



Dear Members,

We hope this email finds you well

Just to remind you all, as lockdown eases and government guidelines change we are beginning to think about how and when we might open our centres, but to do this we need to know your views. If/when we do open, it will be very slowly and by bookings only, targeting particular groups to ensure we are offering something to as many members as possible.

We are therefore asking you to help us understand your views and opinion on when we might open up, how you feel about it, your concerns, etc.

If you haven't done so already, please click on the below link which will take you to a survey that shouldn't take longer than 5 minutes to complete and all feedback is anonymous:

https://us18.list-manage.com/survey?u=639172a06f0f84c7ab364a77e&id=4122043d11&e=*|UNIQID|*

Please click on the link below to find our fun-filled programme for the week commencing Monday 14th September:

https://mcusercontent.com/639172a06f0f84c7ab364a77e/files/5c9d5804-4894-483b-8e5e-39054e047cf2/Open_Age_Programme_Monday_14th_Sept_Friday_18th_September.pdf

As the countdown to Silver Sunday begins, Open Age and Dance Company, Step Change Studios have teamed up to bring you a Silver Sunday Dance Challenge #SilverShowbiz. For more information, please scroll to the end of the programme.

You will see on the programme you can now register your interest for Adult Community Learning classes (these are the classes denoted 'ACL') starting in mid-September.

As a gentle reminder, bookings for physical activity classes open from 9am one week before the class takes place. For example, you may email physicalactivitybookings@openage.org.uk from 9am (no earlier) on the 4th September to book for the Pilates class on 11th September. A zoom invitation is emailed by 10am the day before the class takes place. If you have not received the invitation by then, please check your junk/spam inbox in the first instance and if you still can't

locate the details, then please email the physical activity bookings team as soon as you can to request for the link to be sent again.

If you have not already taken advantage and would like to have access to our selection of YouTube videos, we still have the following videos available:

- Pilates
- Latin
- Chair Exercise
- Yoga
- Fit Steps
- Swing
- Aerobics
- Chair Exercise and
- Upper and Lower Body Strengthening

Please email physicalactivitybookings@openage.org.uk to request the links.

We continue to manage your requests as promptly and as quickly as we can whilst adapting to the new way of working and increasing demand for activity. **To help us with this process we would like to ask all our members to use the address provided on the programme when booking an activity.**

If you can't see any activities you want to join in on just yet, do check out our **TOP PICKS** for next week.

Looking forward to seeing you next week!

Best wishes,
The Open Age Team.

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

Charitable Incorporated Organisation No. 1160125



Open Age Virtual Programme

Monday 14th - Friday 18th September

“Click” to make an
Activity Donation

PLEASE NOTE

- **Adult Community Learning (ACL) run over a number of weeks (between 8 and 10) and require a commitment to attend all sessions. Our classes will start in the week beginning 21st September. Please note, you will be required to complete an enrolment and other forms. We receive Government funding and these are requirements to receive our funding.**
- **ACL Language class guidance :**
 - **Absolute Beginners** is for members who have never done the language before.
 - **Almost Beginners** is for members who have had a minimum of 20 hours tuition.
 - **Next Step 1** is for members who have had a minimum of 50 hours tuition and if new to us a short assessment will be carried out to ensure level is the right one.
 - **Next Step 2** is for members who had had a minimum of 100 hours tuition and if new to us a short assessment will be carried out to ensure level is the right one.



Standing Exercise









Seated Exercise



Floor Exercise

Monday

Time	Class	EMAIL FOR BOOKING
10:00 - 11:00am	Ballet Fitness on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:00am	Literature & Poetry Appreciation	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Excel for Beginners (WAITING LIST)	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Italian for Absolute Beginners	bookings@openage.org.uk
10:30 - 11:30am	Phone Group: Kensington Activity Group (KAG) <i>(a range of topical discussions and shared stories and quizzes)</i> (WAITING LIST)	bookings@openage.org.uk

