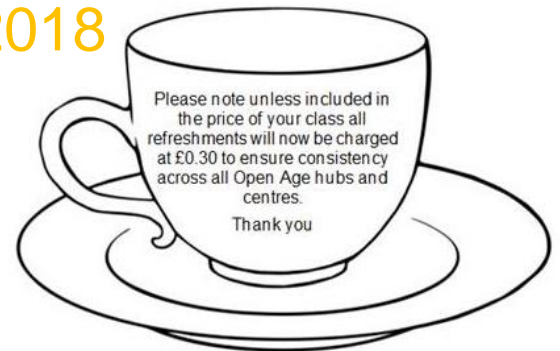


## Churchill Hub Activity Programme

September 3<sup>rd</sup> – December 14<sup>th</sup> 2018

The Churchill Gardens Hub is located in:  
Churchill Gardens Youth Club (Please use back door entrance)  
Churchill Gardens Road, Churchill Gardens Estate, SW1V 3AJ

Telephone: 020 7976 6354 (Claire Godwin)  
Mobile: 07530 734 489



### LOCAL EVENTS



#### GUIDED TOUR OF BUCKINGHAM PALACE STATE ROOMS

**Tuesday 18<sup>th</sup> September**

**Time: 9.00am**

**Cost: FREE**

**Must book!**

Visit one of London's most historic buildings and experience a guided tour of the magnificent state rooms. Limited tickets available. Please note, priority will be given to those who haven't visited the Palace before.

**Address:**

Buckingham Palace, Westminster,  
SW1A 1AA

**Contact:** Claire 07530 734 489



#### AFTERNOON TEA IN EATON SQUARE

**Sunday 7<sup>th</sup> October**

**Time: 2.30pm**

**Cost: FREE**

**Must book!**

Belgravia resident Marina Kaloghirou is opening one of the private gardens for the third year running to host an afternoon tea for Open Age members. Must book in advance as spaces are limited.

**Address:**

Leave from St Margaret's Activity  
Centre, 1 Carey Place, SW1V 2RT

**Contact:** Claire 07530 734 489



#### WE HOPE YOU CAN JOIN US FOR ONE OF OUR MEMBER 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 these days so mark it in your diaries, pop along and have your say!

**Monday 15<sup>th</sup> October**

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



**Monday 22<sup>nd</sup> October**

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

**Wednesday 24<sup>th</sup> October**


New Horizons, Guinness Trust  
Estate, Cadogan Street SW3

Activities are for Westminster Residents ONLY


MONDAY's ACTIVITIES	TIME	PLACE	BUS	COST	DETAILS
<b>Meditation</b> <b>LATER START DATE</b>	10.00-11.00 10/09/18 – 10/12/18 <b>Half term</b> 22/10/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£1	Meditation has many physical and mental benefits. A perfect introduction for those who are new to it. Use as a stand-alone or as a warm up for Yoga at 11am.
<b>Haircuts (Drop In)</b>	10.00-11.30 03/09/18 – 10/12/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£5	Haircuts from Patsy. No need to book. If you would like to double check Patsy is coming in before you leave home, please call us <b>07530 734 489</b> .
<b>Coffee Morning</b>	10.00-12.00 03/09/18 – 10/12/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	Free donations welcome	A chance to pop in and find out what is happening locally and have a cup of tea and a chat. We also have occasional speakers.
<b>Podiatry (Monthly)</b> <b>NEW</b>	10.00-15.00 Second Monday of the month.	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£10	We are delighted to offer a new monthly podiatry service at our coffee morning. To find out more & to book call <b>07530 734 489</b> .
<b>Osteo Blast</b> <b>NEW</b>	10.45-11.45 24/09/18 – 10/12/18 <b>No half term break</b>	Jubilee Hall, 30 The Piazza, Covent Garden, London WC2E 8BE	87, 88, 24,	£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 <b>020 8962 4537</b> .
<b>Yoga</b> <b>NEW TIME</b>	11.00-12.30 10/09/18 – 10/12/18 <b>Half term</b> 22/10/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£1.50	People differ in the ageing process but oxygen uptake, muscle strength and joint flexibility are all important. Yoga helps encourage these abilities to work together. Great for beginners!
<b>Zumba</b> 	11.15-12.15 10/09/18 – 10/12/18 <b>Half term</b> 22/10/18	St Stephen with St John Westminster, 38-42 Rochester Row, London SW1P 1LE	507	£1	Inspired by Latin Dance and music Zumba is a great workout for the whole body. No need to book, just turn up!
<b>Pilates (Class 1)</b> <b>LATER START DATE</b>	11.30-12.30 10/09/18 – 10/12/18 <b>Half term</b> 22/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Pilates focuses on stability, balance, flexibility, posture and wellbeing. A popular activity led by Alice.
<b>Singing Class</b> 	12.15-1.45 03/09/18 – 10/12/18 <b>Half term</b> 22/10/18	St Stephen with St John Westminster, 38-42 Rochester Row, London SW1P 1LE	507	£2	A fun singing class in the church's main space. <b>If you're interested in joining this class, please call Claire to find out more!</b>
<b>Pilates (Class 2)</b> <b>LATER START DATE</b>	12.30-1.30 10/09/18 – 10/12/18 <b>Half term</b> 22/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Pilates focuses on stability, balance, flexibility, posture and wellbeing. A popular activity led by Alice.

