

Activities for people over 50  
 FREE MEMBERSHIP  
 openage.org.uk



## New Horizons Activity Programme

**SUMMER: Mon 16<sup>th</sup> July – Fri 14<sup>th</sup> Sept 2018**



Celebrating Age, Stage & Experience

**New Term Starts: MONDAY 17<sup>th</sup> SEPTEMBER 2018**

[new-horizons-chelsea.org.uk](http://new-horizons-chelsea.org.uk)  
[facebook.com/newhorizonschelsea](https://facebook.com/newhorizonschelsea)

New Horizons, located in the Guinness Trust Estate, Cadogan Street SW3, is open weekdays from 9.30am - 4.00pm

Membership is free and open to people over 50. If you live outside of Kensington and Chelsea, you can fill in the membership form and be added to the waiting list for non-borough membership.

For general enquiries ring: **0207 590 8970**.

Registered Charity No: 1160125

### TRANSPORT SERVICE

Buses 19, 22, 137, 452, C1 to Sloane Street; buses 11, 211, 319 to King's Road (stop nearest to Draycott Avenue); bus 360 to Sloane Avenue and Draycott Terrace; Sloane Square is the nearest Tube.

New Horizons is easily accessible by public transport. However, for those residents of Kensington and Chelsea who are unable to use public transport, assistance in getting to and from New Horizons activities is available. Ring the centre to find out more about how we can help.

**Please Note: At tutor's request - NO admittance to Exercise classes if late by 10 minutes.**

## MONDAY

\* **D** Please make a **Donation** if you are able.

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Pilates 1-2-1 Sessions</b> -With Jocelynnne	9.00 – 12.00 <b>Book on:</b> <b>07931 543 226</b>	New Horizons Centre		£30 per session	Pilates exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility.
<b>Jewellery Making – Beginner</b>	10.00 – 12.00	New Horizons Centre		FREE * <b>D</b>	Develop your creative talents by making handcrafted jewellery for yourself or loved ones. Bring your own materials.
<b>Scrabble Group</b>	10.30 – 12.00	New Horizons Centre		FREE * <b>D</b>	Do you love words and board games? Then this group is for you! Meet other scrabble lovers & enjoy playing the game with new people.
<b>Acupuncture -</b>  <b>Book at Reception</b>	Slots from 12.00 – 4.00 <b>Private Practitioner</b>	New Horizons Centre		£35.00 per session	Fine needles are inserted at certain points in the body for therapeutic or preventative purposes. Treatment encourage the body's self-healing process by restoring the free flow & balance of Qi (the vital energy).

<b>Book Break</b> - run by the Reader organisation	2.00 – 4.00	New Horizons Centre		FREE *D	Read short stories, poems, novels & plays together & discuss them in this friendly group.
<b>German Conversation</b>	2.00 – 4.00	New Horizons Centre		FREE *D	Brush up on your German language skills in these informal groups that meet for lively discussions on anything from travel and popular culture to history and politics.
<b>Monday Games Group</b>	2.00 – 4.00	New Horizons Centre		FREE *D	A fun & friendly group which meets in the New Horizons café. Drop in for a chat, a game of Bingo or a quiz.
<b>Pranayama – Breathing Yoga</b>	2.00 – 4.00	New Horizons Centre		£1.75	The practice of this form of Yoga is intended to promote health, rejuvenation, happiness and inner harmony.

## TUESDAY

ACTIVITY	TIME	PLACE		COST	DETAILS
<b>Shiatsu –</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month;  Book with Caroline on 0208 687 6950	Slots from 10.00 – 1.00  Private Practitioner	New Horizons Centre		Varies	Shiatsu is a massage from Japan. It stimulates the body's vital energy flow and restores balance. This makes you feel deeply relaxed and in touch with the body's own healing abilities. May help arthritis, back, neck & shoulders, injuries & stress.
<b>Unsupported IT Drop-in</b>	12.00 – 2.00	New Horizons Centre		FREE *D	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.
<b>French – Intermediate</b>	10.00 – 12.00	New Horizons Centre		£1.75	A fun and friendly class for people who know the basics and want to improve their French.
<b>Biodanza</b> NEW  Starts 17 <sup>th</sup> July	10.30 – 12.00	New Horizons Centre		£1.50	Join this series of workshops to connect with your own body, emotions, feelings and affections through physical activity, games and more! Biodanza helps you restore your harmony..
<b>K-Yoga (Kundalini Yoga)</b>  NEW	12.00-1.00  Starts 7 <sup>th</sup> August	New Horizons Centre		£1.25	Health and Wellbeing through yoga and meditation: Managing anxiety, stress, and low mood
<b>Philosophical Reflections</b> - with Brendan	1.00 – 2.00	New Horizons Centre		FREE *D	Come and join in this group to discuss a wide range of subjects and topics.
<b>Osteopathy (1<sup>st</sup> &amp; 3<sup>rd</sup> Tues of month)</b> Please BOOK with Lucy on 0771 264 7282	Slots from 1.00 – 4.00	New Horizons Centre		Varies	Helps with Arthritic, Back & Neck Pain, Headaches, Osteoporosis, Chronic Shoulder Problems, Loss of Balance, injuries from falls, and stress related problems.