10:30 - 11:30am	Steady & Stable on Zoom* (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
11:00 - 12:30pm	Shared Reading on Zoom (with Ghada)	bookings@openage.org.uk
11:30 - 12:30pm	Latin Dance on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:30 - 12:30pm	Monday Forum Social Group (a range of topical discussions and shared stories and quizzes)	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Art - Yorkshire Sculpture Park	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Italian for Almost Beginners	bookings@openage.org.uk
12.15-1.15pm	Look & Cook: Recipes from around the world on Zoom *Fortnightly, next class 21st Sept*	bookings@openage.org.uk
12:45 - 1:45pm	Pilates on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:30 - 2:30pm	Chair Exercise Phone Group	physicalactivitybookings@openage.org.uk or call 07799 369713 
1:30 - 3:00pm (ACL)	Getting to Know Your Android Phone	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Drama	bookings@openage.org.uk
2:00 - 3:00pm	Yoga on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:15 - 3:15pm	Phone Group: Men's Social Group	bookings@openage.org.uk
2:30 - 3:30pm	Osteo Blast on Zoom (for Westminster residents)	bookings@openage.org.uk
2:30 - 3:30pm	Chair Exercise on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:45pm (ACL)	Art - Beginners' Watercolours (WAITING LIST)	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Further Functions on Zoom for Participants	bookings@openage.org.uk



3:30 – 5:00pm	Mindfulness & Relaxation *NEW* <i>Discover your calm with tutor Stephanie</i>	bookings@openage.org.uk
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Tuesday

Time	Class	EMAIL FOR BOOKING
10:00 - 11:00am	Zumba on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:00am (ACL)	French for Absolute Beginners	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Creative Writing	bookings@openage.org.uk
10:00 - 11:30am (ACL)	How to Use Your iPhone	bookings@openage.org.uk
10:00 - 11:00am	Open Space Talks: *NEW* The Tragic Case of Florence Maybrick <i>Susan Parry from the Whitechapel Society will explore the story around Florence's murder trial, conviction, and release. Accused of poisoning her husband, After his death, stories of mutual infidelities, betrayal and murder ran rampant.</i>	bookings@openage.org.uk
10:00 - 11:00am	Fun with Art	bookings@openage.org.uk
10:30 - 11:30am	Steady and Stable on Zoom <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
11:00 – 12:30	Open Science *NEW* Climate change: science, scary stuff and solutions <i>Third in our series of Science talks in partnership with Imperial College, London. Dr Neil Jennings will discuss the challenge posed by climate change and the potential solutions to this global issue, including actions we can take in our day-to-day lives.</i>	bookings@openage.org.uk
11:30 - 12:30pm	Kundalini Yoga on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	French for Almost Beginners	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Improve Internet Skills Down Memory Lane	bookings@openage.org.uk



1:15 – 2:15pm	Keep Fit on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:00 - 2:00pm	Singing for Joy with Milly - Session 1	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Spanish Next Step 2 (WAITING LIST)	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Creative Writing	bookings@openage.org.uk
2:00 - 2:45pm	Steady & Stable Phone Group <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
2:30 - 3:30pm	Time for Me: Carers Phone Group & Social.	carerstimeforme@openage.org.uk
3:00 - 4:00	Yoga on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:45pm	How to Zoom	bookings@openage.org.uk
3:30 - 4:30pm	Pilates on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 

Wednesday

Time	Class	EMAIL FOR BOOKING
10:00 - 11:00am	Yoga on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	French Next Step 1	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Lip-reading & Managing Hearing Loss	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Social Media	bookings@openage.org.uk
10:00 - 11:00am	Creative Sewing on Zoom	bookings@openage.org.uk
11:00 - 12:30pm	Greek Mythology on Zoom	bookings@openage.org.uk
11:30 - 12:30pm	Shared Reading on Zoom *NEW* <i>(with Ewa)</i>	bookings@openage.org.uk
11:30 - 12:30pm	Exercise to Music <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	Art-Drawing on the Right Hand Side of the Brain	bookings@openage.org.uk
11:45 - 1:15pm	Lip-reading & Managing Hearing	bookings@openage.org.uk

(ACL)	Loss	
11:45 - 1:15pm (ACL)	How to Host Zoom meetings OR How to make Video Calls (2 sessions)	bookings@openage.org.uk
1:00 - 2:00pm	Pilates on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:00 - 2:00pm	Guitar for All on Zoom	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Meditation and Mindfulness	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Creative Writing	bookings@openage.org.uk
1.30 – 3.30pm	Time for Me Carers: Creative Writing for Wellbeing (zoom & phone)	carerstimeforme@openage.org.uk
2:30 - 3:30pm	Phone Group: Camden Ward Social Group (WAITING LIST)	bookings@openage.org.uk
2:30 - 3:30pm	Steady and Stable on Zoom <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
2:30 - 3:30pm	Soca dance on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:00 - 4:00pm	Theatre Discussion Class on Zoom	bookings@openage.org.uk
3:00 - 4:00pm	Chi Gong on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:45pm (ACL)	Art - Drawing at The British Museum	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Poetry	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Meditation and Mindfulness	bookings@openage.org.uk

