

Open Age Virtual Programme

Monday 19th – Friday 23rd October

“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. 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.
- When booking a place on the *How to Use Zoom* sessions. Please state the device you will be using to access Zoom.
- Too many e-mails? Want to unsubscribe? We would encourage to think carefully before doing so. If you click unsubscribe, please understand that we will no longer be able to send you our programmes or any news. If you unsubscribed and want to join in again, please contact mail@openage.org.uk.



Standing Exercise




Seated Exercise



Floor Exercise

Monday





<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
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 (WAITING LIST)	bookings@openage.org.uk
10:30 - 11:30am	Phone Group: Kensington Activity	bookings@openage.org.uk

	Group (KAG) <i>(a range of topical discussions and shared stories and quizzes)</i> (WAITING LIST)	
10:30 - 11:30am	Steady & Stable on Zoom* <i>(a falls prevention class for those with concerns about their balance)</i> <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
11:00 - 12:30pm	Shared Reading on Zoom <i>(with Ghada)</i>	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	Phone Group: Monday Forum <i>(a range of topical discussions and shared stories and quizzes)</i>	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Art – Watercolours (WAITING LIST)	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 19th Oct*	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 
1:00-2.30pm (ACL)	Getting to Know Your Android Phone	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Drama (WAITING LIST)	bookings@openage.org.uk
2:00 - 3:00pm	Yoga on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Osteo Blast: Exercise for Healthy Bones on Zoom <i>(for Westminster residents)</i>	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 

2:30 – 3:30pm	Local History Ladbroke Grove from End to End	bookings@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 <i>(WINDOWS USERS ONLY)</i>	bookings@openage.org.uk
3:30 - 5:00pm	Mindfulness & Relaxation <i>Discover your calm with tutor Stephanie</i>	bookings@openage.org.uk
4:00 - 5:00pm	Phone Group: Creative Writing (WAITING LIST)	bookings@openage.org.uk

Tuesday


<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:00am	Zumba on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (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* Royal Institute of British Architects: Art workshop <i>Join us online with Wilson from RIBA for an interactive workshop where you'll use household materials and ordinary stationary to create art. Starting with a look at architecture and the buildings around us as inspiration, you'll be guided to make your own drawings using household tape and a biro/pen.</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

11:30 - 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
12:30 - 1:30pm	Lifestories (Creative Writing)	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 - 2:30pm (ACL)	Spanish Next Step 2 Group 1 (WAITING LIST)	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Creative Writing (WAITING LIST)	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 (Talk by Arthritis Action)	carerstimeforme@openage.org.uk
2:30 - 4:00pm	The Courtauld Gallery Art Project *NEW* <i>(See description below)</i>	bookings@openage.org.uk
2:45 - 3:45pm (ACL)	Spanish Next Step 2 Group 2 (WAITING LIST)	bookings@openage.org.uk
3:00 - 4:00	Yoga on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3.00 - 4.00pm	Conversational French (Intermediate) *NEW*	bookings@openage.org.uk
3:15 - 4:45pm	How to use 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

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:00am	Yoga on Zoom <i>*Bookings open from 9am one week</i>	physicalactivitybookings@openage.org.uk

	<i>before</i>	
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)	IT - How to use Social Media <i>*Begins 20th October</i>	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 <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 (ACL)	Lip-reading & Managing Hearing Loss	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	How to Host Zoom meetings (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
2:00 – 3:00pm	Chair Exercise on Zoom *NEW!* <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Phone Group: Campden 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 – Yorkshire Sculpture Park	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Poetry	bookings@openage.org.uk
4:00-5.30pm (ACL)	Meditation and Mindfulness (WAITING LIST)	bookings@openage.org.uk