<b>Boxing Fitness</b> <b>NEW TIME &amp; VENUE</b>	2.00-3.00 03/09/18 – 10/12/18 <b>No Half term break</b> No Class 24 <sup>th</sup> Sept	Queen Mother Sports Centre, 223 Vauxhall Bridge Rd, Pimlico, London SW1V 1EL	36, 2, 185, 24, C10, 360	£2	Come and try this fun and interactive boxing fitness class designed to improve your heart health, strength and co-ordination.
<b>History and Philosophy, Film &amp; Discussion Group</b>	2.00-4.00 03/09/18 – 10/12/18 <b>Half term</b> 22/10/18	Darwin House, 104 Grosvenor Road, Churchill Gardens Estate, SW1V 3DH	24, C10, 360	£2	We are an open minded group. We look at Philosophical, Historical, Spiritual and Esoteric topics. All welcome.
<b>Creative Writing</b> <b>LATER START DATE</b>	2.00-4.00 10/09/18 – 10/12/18 <b>Half term</b> 22/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£2	Classes will help you generate ideas, create characters and put stories together. No experience required.
<b>Jewellery Making</b> <b>NEW VENUE</b>	2.00-4.00 10/09/18 – 10/12/18 <b>Half term</b> 22/10/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£2	Jewellery making introduction where you will learn how to work with beading, weaving and wire. Create bracelets, earrings etc. A lovely friendly class where you will be warmly welcomed.
<b>Phone Club: Current Affairs</b> For the Housebound	2.30-3.30	From the comfort of your own home	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 <b>020 3713 8736</b>
<b>Phone Club: Creative Writing Group</b> For the Housebound	4.00-5.00	From the comfort of your own home.	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 <b>020 3713 8736</b>

<b>TUESDAY's ACTIVITIES</b>	<b>TIME</b>	<b>PLACE</b>	<b>BUS</b>	<b>COST</b>	<b>DETAILS</b>
<b>Sewing &amp; Craft</b>	10.00-12.00 04/09/18 – 11/12/18 <b>Half term</b> 23/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	A fun and friendly class where you can work on your own sewing projects and much more. With help from our volunteer Angela.
<b>Walking Group</b>	11.00-1.00 04/09/18 – 11/12/18 <b>Half term</b> 23/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	A fun and informal walking group for pleasure and health. Explore the local area and green spaces. <b>Please call Claire for a weekly listing.</b>
<b>Tai Chi Qi Gong</b> <b>LATER START DATE</b>	12.30-1.30 11/09/18 – 11/12/18 <b>Half term</b> 23/10/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£1	A gentle, powerful system of exercise which uses healing posture, movement and breathing techniques to promote joint mobility, improve posture and recharge body and mind.


