COMMUNITY VENUE NAME	ADDRESS	POST CODE	BOROUGH
Age UK	105 Greyhound Road	W6 8NJ	H&F
Al Manaar, Muslim Cultural Heritage Centre	244 Acklam Road	W10 5YG	North Westminster
All Saints	Pryors Bank, Bishops Park	SW6 3LA	H&F
Barbara Brosnan Court	46 Grove End Road	NW8 9NN	North Westminster
Bishop Creighton House	374-380 Lillie Road	SW6 7PH	H&F
Chelsea Theatre	7 World's End Place	SW10 0DR	South RBKC
Churchill Gardens Residents Hall	Churchill Hall, Pimlico, London	SW1V 3AL	South Westminster
Edward Woods Community Centre	60 Norland Road	W11 4TX	H&F
Fitzrovia Community Centre	2 Foley Street	W1W 6DL	Westminster
Fulham Palace Gardens	Bishop's Avenue	SW6 6EA	H&F
Holland Park	Ilchester Place	W8 6LU	North RBKC
Ixworth Place	2 Kimbolton Row Samuel Lewis Trust Dwelling	SW3 6RQ	South RBKC
Lords Cricket Ground	St John's Wood Road	NW8 8QN	Westminster
Marshall Street Leisure Centre	Marshall Street	W1F 7EL	South Westminster

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Moberley Sports Centre	25 Chamberlayne Road, Ladbroke Grove	NW10 3NB	North Westminster
Normand Park	84 Bramber Road	W14 9PB	H&F
Our Lady of Fatima	The Presbytery, Commonwealth Avenue	W12 7QR	H&F
Paddington Sports Club	Castellain Road	W9 1HQ	North Westminster
Paddington Recreation Ground	Randolph Avenue	W9 1PD	North Westminster
Pepper Pot	1a Thorpe Close	W10 5XL	North RBKC
Porchester Centre	Queensway	W2 5HS	North Westminster
Queen Mother Sports Centre	223 Vauxhall Bridge Road, Pimlico	SW1V 1EL	South Westminster
Reed Centre, The	28 Convent Gardens	W11 1NJ	North RBKC
Regents Park (The Hub)	Regent's Park Road	NW1 4NU	Westminster
Response Community Projects	300 Old Brompton Road	SW5 9JF	K&C
Seymour Leisure Centre	Seymour Place	W1H 5TJ	North Westminster
St Andrew's Church	Greyhound Road	W14 9SA	H&F
St Augustine's	Oxford St, North Maida Vale	NW6 5AW	North Westminster
St George's Church	Aubrey Walk, Camden Hill	W8 7JG	North RBKC
St John's Church	North End Road	SW6 1PB	H&F
St Mary's The Boltons	St Mary's Church, The Boltons	SW10 9TB	South RBKC
St Paul's Church	5 Rossmore Rd, London	NW1 6NJ	North Westminster
St Stephen's Church	38-42 Rochester Row	SW1P 1LE	South Westminster
Victoria Medical Centre	29 Upper Tachbrook Street	SW1V 1SN	South Westminster
Westway Fitness Centre - Portobello Road	3-5 Thorpe Close	W10 5XL	North RBKC

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White City Community Centre	India Way	W12 7QT	H&F
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