Thursday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:00am	Boxing Fitness on Zoom <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:00am	Taking Pictures Creating and discussing photos using your smartphone/tablet/digital camera	bookings@openage.org.uk
10:00 - 11:30am (ACL)	IT – Online Shopping <i>(for members confident with using internet and email)</i>	bookings@openage.org.uk
10:00 - 11.30am (ACL)	Speaking English with Confidence – ESOL	bookings@openage.org.uk
10:45-11:45am (ACL)	French Next Step 2	bookings@openage.org.uk
11:00 - 12:00pm	Osteo Blast: Exercise for Healthy Bones on Zoom <i>(for Westminster residents)</i>	bookings@openage.org.uk 
11:45 - 1.15pm (ACL)	Spanish Next Step 1 (WAITING LIST)	bookings@openage.org.uk
11:15 - 12:00pm	Dance on Zoom with Dance West	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 
11:30 - 12:30pm	Exploring Silent Films *NEW*	bookings@openage.org.uk
12:00 - 1:00pm (ACL)	French Next Step 2	bookings@openage.org.uk
1:30 - 3:00pm	How to use Zoom	bookings@openage.org.uk

1:30 - 3:00pm (ACL)	Italian Next Step 1 (WAITING LIST)	bookings@openage.org.uk
2:00 - 3:00pm	Spanish Conversation: Intermediate Level	bookings@openage.org.uk
2:00 - 3:00pm	Chair Exercise Phone Group	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 on Zoom Learn iconic disco line dances of the 1970s	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 - 4:45pm (ACL)	Italian Next Step 2 (WAITING LIST)	bookings@openage.org.uk
4:00 - 5:00pm	Phone Group: Topical Hour	bookings@openage.org.uk

Friday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
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)	Spanish for Absolute Beginners *NEW*	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Beginners iPad	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: Creative Writing on Zoom and phone <i>(Time for Me carers only)</i>	carerstimeforme@openage.org.uk
11:15 - 12:15	Beginner's Drawing on Zoom <i>(with Clare)</i> (WAITING LIST)	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	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 (WAITING LIST)	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 on Zoom Learn iconic disco line dances of the 1970s (WAITING LIST) – SEE THURSDAY	bookings@openage.org.uk

The Courtauld Gallery Art Project

Join the Courtauld Gallery Art Project, as they discover new ways of exploring the Courtauld Collection and beyond.

Focusing on a different theme each week, you will have the opportunity to take part in discussions and practical activities inspired by some of The Courtauld's best known works, as well as some hidden gems.

- Week 1 (13th Oct) – Close Looking and Exploring (Hayley McColl)
- Week 2 (20th Oct) – Mark Making inspired by the Drawing and Print Collection (Millie Knight)
- Week 3 (3rd Nov) – Experiments with Still Life (Hayley McColl)
- Week 4 (10th Nov) – Pattern and the Bloomsbury Collection (Toya Walker)
- Week 5 (17th Nov) – Photos and the Conway Image Library (Hayley McColl)

Other

<u>SERVICE</u>	<u>INFORMATION</u>	<u>EMAIL FOR BOOKING</u>
Falls Prevention	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	The following classes are now available on YouTube to do in your own time: <ul style="list-style-type: none"> • Pilates • Boxing Fitness • Latin • Chair Exercise • Yoga • Fit Steps • Swing • Aerobics 	physicalactivitybookings@openage.org.uk Please make it clear in your email which class (es) you would like to try and that you are registering for YouTube.

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|--|---|--|
| | <ul style="list-style-type: none">• Chair Exercise• Upper and Lower Body Strengthening | |
|--|---|--|

TV Licensing Scams

Scammers will try to trick you into giving them your personal or bank details.

If you receive a TV Licensing email - check your TV Licence number - Scammers may use a false one and hope you don't notice. Visit the TV Licensing website for more help at:

https://www.tvlicensing.co.uk/faqs/FAQ288?wt.mc_id=bbc_scam

!!!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

EXCLUSIVE

PARK CIRCUS AND FLOURISHING LIVES FILM WORKSHOPS

Park Circus and Flourishing Lives invite you to an 80-minute online workshop discussion about classic films in cinemas – past, present, and future.