<b>Guitar Lesson from Musicus</b> <b>MUST BOOK</b> 	Two classes 1) 1.30-2.20 2) 2.30-3.20 11/09/18 – 04/12/18 <b>Half term</b> 23/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	We have very limited space on these guitar sessions (6 per group) Please call <b>020 7976 6354</b> to check availability.
<b>Monthly Movie Afternoon</b>	1.30-3.30 First Tuesday of every month	Eileen Anderson Court, Johnson's Place SW1V 3EZ	24, C10, 360	£1.50 Includes tea and coffee	Join us on the first Tuesday of every month for a mixture of old and new films in our very comfortable lounge. Call Claire to find out more! <b>4<sup>th</sup> Sept - Wonder (2017)</b> <b>2<sup>nd</sup> Oct - Breathe (2017)</b> <b>6<sup>th</sup> Nov - Wonder Woman (2017)</b> <b>4<sup>th</sup> Dec - Love Actually (2003)</b>
<b>Chair Yoga</b> <b>LATER START DATE</b>	2.15-3.45 11/09/18 – 11/12/18 <b>Half term</b> 23/10/18	St Margaret's Activity Centre, 1 Carey Place SW1V 2RT	2,36, 185, 436, C10, 360	£1	Chair based yoga with Sahara. Open to all abilities but good for people who find it difficult to work on the floor. Stretching, strengthening, breathing and meditation techniques. Stay for a cup of tea and a chat with your friends afterwards.

WEDNESDAY's ACTIVITIES	TIME	PLACE	BUS	COST	DETAILS
<b>Keep Fit</b> <b>NEW VENUE</b>	10.00-11.00 12/09/18 – 12/12/18 <b>Half term</b> 24/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	A gentle exercise class that works on strengthening your posture and balance, great for preventing falls. You will learn simple breathing techniques which focus on calming the mind.
<b>Knitting Group</b> <b>NEW VENUE</b>	10.00-12.00 05/09/18 – 12/12/18 <b>No half term break</b>	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	Free donations welcome	The group has knitted for charities and hospitals and has been involved in many exciting projects. All welcome. Come and get involved!
<b>Art Class</b> <b>NEW TIME</b>	10.00-1.00 12/09/18 – 12/12/18 <b>Half term</b> 24/10/18 <b>No Class 17<sup>th</sup> Sept</b>	Thamesbank Centre, Peabody Avenue, Turpentine Lane SW1V 4BD	24, C10, 360	£1 per hour	The class will explore various topics using watercolour, graphite pencil, charcoal, pastels, gouache, ink and collage. All abilities welcome.
<b>Chi Gong</b> <b>NEW</b>	10.30-11.30 26/09/18 – 12/12/18 <b>No half term</b>	Jubilee Hall, 30 The Piazza, Covent Garden, London WC2E 8BE	87, 88, 24,	Free	A gentle, powerful system of exercise which uses healing posture, movement and breathing techniques to promote joint mobility, improve posture and recharge body and mind.
<b>National Theatre Project</b> <b>NEW</b> <b>MUST BOOK!!</b>	10.30-12.30 Starts 26 <sup>th</sup> Sept *Pre-session refreshments at 10.00am	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, 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 <b>07717201791</b> to book.
<b>Pilates</b> <b>NEW TIME</b>	11.30-12.30 12/09/18 – 12/12/18 <b>Half term</b> 24/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Pilates focuses on stability, balance, flexibility, posture and wellbeing. A popular activity led by Christine.
<b>Men's Only Yoga</b> 	12.30-1.30 05/09/18 – 12/12/18 <b>Half term</b> 24/10/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	Free donations welcome	Join this brand new yoga class that's just for men! Led by Sahara, yoga will help to improve oxygen intake, muscle strength, joint flexibility and more!
<b>Film Club</b>	1.30-3.30	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£1.50 Includes tea and coffee	Join us for a new quarterly film club at St Margaret's. <b>24<sup>th</sup> Oct – The Darkest Hour (2017)</b> <b>17<sup>th</sup> Dec - The Greatest Showman (2017)</b>
<b>Bridge Club</b>	2.00-4.15 05/09/18 – 19/12/18 <b>Half term</b> 24/10/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£7	A well-established Bridge class for those of you who already know the basics of Bridge and wish to improve your game.
<b>Breathing Yoga</b>	2.15-4.15 05/09/18 – 19/12/18 <b>Half term</b> 24/10/18	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	Free	A relaxing, gentle yoga class that will leave you feeling calm and happy!

