

Open Age Virtual Programme

Tues, 4th - Fri, 7th May

“Click” to make an Activity Donation

PLEASE NOTE

- All our classes are held on Zoom unless specified. (*i.e. Phone Group*)
- 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 **BANK HOLIDAY – NO CLASSES**

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:00am	Literature & Poetry Appreciation	bookings@openage.org.uk
10:00 - 11:00am	Ballet Fitness <i>*bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	Know Your 'Google' Email <i>*must use a @gmail account</i>	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Know Your 'Outlook' Email <i>*must use a @hotmail/@live account</i>	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Know Your 'Mail' Email <i>*using mail app on iPad/iPhone</i>	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Watercolours A WAITING LIST	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Italian Beginners 1 CLASS FULL	aclbookings@openage.org.uk
10:15 - 11:15am	Tai Chi <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:30 - 11:30am	Steady & Stable on Zoom	bookings@openage.org.uk  

	(a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	
10:30 - 11:30am	Phone Group: Kensington Activity Group (KAG) – due to Bank Holiday session will be on Wed 5/5 at 14.30 instead	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 <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)	Italian Beginners 2 CLASS FULL	aclbookings@openage.org.uk
11:45 - 1:15pm (ACL)	Getting to Know Your Android Phone CLASS FULL	aclbookings@openage.org.uk
12:00 - 1:30pm (ACL)	Watercolours B WAITING LIST	aclbookings@openage.org.uk
12:00 - 1:00pm	A Spanish Chat	bookings@openage.org.uk
12:15 - 1:15pm	Look & Cook (Fortnightly - next class 10th May) Recipes from around the world on Zoom	bookings@openage.org.uk
12:45 - 1:45pm	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:30 - 3:00pm (ACL)	Drama WAITING LIST	aclbookings@openage.org.uk
2:00 - 3:00pm	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
2:30 - 3:30pm	Osteo Blast: Exercise for Healthy Bones on Zoom <i>(open to Westminster and RBKC residents)</i>	bookings@openage.org.uk 
2:30 - 3:30pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:30 - 5:00pm	Mindfulness & Relaxation <i>Discover your calm with tutor Stephanie</i>	bookings@openage.org.uk

Tuesday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:30am (ACL)	Computer Management for Windows 10 WAITING LIST	aclbookings@openage.org.uk
10:00 - 11:00am	Zumba <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	Creative Writing WAITING LIST	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Italian Absolute Beginners *NEW*	aclbookings@openage.org.uk
10:00 - 11:00am	Fun with Art <i>(next class 20th April)</i>	bookings@openage.org.uk
10:00 - 11:00am	Open Space Talks: *NEW* Cross-dressed to Kill - women who went to war disguised as men <i>Former BBC and ITN TV Foreign News journalist Vivien Morgan shares Her book 'Cross-dressed to Kill- women who went to war disguised as men' A unique collection of illustrated stories by women cross-dressers of English, Irish, French, Prussian, Russian, Spanish, American and Israeli nationalities. It tells of how and why hundreds of extraordinary young women dressed as men to fight as soldiers in the 17th to 19th centuries. The book has songs poems and a list of women to be remembered and included in our telling of history. Her book is currently on sale on Amazon and Waterstones. There will be a Q&A and discussion at the end also!</i>	bookings@openage.org.uk
10:30 - 11:30am	Healthy Lungs on Zoom <i>(Open for RBKC residents only)</i> <i>*Enquire about eligibility</i>	bookings@openage.org.uk
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  
11:30 - 12:30pm	Kundalini Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:30 - 12:30pm	Fun with Art <i>(next class 20th April)</i>	bookings@openage.org.uk
12:00 - 1:30pm (ACL)	Spanish Next Step 2, Group 1 WAITING LIST	aclbookings@openage.org.uk
12:00 - 1:30pm	Getting to Know Your iPhone	aclbookings@openage.org.uk