Featuring clips from the great classic films across the past century, we'll be reminiscing about favourite films from years ago and learning more about your cinema-going experiences.

We'll also hope to hear about the classic films you want to see back on the big screen!

Park Circus is a leading international classic film distributor, working with all the major Hollywood and UK studios to bring amazing films back into cinemas, festivals, home entertainment and event

screenings. With over 25,000 films in our catalogue, we love sharing our passion for films with audiences all over the world.

REGISTER HERE:

<https://www.eventbrite.co.uk/e/past-and-future-classic-film-focus-group-tickets-122235490643>

GREEN DOCTORS - FUEL VOUCHERS

The Green Doctors and the Fuel Bank Foundation are offering help and fuel vouchers to eligible residents until the end of October 2020, to be accepted for a fuel voucher households must:

- Have a prepayment meter
- Be responsible for paying their electric and/or gas bills
- Be close to or already using the emergency credit facility on their meter, or have self-disconnected

The Green Doctors are a charity who help residents save money, stay warm, and improve energy efficiency in their homes. To find out more please call the Green Doctors on 0300 365 3005 or visit <https://greendoctors-london.org/>

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

NHS APP

What if you have symptoms of Covid-19 or are recovering?

The new NHS COVID-19 app, now available to download for free in England and Wales, is the fastest way to see if you're at risk from coronavirus. The faster you know, the quicker you can alert and protect your loved ones and community. The app has a number of tools to protect you, including contact tracing, local area alerts and venue check-in. It uses proven technology from Apple and Google, designed to protect every user's privacy.

For more details visit: www.covid19.nhs.uk

What are the 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

15th October at 4pm - Talk: Seven deadly sins. Join Caroline Smith and Carlo Corsato as they discuss the representation of the seven deadly sins in National Gallery paintings and in film, literature and popular culture. (Session held on Zoom)

Book here: <https://www.nationalgallery.org.uk/events/talk-seven-deadly-sins-15-10-2020>

Dance for Demetia - A fun seated dance class for people with dementia and their carers which improves balance, mobility and strength. Led by DanceWest and their amazing team of dedicated and qualified teachers. Classes take place online via Zoom. Every Monday from 26th October onwards at 3pm.

To join, please email Florence at projects@dancewest.co.uk or call 07494 513 079

More info on DanceWest: <http://www.dancewest.co.uk/aboutus>

Museum of Fine Arts - Lessons in Equity from Culturally Specific Museums.

22nd October at 9am: Join Stephanie Johnson-Cunningham in a discussion that will shed light on her work through Museum Hue and share the ways that Culturally Specific Museums are boldly responding to the needs of their community and addressing current issues through their narratives, programs, exhibitions and services. She will share the critical ways museums help shape, define and preserve today for the future.

Book here: https://www.eventbrite.co.uk/e/lessons-in-equity-from-culturally-specific-museums-tickets-119735340627?aff=ebdssbonlinesearch&keep_tld=1

BLACK HISTORY MONTH

Celebrating Black History Month - The Mayor of London is marking the 30th anniversary of Black History Month by celebrating the role of Black storytellers in London - from journalists to historians and teachers, film-makers to playwrights and authors.

Find information here: <https://www.london.gov.uk/what-we-do/communities/communities-london-how-were-improving-equality/black-asian-and-minority-0>

City of Westminster - On the occasion of #BlackHistoryMonth2020, they are sharing the inspirational and motivational stories of local heroes. This provides us with a fantastic opportunity to recognise their effort and contribution, and celebrate how they are making a difference in the community.

Find it here: <https://www.westminster.gov.uk/black-history-month-community-heroes>

Paddington Central - in collaboration with You Press, a local social enterprise who empower young people and underrepresented communities to find their voice, are proud to present a series of online events and film screenings which celebrate the important and significant contributions of Black culture within our community.

Find it here: <https://www.paddingtoncentral.com/event/voices-our-community-celebrating-black-history-month>