<b>THURSDAY'S ACTIVITIES</b>	<b>TIME</b>	<b>PLACE</b>	<b>BUS</b>	<b>COST</b>	<b>DETAILS</b>
<b>Trips around London</b>	Various	Meet Lighthouse West London, 111 Lancaster Road W11 1QT	N/A	Varied	See trips programme. Must have a travel card. Call Open Age head office on <b>020 8962 4141</b> for more information and to book a place.
<b>Yoga</b> <b>NEW TIME</b>	10.00-11.30 13/09/18 – 13/12/18 <b>Half term</b> 25/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1.50	Gentle yoga class to help improve oxygen intake, muscle strength, joint flexibility and more. Great for beginners. Led by Laura.
<b>Coffee Morning &amp; Computer Drop In</b>	10.30-12.30 06/09/18 – 13/12/18 <b>Half term</b> 25/10/18	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	Free donations welcome	Pop in and find out what's happening in the world. Practise your computer skills, access the web, check your emails or get some help/guidance.
<b>Yoga for Low Mood</b> <b>NEW TIME</b>	12.30-2.00 13/09/18 – 13/12/18 <b>Half term</b> 25/10/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£1.50	Yoga exercises for all levels, relaxation & breathing techniques, ends with tea or coffee so we can develop support networks to help each other over challenging times
<b>Beauty Therapy</b> <b>LATER START DATE</b>	12.30-3.30 13/09/18 – 13/12/18 <b>Half term</b> 25/10/18	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	£5 suggested donation	Mini facial & massage, manicures & pedicures. To book an appointment please call Rima on <b>07944 502 950</b> .

<b>Steady &amp; Stable</b> <b>MUST BOOK</b>	1.00-2.00 13/09/18 – 13/12/18 <b>Half term</b> 25/10/18 at <b>St Margaret's</b>	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free	Fun evidence based programme shown to improve balance, reduce falls and ensure you can keep living independently for longer. Call Deryn on <b>020 8962 5582</b> to book.
<b>Chair Based Exercise for Coordination</b> (Positively Physical)	2.15-3.15 13/09/18 – 13/12/18 <b>Half term</b> 25/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Join us in improving your balance, strength and coordination through a variety of exercises and fun ball games!
<b>Book Talk: Phone Discussion Group</b> For the Housebound	2.30-3.30	From the comfort of your own home.	N/A	Free	Discuss a different book each month delivered by home library service - from Crime to Historical Fiction. Call Hester for info on <b>020 3713 8736</b>
<b>Phone Club: Discussion Groups</b> For the Housebound	4.00-5.00	From the comfort of your own home.	N/A	Free	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Hester for more info & to join on <b>020 3713 8736</b>

FRIDAY'S ACTIVITIES	TIME	PLACE	BUS	COST	DETAILS
<b>Shiatsu</b> <b>MUST BOOK</b>	10.00-4.00 14/09/18 14/12/18 <b>Half term</b> 26/10/18	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	24, C10, 360	£10 per session	Gentle Japanese massage that treats a range of physical problems to leave you stress free. Must Book on <b>020 8687 6950</b> .
<b>Zumba</b> <b>LATER START DATE</b>	10.00-11.00 14/09/18 14/12/18 <b>Half term</b> 26/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Not just a dance class but a party atmosphere! Have a 10 minute break and join us for Latin Dance afterwards.
<b>Latin Dance</b> <b>LATER START DATE</b>	11.10-12.10 14/09/18 14/12/18 <b>Half term</b> 26/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Learn some new dance moves in this fun and energetic class.
<b>Hub Tea &amp; Catch Up</b> <b>NEW DATE</b>	10.30-11.30 <b>Friday 7<sup>th</sup> Sept Only!</b>	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free	Our quarterly hub get-together. A chance to find out what's been going on, give feedback and help plan events and trips.
<b>Games &amp; Social Afternoon</b>	1.00-3.00 07/09/18 – 14/12/18 <b>Half term</b> 16/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	Drop into the Churchill Hub for some fun and games. Come and try table tennis, pool, card and board games or just drop in for tea and a chat!
<b>Computer Drop In</b>	1.00-3.00 07/09/18 – 14/12/18 <b>Half term</b> 16/10/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	A chance to practice your computer skills, check your emails or get some guidance. Lars is here every week for all your IT needs!
<b>Fish &amp; Chips Afternoon</b> 	1.00-3.00 <b>Friday 5<sup>th</sup> October Only!</b>	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£8.00	To celebrate Silver Sunday, we will be running a special fish 'n' chips lunch during our weekly games and social. <b>Must book &amp; pay in advance!</b> For more information please call <b>07530 734 489</b> .