(ACL)	WAITING LIST	
12:15 - 1:15pm	Men's Space Active Exercise on Zoom <i>(with Russell)</i>	bookings@openage.org.uk
12:30 - 1:30pm	Life Stories (Creative Writing)	bookings@openage.org.uk
1:00 - 2:00pm	Singing for Joy	bookings@openage.org.uk
1:15 - 2:15pm	Keep Fit <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:30 - 3:00pm	Creative Writing WAITING LIST	aclbookings@openage.org.uk
2:00 - 3:30pm	Spanish Next Step 2, Group 2 WAITING LIST	aclbookings@openage.org.uk
2:00 - 2:45pm	Steady & Stable Phone Group <i>(a falls prevention class for those with concerns about their balance)</i> <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
2:30 - 4:15pm	How to Use Zoom BOOK NOW	bookings@openage.org.uk
2:30 - 3:30pm	Time for Me Carers: Chat Social <i>on Zoom & Phone</i>	carerstimeforme@openage.org.uk
3:00 - 4:00pm	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:30 - 4:30pm	Pilates <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>
9:30 - 11:00am (ACL)	Sketching in Sculpture Parks and Outdoor Spaces (Beginners) WAITING LIST	aclbookings@openage.org.uk
10:00 - 11:00am	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:00am	Fit Steps <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	How to Host on Zoom BOOK NOW	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Lip-Reading and Managing Hearing Loss WAITING LIST	aclbookings@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	Exercise to Music <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:30 - 1:00pm (ACL)	Sketching in Sculpture Parks and Outdoor Spaces (Advanced) WAITING LIST	aclbookings@openage.org.uk
11:30 - 12:30pm	Shared Reading on Zoom <i>(with Ewa)</i>	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Lip-Reading and Managing Hearing Loss (Beginners) BOOK NOW	aclbookings@openage.org.uk
12:00 - 13:15pm	Phone Group: Men's Cooking Group <i>(with Manju & Russell)</i>	outreachbookings@openage.org.uk
1:00 - 2:00pm	Pilates <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)	British Crafts in the 20th Century This is a 10-week course and the group will be discussing design such as pottery, woodwork, textiles, glass during the different decades of the 20th century – starting with the 1920s. BOOK NOW	aclbookings@openage.org.uk
1:30 - 3:00pm (ACL)	Italian Beginners CLASS FULL	aclbookings@openage.org.uk
1:30 - 3:00pm (ACL)	Meditation and Mindfulness BOOK NOW	aclbookings@openage.org.uk
1:30 - 3:30pm	Time for Me Carers: Creative Writing <i>on Zoom & Phone</i>	carerstimeforme@openage.org.uk
2:00 - 3:00pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Phone Group: Campden Ward and KAG Social Groups	bookings@openage.org.uk
2:30 - 3:30pm	Soca dance <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
3:00 - 4:00pm	Theatre Discussion Class on Zoom	bookings@openage.org.uk
3:00 - 4:00pm	Chi Gong <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk

		
3:00 - 4:00pm	'Troubleshooting' - Tech Drop-in <i>(Weekly Zoom drop-in session to help those who may have a technological issue or question with a device (could be a smart phone, a tablet or a laptop). *Small numbers.</i>	outreachbookings@openage.org.uk
3:15 - 4:45pm (ACL)	How to Host - Session 3 <i>For members who have completed Sessions 1&2</i> *STARTING MAY	aclbookings@openage.org.uk
3:15 - 4:45pm (ACL)	Poetry BOOK NOW	aclbookings@openage.org.uk
4:00 - 5:30pm (ACL)	Meditation and Mindfulness WAITING LIST	aclbookings@openage.org.uk
6:30 - 7:30pm	Time for Me Carers: Evening Chat Social <i>on Zoom & Phone</i>	carerstimeforme@openage.org.uk

Thursday



<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
9:45 - 10:45am	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30pm (ACL)	Online Safety BOOK NOW	aclbookings@openage.org.uk
10:00 - 11:30pm (ACL)	Speaking English with Confidence WAITING LIST	aclbookings@openage.org.uk
10:30 - 11:30am	Boxing Fitness <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:00 - 12:00pm	Italian Archaeology *Fortnightly, next class 6th May	bookings@openage.org.uk
11:00 - 12:00pm	Osteo Blast: Exercise for Healthy Bones on Zoom <i>(open to Westminster and RBKC residents)</i>	bookings@openage.org.uk 
11:30 - 12:30pm	Dance <i>(bookings open from 9am on week before)</i>	physicalactivitybookings@openage.org.uk 
11:30 - 12:30	Exploring Silent Film: The Phantom of the Opera Next session 1st April	bookings@openage.org.uk
11:30 - 12:30pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk

