



SILVER SUNDAY

CELEBRATING OLDER PEOPLE

SUNDAY 3rd OCTOBER 2021

Open Age's activities in celebration of: Silver Sunday

Friday 1st October – Friday 8th October

WHAT IS SILVER SUNDAY?

Silver Sunday is the National Day for older people and will take place on Sunday 3rd October. There will be some exciting events happening to mark the day, both on and around that day. It's an ideal opportunity to visit new places, meet new people and try new things.

A number of organisations and community groups are hosting special events in their own venues and online and all of them are open to residents of Kensington and Chelsea aged 65+. Open Age have also got a programme, specifically to celebrate Silver Sunday.

There's also a Phone Club enabling residents who are housebound to join from the comfort of their own homes.

The programme will also introduce you to activities that are on offer throughout the year. Some events hosted in Westminster are also open to residents of Kensington and Chelsea. All events are advertised on www.silversunday.org.uk along with booking details. If you are an older resident and are interested in joining a Silver Sunday activity, but need a bit of support in getting out and meeting new people or if you don't have access to the website, please call the Open Age Link Up team on **020 4516 9977** or email silversunday@openage.org.uk.

Wednesday 29th September

TIME	CLASS	LOCATION	CONTACT
12pm-1pm	Open Space Bee Keeping	Avenues	020 3713 8737

Thursday 30th September

TIME	CLASS	LOCATION	CONTACT
1pm -2.30pm	RIBA Walk	St Margaret 's	07530 734489
1pm- 3.00pm	Trip to the National Gallery visit 25 people	Westminster	07530 734489

Friday 1st October

DOUBLE DANCE-A-THON



Grab your dancing shoes and join us for five ‘fab-u-lous’ hours of dance classes with the very best instructors and fantastic music!

Absolutely all abilities & toe-tapping styles are welcome! Come for one dance or stay all day! We will also be hosting a Raffle, Quiz and Refreshments so pop along for a jam packed afternoon celebrating our 50+ community!

DANCE-A-THON- OPEN AGE AVENUES CENTRE

TIME	CLASS	LOCATION	CONTACT
10-10:45	Ballet	Avenues	020 3713 8737
11-11:45	Bollywood	Avenues	020 3713 8737
12-12:45	Disco	Avenues	020 3713 8737
13-13:45	Seated SOSA	Avenues	020 3713 8737
14-14:45	Latin Jazz	Avenues	020 3713 8737
15-15:45	Line Dancing	Avenues	020 3713 8737

DANCE-A-THON- THE CHELSEA THEATRE

TIME	CLASS	LOCATION	CONTACT
10-10:45	Bollywood	Chelsea Theatre	020 4516 9970
11-11:45	Cha Cha	Chelsea Theatre	020 4516 9970
12-12:45	Samba	Chelsea Theatre	020 4516 9970
13-13:45	Ballet	Chelsea Theatre	020 4516 9970
14-14:45	Musical Theatre	Chelsea Theatre	020 4516 9970
15-15:45	Disco	Chelsea Theatre	020 4516 9970

Saturday 2nd October

11.00-13.00

the
**DESIGN
MUSEUM**

In person at The Design Museum

Join the “The Wisdom Hour”, a creative storytelling space celebrating positive stories of ageing, facilitated by This Age Thing and Design Age Institute.

The Wisdom Hour invites Open Age member to an exclusive session at the Design Museum for a cup of tea and the opportunity to listen, share experiences, and celebrate stories of getting older. From stories of growth and leadership, quiet moments, magical accidents, and adventures at every age, these sessions are anchored in the belief that sharing the unique and diverse experiences of getting older can help us design a world that works better for everyone.

Email hello@thisagething.co to book your space. 30 places per workshop (this event will be socially distanced).

Sunday 3rd October

FITNESS AND WELLBEING DAY! SECOND HALF CENTRE

TIME	CLASS	LOCATION	CONTACT
11-11:45	Zumba	Second half Centre	020 4516 9971
12-12:45	Chi Gong	Second half Centre	020 4516 9971
13-13:45	Pilates	Second half Centre	020 4516 9971
14-14:45	Bollywood	Second half Centre	020 4516 9971

SAATCHI GALLERY

Open Age Members' ART EXHIBITION

Open Age continues its partnership with Saatchi Gallery and showcases the work of Open Age members as part of a community exhibition which will be held in The Saatchi's Learning Gallery (government guidelines permitting!)

The exhibition will open from Monday 20th September – Sunday 3rd October with a closing event on Sunday 3rd October to celebrate Silver Sunday, 12pm-4pm.