<b>Christmas End of Term Party</b> <b>ONE OFF EVENT</b>	1.00-3.00 Friday 14 <sup>th</sup> December Only!	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	Come and celebrate the end of term and the Christmas holidays with food, live music and a raffle!
<b>Craft Afternoon</b>	1.30-3.30 07/09/18 – 14/12/18 Half term 16/10/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10	Free donations welcome	Come and get creative. All materials provided. Bring your own project or get inspiration from Angela.
<b>Osteo Blast</b> <b>MUST BOOK</b>	2.30-3.30 07/09/18 – 14/12/18 No half term break	The Abbey Centre 34 Great Smith Street SW1P 3BU	11, 24, 88, 148	£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 <b>020 8962 4537</b> .
<b>Walking Football</b> <b>NEW</b>	4.00-5.00 07/09/18 – 14/12/18 No half term break	Lillington Gardens Estate Pitch  Meet at St Margaret's Activity Centre. 1 Carey Place, SW1V 2RT	24, C10, 360	Free	A great way to end the week! Brush up on your football skills and meet with other likeminded members all whilst improving your coordination and cardiovascular health! For more information please call Jade on <b>020 8962 4537</b> .

<b>SATURDAY &amp; SUNDAY'S ACTIVITIES</b>	<b>TIME</b>	<b>PLACE</b>	<b>BUS</b>	<b>COST</b>	<b>DETAILS</b>
<b>Third Age Counselling</b> <b>MUST BOOK!</b> 	9.00-6.00 Saturday's only.	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	Free	Third Age Counselling Saturday's service of free confidential counselling for those over 50. Please call Claire on <b>07530 734 489</b> for more information.
<b>Monthly Sunday Lunches</b> <b>NEW PRICE</b>	10.30-3.00 <b>02/09/18</b> <b>30/09/18</b> <b>04/11/18</b> <b>02/12/18</b>	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10	£5.50	Enjoy a fabulous home cooked Sunday Roast in a warm & friendly atmosphere. We serve roast beef, roast chicken or vegetarian (if pre-booked) option. Late arrivals can be accommodated but only if there is availability. <b>MUST BOOK!</b>

**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](mailto:info@westwayCT.org.uk).

## DATES FOR YOUR DIARY:

Please note we will be taking bookings for trips from Monday 3<sup>rd</sup> September

### FREE Guided tour of Buckingham Palace – Tuesday 18<sup>th</sup> September, 9.00am

Visit one of London's most historic buildings and experience a guided tour of the magnificent state rooms. Limited tickets available. Please note priority will be given to those who haven't visited the Palace before. Must book!

### FREE Exhibition & Building Tour at RIBA – Tuesday 18<sup>th</sup> September, 11.00am

Book now to visit the Royal Institute of Architects for a guided tour of their current exhibition 'Disappear Here' – a new commission by Sam Jacob Studio which leads visitors through deceptive murals, cunning architectural structures and a newly commissioned film to trace the lineage of perspective across centuries and technologies. Must Book!

### FREE Sky Garden – Friday 5<sup>th</sup> October, 10.30am

Back by popular demand we are going to be running an autumn trip to the popular Sky Garden. Must Book!

### Fish & Chip Friday – Friday 5<sup>th</sup> October, 1.00-3.00pm, £8.00

To celebrate Silver Sunday, we are hosting a delicious fish 'n' chips lunch at the hub. Please note that spaces are limited and all bookings must be paid in advance. We regret that we are unable to offer refunds.

### FREE Trip to The Army Museum – Tuesday 13<sup>th</sup> November, 11.00am

Visit the new Army Museum in Chelsea. Explore the museum's main collection and discover more about the history of the British Army. Must book!

### FREE Westminster Tea Dance at The Grosvenor House, Sunday 9<sup>th</sup> 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. Please call 07717201791 to book!

## Churchill Hub Fundraiser

**Wednesday 3<sup>rd</sup> October, 1.00-3.00pm**  
**Churchill Hub, Churchill Gardens Estate,**  
**SW1V 3AJ**

Come join us for a fantastic community afternoon with workshops, craft stalls and raffles!