		
11:45 - 1:15pm (ACL)	Spanish Next Step 1 WAITING LIST	aclbookings@openage.org.uk
11:45 - 12:45pm	Osteo Pro <i>Must have completed Osteo Blast. Bookings open from 9am one week before.</i>	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm	How to Use Zoom BOOK NOW	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Italian Next Step 1 FULL CLASS	aclbookings@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	Chi Gong <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:00 - 3:00pm	Phone Group: Shared Reading	bookings@openage.org.uk
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
3:00 - 4:00pm	History of Art on Zoom	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Italian Next Step 2 FULL CLASS	aclbookings@openage.org.uk
3:15 - 4:45pm (ACL)	Disco Fever (Continuing) COURSE FULL	aclbookings@openage.org.uk
4:00 - 5:00pm	Conversational French *NEW TIME* <i>Intermediate level informal French conversation sessions with tutor Alaydis</i>	bookings@openage.org.uk
4:00 - 5:00pm	Phone Group: Topical Hour	bookings@openage.org.uk
4:00 - 5:00pm	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 

Friday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:30pm (ACL)	iPad Art for Beginners WAITING LIST	aclbookings@openage.org.uk
10:00 - 11:00am	Pilates	physicalactivitybookings@openage.org.uk

	<i>*Bookings open from 9am one week before</i>	
10:00 - 11:30am (ACL)	Know Your 'Google' Email <i>*must use a @gmail account</i>	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Know Your 'Outlook' Email <i>*must use a @hotmail/@live account</i>	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Know Your 'Mail' Email <i>*using mail app on iPad/iPhone</i>	aclbookings@openage.org.uk
10:00 - 11:30am (ACL)	Spanish Beginners WAITING LIST	aclbookings@openage.org.uk
10:00 - 11:00am	Philosophy	bookings@openage.org.uk
10:45 - 11:45am	Healthy Lungs on Zoom <i>(Open for RBKC residents only)</i> <i>*Enquire about eligibility</i>	bookings@openage.org.uk
11:00 - 1.00pm	Time for Me Carers: Yin yoga and Meditation / Sound Healing on Zoom <i>Please have a chair available for session</i> <i>(Time for Me carers only)</i>	carerstimeforme@openage.org.uk 
11:00- 12:00pm	Osteo Blast: Exercise for Healthy Bones on Zoom <i>(open to Westminster and RBKC residents)</i>	bookings@openage.org.uk 
11:15 - 12:15pm	Beginner's Drawing on Zoom	bookings@openage.org.uk
11:30 - 12:30pm	Zumba <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 12:45pm	Stretch and Tone <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	Spanish Beginners 1 WAITING LIST	aclbookings@openage.org.uk
11:45 - 1:15pm (ACL)	Using Microsoft Edge with Windows 10 WAITING LIST	aclbookings@openage.org.uk
11:45 - 12:45pm	Philosophy	bookings@openage.org.uk
12:00 - 1:30pm (ACL)	Becoming Confident Using the Internet WAITING LIST	aclbookings@openage.org.uk
1:00 - 1:45pm	Healthy Lungs Phone Group <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
1:00 - 3:00pm (ACL)	Improve Drawing Techniques WAITING LIST	aclbookings@openage.org.uk
1:00 - 3:00pm (ACL)	Spanish Beginners 2 WAITING LIST	aclbookings@openage.org.uk
1:00 - 2:00pm	Lose Weight with One You 10-week course delivered on Zoom	To enquire, please call One You on 020 3434 2500

1:00 - 2:00pm	Singing for Joy	bookings@openage.org.uk
1:30 - 2:30pm	Friday Social Phone group <i>(with Emma)</i>	bookings@openage.org.uk
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
2:30 - 3:30pm	Step up from Steady <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:00 - 4:00pm	Members Social: Chat & Relax *NEW* Volunteer led weekly social.	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Disco Fever – Beginners BOOK NOW	aclbookings@openage.org.uk

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
Men's Space activities	Have a chat with our Men's Space Activity Coordinator Russell to find out more about what we have on offer.	rjohn@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 • Chair Exercise • Upper and Lower Body Strengthening • Ballet 	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.