The exhibition open brief is 'WRINKLES IN THE CITY' which responds directly to our current exhibition JR: Chronicles. Over the past two decades French artist JR has emerged as one of our most powerful storytellers and connectors of diverse worlds and communities. The largest exhibition of his work in the UK opened at the Saatchi Gallery, June 4th – Oct 3rd 2021

TIME	Activity	LOCATION	CONTACT
10:30-11:20	ABBA dance class	Jubilee Hall gym, Covent Garden, WC2E 8BE	reception@jubileehalltrust.org or call 0207 836 4007
10:30-11:30	Walk	Paddington Recreation Ground	physicalactivitybookings@openage.org.uk or call 020 4516 9974
11:00–12:00	Zumba	Second Half Centre	020 4516 9971
11:30-12:30	Tai Chi	Paddington Recreation Ground	physicalactivitybookings@openage.org.uk or call 020 4516 9974
12:00-13:00	Chi Gong	Second Half Centre	020 4516 9971
12.00 -14.00	Trip to the National Gallery for 25 people	National Gallery	07530 734489
13:00-14:00	Pilates	Second Half Centre	020 4516 9971
13:00 -15:00	Singing for all	Online	07570 429317

13:30-14:30	Walking Football	Paddington Recreation Ground	physicalactivitybookings@openage.org.uk or call 020 4516 9974
14:00 – 15:00	Bollywood dance	Second Half Centre	020 4516 9971

Monday 4th October

	CLASS	LOCATION	CONTACT
10:00 – 12:00	Drama class looking at the works of Joe Orton	Second Half Centre	020 4516 9971

Tuesday 5th October

TIME	CLASS	LOCATION	CONTACT
10.30-12.30	Meanwhile Community Gardens tour with refreshments - 10 Places	Meanwhile Gardens	Avenues: 07717201791
2pm	Music through the decades Quiz!	Online	bookings@openage.org.uk

Wednesday 6th October

TIME	CLASS	LOCATION	CONTACT
10 – 12.00	Art Translation	New Horizons	New Horizons: 020 4516 9970

Thursday 7th October

To honour Silver Sunday, Open Age will host a free online screening of Lives Well Lived, one of the most uplifting films you'll ever see, followed by a Zoom Q&A with the director and a chance to discuss the movie with other viewers of all ages.

This one-hour documentary features 40 people ranging in age from 75 to 100, who share intimate memories, inspiring stories and insights to living a meaningful life.

Spots are limited and members have first dibs, so register now on <https://watch.showandtell.film/watch/lwlopenage>

Here's how it will work:

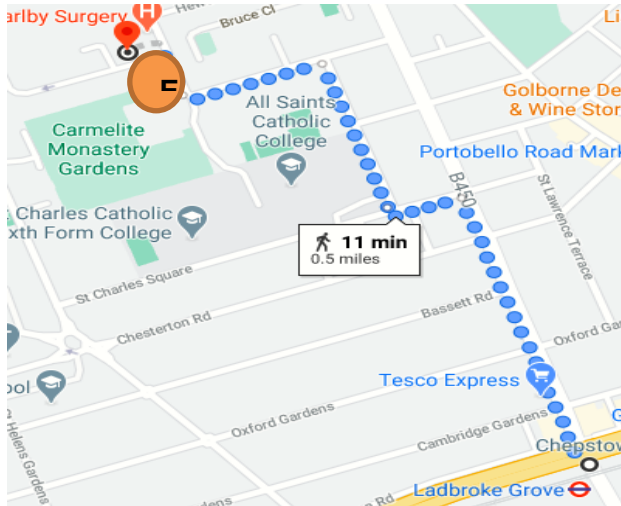
Here's how it will work:

- You'll have until 1st October to view the film online.
- On Thursday 7th October, you can tune in to Zoom to join the conversation and participate in a virtual Q&A with the filmmaker, Sky Bergman.

Friday 8th October

TIME	CLASS	LOCATION	CONTACT
15:00 – 16:30	Well Read Playground Theatre	New Horizons	020 4516 9970

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 9978

Email: dsingleton@openage.org.uk

Second Half Centre, left at Main Reception.



Open Age – Avenues

New Avenues

3-7 Third Avenue

London W10 4RS

Borough – Westminster (North)

Telephone: 07717201791

Email: gbrown@openage.org.uk

acarrington@openage.org.uk

B Bus stops
Buses: 18, 28, 228

E Entrance to New Avenues / Open Age QPHR Hub



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

Locations of Community Venues

Community Venue Name	Address	Post Code	Borough
Chelsea Theatre	7, World's End Place, London	SW10 0DR	Chelsea
Meanwhile Gardens	156-158 Kensal Road London W10 5BN	W10 5BN	N. Kensington
National Gallery	Trafalgar Square, London	WC2N 5DN	Westminster
Paddington Recreation Ground	Randolph Ave, London	W9 1PD	Westminster
Jubilee Hall Gym	30 The Piazza, London	WC2E 8BE	Westminster