All are welcome and all proceeds raised will go towards supporting the Churchill Hub



## SILVER SUNDAY 2018

This year Silver Sunday falls on Sunday 7<sup>th</sup> October and to celebrate Open Age activities at the Churchill Hub will be **FREE from Monday 8<sup>th</sup>-Friday 12<sup>th</sup> October.**

We will also be hosting an afternoon tea and lots of trips and one off workshops to celebrate. To find out more please speak to Claire.

## DIRECTIONS TO CHURCHILL HUB:

From **Pimlico Underground Station** (which is at the end of Lupus St), walk down Lupus Street towards the big school and turn left down **Claverton Street** (next to Pimlico Library). Halfway down Claverton Street, take a right onto **Churchill Gardens Road**. The youth club is a few minutes along on your left hand side, between Keats House and Shelley House.

From the **Grosvenor Road end of Lupus St**, walk along Lupus Street and take a right turn down **Johnson's Place** (just before Churchill Gardens Primary School). Walk all the way down Johnson's Place; cross over Churchill Gardens Road and the Youth Club is directly in front of you!



# Other Activities in Westminster: Westbourne 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.

Westbourne Hub: 020 3713 8737			Steady and Stable: 020 8962 5582 Osteoblast: 020 8962 4537
<b>MONDAY</b>			
T'ai Chi	10.30-11:30	£1	Warwick Community Hall, 300 Harrow Road, W2 5HG
Brain Boost!	12.00-1.00	£1	
Collage Class	12.00-1.30	£1.50	
Sketching Still Life	1.00-2.00	£1	
Play Reading	1.00-2.00	£1	
Current Affairs	2.00-3.30	£1.50	
Sew, Knit & Chat Group	2.00-3.30	£1	
Pilates	10.00-11.00	£1	Dance Studio at Paddington Arts, 32 Woodfield Road, W9 2BE
Monthly Bowls	10.30-12.30	FREE	Paddington Sports Club, Castellain Road, Maida Vale, W9 1HQ
Osteo Blast	10.45-11.45	£1	Jubilee Hall Trust, 30 The Piazza, Covent Garden, WC2E 8BE
Monthly Cricket & Bowls	11.00-12.00	FREE	Lord's Cricket Ground, St John's Wood Road, NW8 8QN
Step up from Steady	11.45 -12.45	£2	All Saints, 7 Margaret Street, Fitzrovia, W1W 8JG
Osteo Pro	1.00-2.00	£1	Seymour Leisure Centre, Seymour Place, W1H 5TJ
Steady & Stable	1.00-2.00	FREE	<b>MUST BOOK!</b> All Saints,7 Margaret Street, Fitzrovia, W1W 8JG
Osteoblast	2.00-3.00	£1	<b>MUST BOOK!</b> Seymour Leisure Centre, Seymour Place, W1H 5TJ
<b>TUESDAY</b>			
Steady & Stable 1	10.00-11.00	FREE	<b>MUST BOOK!</b> Penfold Community Hub, 60 Penfold Street, NW8 8PJ
Book Break	10:30 -12:00	FREE	Hardy House, 64 Great Western Road, W11 1AA
Creative Writing Course	10.30-12.30	£2	Warwick Community Hall, 300 Harrow Road, W2 5HG
Monthly Reminiscence	10.30-12.30	£2	Rayne House ,170 Delaware Road, W9 2LW
Zumba Gold	11.00-12.00	£1	Fitzrovia Centre, 2 Foley Street, W1W 6DL
Steady & Stable 2	11.00-12.00	FREE	<b>MUST BOOK!</b> Penfold Community Hub, 60 Penfold Street, NW8 8PJ
Men's Space	12.30 -1.30	FREE	Hardy House, 64 Great Western Road, W11 1AA
Men's Month Health Talk	12.30-1.30	£1	
Intermediate IT Course	1:00-3:00	£2	<b>MUST BOOK!</b> Paddington Library, Porchester Road, W2 5D
Beginners IT Course	1.00-3.00	£2	
Lunch Club	1.00 Sharp!	£9-£12	Westbourne Grove area restaurants.
T'ai Chi	2.00-3.00	£3	Bowls Pavilion, Paddington Recreation Ground, Randolph Avenue, W9 1PD
Improve English Improve Health	2.00-4.30	FREE	Paddington Library, Porchester Road, W2 5DU
Help to Hear	2.30-3.30	£1	Quiet Room, Maida Vale Library, Sutherland Avenue, W9 2QT
Keep Fit, Get Strong	5.30-6.30	FREE	1 Frith Street, Soho, W1D 3HZ
<b>WEDNESDAY</b>			
Walking to Fitness	10.30-11.30	FREE	Paddington Recreation Ground, Randolph Avenue, Maida Vale, W9 1PD
Singing for Pleasure	10:30-11:30	£1	St Paul's Church, Marylebone, 5 Rossmore Road, NW1 6NJ
Art for All	10.30-12:30	£2	Hardy House, 64 Great Western Road, W11 1AA
Men's Monthly Social	11.00 -1.00	£2	Stowe Community Centre, 258 Harrow Road, W2 5ES
Gentle Zumba	12:00-1:00	£1	St Paul's Church, Marylebone, 5 Rossmore Road, NW1 6NJ
Classic Matinees	12.00 or 3.30	£1.75	Regent Street Cinema, 309 Regent Street, W1B 2UW
Ballroom Dancing	2.00-3.00	FREE	
Yoga	2.00-3.00	£1	Dance Studio at Paddington Arts,32 Woodfield Road, W9 2BE
W9 Monthly Social	2.00-4.00	£2	Rayne House,170 Delaware Road, W9 2LW
Tennis	5.30-6.30	FREE	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
<b>THURSDAY</b>			
T'ai Chi	10.00-11.00	£1	Amberley Clubroom, Amberley Estate, Shirland Road, W9 2JZ
Walking Football	10.00-11.30	£1	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
Ukulele Lessons	10.30-12.00	£1.50	Warwick Community Hall, 300 Harrow Road, W2 5HG
W2 Chair Exercise	1.30-2.30	£1	St Stephen's Church Hall, Talbot Road, W2 5QT
W2 Social	2.30-3.30	£1	
<b>FRIDAY</b>			
Simply Tai Chi	10.30-11.30	£1	Dance Studio, Paddington Arts, 32 Woodfield Road, W9 2BE
Chair Yoga	10.30-11.30	£1	Amberley Clubroom, Amberley Estate, Shirland Road, W9 2JZ
Monthly Film Club	2.00	£1	Westminster Academy, 255 Harrow Road, W2 5EZ
Tennis	5.30-6.30	FREE	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
<b>SATURDAY</b>			
Badminton	9.00-10.00	FREE	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
Keep Fit/ Get Strong	11.00-12.00	£1.50	
Pilates	12.00-1.00	£1.50	
Shape Up: Multi-sports	1.00-3.00	£2	St Augustine's Hall, Oxford Road, NW6 5SN
Shape Up: Badminton	3.00-4.00	£1	
<b>SUNDAY</b>			
Zumba Gold	9.00-10.00	£1.50	Academy Sport, at rear of The Naim Dangoor Centre, Torquay St, W2 5EW
Ballroom & Latin Dance	2.00-4.00	£3	