New Horizons, Guinness Trust Estate, Cadogan Street, London, SW3 2PF

<b>Massage &amp; Reflexology</b> – Book on <b>0798 923 8078</b>	Slots from 1.00– 4.00  <b>Private Practitioner</b>	New Horizons Centre		£30	1 to 1 session - Relax and de-stress with a full body massage or target pressure points on hands and feet to help relieve pain and promote better health.
<b>Social Bridge</b> - for Intermediates	2.00 – 4.00	Lewis Estate Clubroom, Ixworth Place (corner of Elystan Street) SW3 3QG	11,14 19,22 49, 211, 319, 345, 360	FREE  <b>*D</b>	A fun and social way to improve memory and concentration whilst playing bridge. This group is untutored and all levels are welcome.

## WEDNESDAY

ACTIVITY	TIME	PLACE		COST	DETAILS
<b>Third-Age Counselling Service</b>	9.30 – 4.00  Ring <b>0207 976 6667</b> to Book	New Horizons Centre		FREE	One-to-one counselling service run by the Third Age
<b>Social Jewellery Making –</b> with Marcia	10.00 – 12.00	New Horizons Centre		FREE  <b>*D</b>	Develop your creative talents by making handcrafted jewellery for yourself or loved ones. Bring your own materials.
<b>Social Jewellery Making in Café</b> with Elaine	10.00 – 12.00	New Horizons Centre		FREE	Develop your creative talents by making handcrafted jewellery for yourself or loved ones. Bring your own materials.
<b>Unsupported IT Drop-in</b>  <b>NOTE: 1 hrs ONLY</b>	12.00 – 1.00	New Horizons Centre		FREE  <b>*D</b>	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.
<b>Chair Exercise –</b> Run by RBKC Leisure Services	1.00– 2.00  <b>Max 14 Spaces</b>	New Horizons Centre		£1.25	Seated exercise class with or without music class focus on improving your limb mobility, muscle strength, co-ordination, balance and range of movement.
<b>General Knowledge Quiz</b>	2.00 – 4.00	New Horizons Centre		FREE  <b>*D</b>	A fun, informal and non-competitive group for anyone with a love of facts and trivia!

## THURSDAY

ACTIVITY	TIME	PLACE			DETAILS
<b>Scrabble Group</b>	10.30 – 12.00	New Horizons Centre		FREE  <b>*D</b>	If you love words and board games then this is for you! Meet other scrabble lovers and enjoy playing the game with new people.

<b>Spanish Conversation</b>	11.00 – 12.00 <b>MAX 12 Spaces</b>	New Horizons Centre	FREE <b>*D</b>	Brush up on your Spanish language skills in these informal groups that meet for lively discussions on anything from travel, popular culture to history and politics.
<b>Massage &amp; Reflexology</b> – Book on <b>07989 238 078</b>	Slots from 12.00 – 4.00 <b>Private Practitioner</b>	New Horizons Centre	£30	1 to 1 session - Relax and de-stress with a full body massage or target pressure points on hands and feet to help relieve pain and promote better health.
<b>Unsupported IT Drop-in</b>	12.00 – 1.45 <i>Please Note:</i> End Time	New Horizons Centre	FREE <b>*D</b>	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.
<b>Falls Prevention</b> – Please call <b>020 8102 5494</b> to register	2.15 – 3.45	New Horizons Centre	FREE	An 8-week course for people who have had a fall or are feeling unsteady on their feet. Sessions focus on increasing strength, balance, confidence, advice and support.

## FRIDAY

ACTIVITY	TIME	PLACE	COST	DETAILS
<b>Book Club – 3<sup>rd</sup> Friday of the month</b>	10.00 – 12.00	New Horizons Centre	FREE <b>*D</b>	Read a book selected by the group and then come and discuss it! Whether you loved it, hated it or were indifferent, all opinions are welcome!
<b>Social Needlework Group</b>	10.00 – 12.00	New Horizons Centre	FREE <b>*D</b>	Knit, crochet or stitch in company in this relaxed workshop-style class.
<b>Meditation – 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month</b>	10.15 – 11.45	New Horizons Centre	£1.50	Relax, enjoy some quiet time, and leave your worries behind.
<b>Unsupported IT Drop-in</b>	12.00 – 2.00	New Horizons Centre	FREE <b>*D</b>	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.
<b>Reiki – with Ranjanie</b> Book at Reception	Slots from 1.00 – 4.00	New Horizons Centre	FREE <b>*D</b>	1 to 1 Session - A non-intrusive therapy (no massage or manipulation) carried out through clothing.



New Horizons is a pioneering activity centre for older people delivered by a consortium of three charities, Open Age, Age UK Kensington and Chelsea and the Guinness Trust, in partnership with the Royal Borough of Kensington and Chelsea and NHS Kensington and Chelsea. Lead organisation: Open Age. Open Age is registered as a charity in England and Wales No 1160125.