Thursday

Time	Class	EMAIL FOR BOOKING
10:00 - 11:00am	Boxing Fitness on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk  
10:00 - 11:30am (ACL)	Microsoft Word with Touch Typing	bookings@openage.org.uk
10:00 - 11.30am	Speaking with Confidence - ESOL	bookings@openage.org.uk

(ACL)		
11:00 - 12:00pm	Osteo Blast on Zoom <i>(for Westminster residents)</i>	bookings@openage.org.uk
11:15 – 12:15pm	Dance on Zoom (Bolder Not Older) *NEW TIME* <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:30 - 12:30pm	Chair Exercise on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	French Next Step 1	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Spanish Next Step 1	bookings@openage.org.uk
1:30 - 3:00pm	How to Zoom	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Italian Next Step 1	bookings@openage.org.uk
2:00 - 3:00pm	Spanish Conversation: Intermediate Level *NEW*	bookings@openage.org.uk
2:00 - 3:00pm	Chair Exercise Phone Group <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk or call 07799 369713 
2:00 - 3:00pm	Phone Group: Shared Reading	bookings@openage.org.uk
2:30 - 3:30pm	Steady and Stable on Zoom <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
2:30-4:00pm (ACL)	Your Life Stories	bookings@openage.org.uk
3:00 - 4:00pm	History of Art on Zoom	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Disco Fever *NEW*	bookings@openage.org.uk
3:15 - 4:15pm	Fit Steps <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:15pm (ACL)	Italian Next Step 2	bookings@openage.org.uk
4:00 - 5:00pm	Phone Group: Topical Hour	bookings@openage.org.uk

Friday

Time	Class	EMAIL FOR BOOKING
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10:00 - 11:00am	Pilates on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	Art on iPad	bookings@openage.org.uk
10:00 - 11:30am (ACL)	ESOL for Health	bookings@openage.org.uk
10:00 - 11:30am (ACL)	How to use your iPad (moved from Thurs to Friday)	bookings@openage.org.uk
10:00 - 11:00am	Philosophy Discussion Group	bookings@openage.org.uk
10:45 - 11:45am	Healthy Lungs on Zoom <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
10:30 - 11:30am	Members' Social Quiz on Zoom	bookings@openage.org.uk
11:00 - 1.00pm	Time for Me Carers: Yoga on Zoom <i>Have a chair available for this session (Time for Me carers only)</i>	carerstimeforme@openage.org.uk  
11:15 - 12:15	Beginner's Drawing on Zoom <i>(with Clare)</i>	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Spanish for Absolute Beginners (WAITING LIST)	bookings@openage.org.uk
11:45 - 1.15pm (ACL)	Build Your Own Website 1	bookings@openage.org.uk
11:45 - 1.15pm (ACL)	Windows 10 for Beginners (moved from Thurs to Friday)	bookings@openage.org.uk
11:45 - 12:45pm	Stretch and Tone on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk  
11:45 - 12:45pm	Philosophy Writing Group <i>(Spaces are limited, please enquire about current availability)</i>	bookings@openage.org.uk
1:00 - 2:00pm	Singing for Joy with Milly - Session 2	bookings@openage.org.uk
1:00 - 2:00pm	Chi Gong on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:00 - 1:45pm	Healthy Lungs by Phone <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Spanish for Almost Beginners	bookings@openage.org.uk
2:30 - 3:30pm	Step up from Steady on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 

3:15 - 4:45pm (ACL)	Disco Fever	*NEW*	bookings@openage.org.uk
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Other

Time	Class	EMAIL FOR BOOKING
Various times	If you have recently had a fall at home and require support and guidance to stay safe at home the Specialist Falls Prevention Team are ready to help.	dbath@openage.org.uk spage@openage.org.uk
Link Up	Would you benefit from a chat about your interests and what we offer to help you explore what might be suitable? Or to find out a bit more about how our activities could benefit you and what they are like? You can get in touch with a member of our LinkUp team (RBKC) on the provided email.	ecohen@openage.org.uk
YouTube	<p>The following classes are now available on YouTube to do in your own time:</p> <ul style="list-style-type: none"> • Pilates • Latin • Chair Exercise • Yoga • Fit Steps • Swing • Aerobics • Chair Exercise • Upper and Lower Body Strengthening 	<p>physicalactivitybookings@openage.org.uk</p> <p>Please make it clear in your email which class (es) you would like to try and that you are registering for YouTube.</p>

!!!IMPORTANT NOTICE REGARDING TRACK AND TRACE!!!