- | | | |
|--|---|--|
| | <ul style="list-style-type: none">• Zumba | |
|--|---|--|

CAF - Charities Aid Foundation

Online payments to Open Age are processed by CAF - Charities Aid Foundation - which is a charity itself that supports other charities with banking, fundraising and lots more. CAF makes it easier for us to manage our donations, processes any Gift Aid on our behalf which adds 25p to every £1 we receive. We would like to assure you that it is safe. We will also send you an immediate acknowledgement via CAF, so you are assured that we have received your gift.

OPEN AGE LOCKDOWN COOKBOOK

In March 2020 the Covid-19 restrictions meant that many of our members found themselves isolated in their homes for weeks. During that time, the outreach and link-up team started running phone groups for our members who would normally have been meeting in person, and many of the conversations we had together involved food and cooking and the role that has played in our lives. We put this book together as a record of how our Open Age community came together to support each other through this remarkable and difficult time.

If you would like to see our recipes and get cooking yourself you can purchase a copy on Amazon here: https://www.amazon.co.uk/dp/B08R8Y3QNN?ref=pe_3052080_397514860

Art Competition Winner

Winner: Gill from Westminster

Title: Ageing Joyfully

Medium: Watercolour



TOP PICKS! EXTERNAL ONLINE EVENTS

About Us Project - The project 'About Us' will provide participants with an encompassing space in which to make new friends and learn Photography and Storytelling. Participants will be making their own photo-book with their photo-stories of each other and they will receive a copy for them and for friends and family. The project is 8 weeks long with ongoing weekly one to one mentoring support. The project is currently set to run online starting on the **13th May 2021** with consequent online and outdoor workshop dates in person. **free Photography and Storytelling course for residents of Hammersmith and Fulham aged 60+*

More information and how to book [here](#)

British Museum - Lectures and Discussions

Wednesday 5th May at 5:30pm - Curator Sue Brunning brings viewers closer than ever to the Sutton Hoo finds. The objects of the Sutton Hoo ship burial transformed our understanding of the Early Middle Ages forever. Excavated in 1938–1939 in Sutton Hoo, Suffolk, the treasures found in its chamber included Byzantine silverware, sumptuous gold jewellery, a lavish feasting set, and, most famously, an ornate iron helmet.

Click [here](#) to book

Thursday 6th May at 1pm - Join Stacey Pierson, Reader in the History of Chinese Ceramics at SOAS, University of London, for the Sir Percival David Foundation of Chinese Art Annual Lecture. The Sir Percival David Collection encompasses the most famous private assemblage of Chinese ceramics, amassed by financier and philanthropist Sir Percival David.

Click [here](#) to book

Reconstructing the Past - Conversations on the Interpretation of Ancient Western Asian Spaces and Structures (a Zoom Symposium). Monday 3rd May at 5pm

Click [here](#) to book

Dante 1481: the Comedia, illustrated by Botticelli - A unique online event uniting copies of the Florence 1481 edition from libraries in the UK, USA and Italy. Tuesday 4th May at 2pm

Click [here](#) to book

Colonial Countryside, Heritage Research and the Culture War - Professor Corinne Fowler considers the implications of the media and political responses to the Colonial Countryside Project. Wednesday 5th May at 5:30pm

Click [here](#) to book

Religion and Victorian Popular Literature and Culture - A keynote and six panel discussions considering new perspectives on the relationship between Victorian religion and popular culture.

Thursday 6th May at 5pm

Click [here](#) to book

Triple Chocolate Chips Cookies - Free Workshop - Join and learn how to make the most chocolaty cookies. Crunchy outside, soft inside loaded with 3 different kind of chocolate chips. Sunday 9th May at 5:30pm

Click [here](#) to watch