# 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
<b>MONDAY</b>			
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	<b>MUST BOOK!</b> 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	<b>MUST BOOK!</b> 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	<b>MUST BOOK!</b> 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	
<b>TUESDAY</b>			
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	
Exercise to Music	12.30-1.30	£1	<b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Monthly Sleep Workshop	12.30-1.30	FREE	<b>MUST BOOK!</b> 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	
<b>WEDNESDAY</b>			
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	<b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Intermediate Computers	10.30-12.30	£2	<b>MUST BOOK!</b> Queen's Park Library, 666 Harrow Road, W10 4NE
Steady & Stable - High	1.00-2.15	FREE	<b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Sketching at Museums & Galleries	2.00-4.00	£2	<b>MUST BOOK!</b> 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	<b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
<b>THURSDAY</b>			
Complementary Therapy	½ hour slots	£12	<b>MUST BOOK!</b> 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	<b>MUST BOOK!</b> Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS
Guitar Lessons	12.15 -1.45	£1.50	<b>MUST BOOK!</b> 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	<b>MUST BOOK!</b> 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
<b>FRIDAY</b>			
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	
Water Splash	12.00 -1.00	£1	Meet in Pool, Moberley Sports Centre, 25 Chamberlayne Road, NW10 3NB
Monthly Fish N' Chips	12.00 -1.30	£5	<b>MUST BOOK!</b> 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	