Please be aware that a telephone scam is coming to light.... callers contact residents saying they are from NHS Track & Trace, telling the resident that they have been in contact with someone suffering from Covid 19 and need to have a test sent out to them. This is then followed with a request for the resident's bank details; the caller states that the test and results cost £500.

Please do not fall for this scam. If you need a test sent out to you because you are unable to attend a test site, this is done for free, both delivery and collection, followed up by the result.

Important things to note, The NHS Test and Trace service will NOT:

- ❖ ask for bank details or payments
- ❖ ask for details of any other accounts, such as social media
- ❖ ask you to set up a password or PIN number over the phone
- ❖ ask you to call a premium rate number, such as those starting 09 or 087

Silver Sunday Dance Challenge

Open Age and Step Change Studios have teamed up to bring you a Silver Sunday Dance Challenge: #SilverShowbiz. Taking inspiration from the classic musical Singing in the Rain, Step Change Studios have created an easy to follow, upbeat dance routine to the song 'Good Morning'. The dance can be found here: <https://www.youtube.com/watch?v=OGapzalWxJc&feature=youtu.be>

To take part, please send us a video of you dancing the routine, either the whole routine or just a section by the **18th September**. The details on how to do this are provided on the YouTube link above.

We're going to bring all the videos together into a single montage of our community of dancers performing together which will then be shared on social media on Silver Sunday! We'd love to see as many of you dancing as possible!

Warmer Home Grants

The Greater London Authority (GLA) Warmer Homes Grant program is currently open for applications. Homeowners and private tenants on benefits or low incomes, and landlords (who may apply on behalf of eligible tenants) can take advantage of the scheme which can help to fund large scale efficiency measures.

Applicants need to provide information showing they are (or their tenant is) eligible and details about the property. If the application is successful, a survey will be needed to work out which improvements are most suitable.

Eligible measures include:

- Roof insulation
- Cavity wall insulation
- External and internal wall insulation
- Floor insulation
- Draught proofing
- Boiler replacements and repairs
- First time central heating or improved heating controls
- Renewable energy systems
- Ventilation

For full details, including Frequently Asked Questions, eligibility and Terms & Conditions, see <http://www.london.gov.uk/warmerhomes>

For help to apply, residents of Hammersmith & Fulham, Brent, Ealing, Kensington & Chelsea, Westminster, and Camden can contact the **Warmer Homes Advice Service**. This service can help people who don't have access to a computer or have other circumstances which prevent them from participating without assistance. See <https://www.london.gov.uk/what-we-do/environment/energy/warmer-homes-advice-service> for details.

Do you have symptoms of Covid-19 or are you recovering?

Symptoms:

If you experience a high temperature, a new, continuous cough or changes in your sense of smell or taste, you must book a covid-19 test immediately:

[Get tested now. Test and Trace - nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or call 119

Recovering from Covid-19 or supporting someone else who is?

Information and support is available here: <https://www.yourcovidrecovery.nhs.uk/>

Open Age's TOP PICKS!

THEATRE & ARTS

- **National Gallery** - Creative Session and Discussions
[17th September at 4pm: Image of the black](https://www.nationalgallery.org.uk/events/image-of-the-black-17-09-2020) - Discover the black presence in National Gallery paintings. (Session held on Zoom)
Book here: <https://www.nationalgallery.org.uk/events/image-of-the-black-17-09-2020>

- **Royal Philharmonic Orchestra (RPO)** - RPO Extra is a podcast series performed and curated by the Royal Philharmonic Orchestra and BBC Northampton's John Griff offering insights into the people behind the music, information about upcoming concerts, and excerpts from the RPO's extensive back catalogue of recordings.
Book here: <https://www.rpo.co.uk/about/podcast>

VIRTUAL TOUR

- **The Vatican** - Home to the Pope, and an absolute trove of iconic art, Roman sculptures and architecture. Find 360-degree views of its museum sites, including the Sistine Chapel – be sure to look up, it's quite the impressive ceiling courtesy of Michelangelo. You can walk around the rooms and zoom in to get a better look.
Find it here:
<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

OTHER ACTIVITIES

- **Aloud in The Cloud** – This reading group happens every Thursday at 2pm. A reading aloud adventure with no need to prepare! Read aloud with the group, comment on the story or just listen! Led by library professionals
Find it here: <https://www.eventbrite.co.uk/e/aloud-in-the-cloud-tickets-111124981812>
- **The Abbey Centre** - Enjoy and discuss classic stories from your home with the Abbey Book Club.
For more information contact or to join the discussion, contact Caz:
Email: caroline.gandy@theabbeycentre.org.uk
Phone: 07818 202 935