



**TUESDAY 6<sup>th</sup> APRIL - FRIDAY 9<sup>th</sup> APRIL**

*Please note that our phone number has changed. New number: 020 4516 9978*

Dear Members,

We hope this email finds you well.

Please note that we will be **closed** on Monday 5<sup>th</sup> April.

**Please note** that all Covid information usually included at the bottom of the programme have been transferred to the website to alleviate the programme. You can find all necessary information on <https://www.openage.org.uk/covid-information-other-services>

We continue to manage your requests as promptly and as quickly as we can. **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 this week - just remember to scroll to the bottom!

Thank you and looking forward to seeing you next week!

Best wishes,  
The Open Age Team.

# Open Age Virtual Programme

## Tues, 6<sup>th</sup> – Fri, 9<sup>th</sup> April

“Click” to make an Activity Donation

### PLEASE NOTE

Thinking of doing a language? The following gives a guide as to what you need for the different classes. If we can offer a place we will ensure you meet the tutor to make sure the level is right for you:

Class	Tuition
Absolute Beginners	a total beginners with no knowledge whatsoever
Beginners	have had 15+ hours of tuition
Beginners 1	have had 25+ hours of tuition
Beginners 2	have had 45+ hours of tuition
Next Step 1	have had 65+ hours of tuition
Next Step 2	have had 100+ hours of tuition

- 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](mailto:mail@openage.org.uk)



Standing Exercise



Seated Exercise



Floor Exercise

## Monday - No classes due to Bank Holiday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:00am	Literature & Poetry Appreciation <i>(next class 19<sup>th</sup> April)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:30am <b>(ACL)</b>	Know Your 'Google' Email <i>*must use a @gmail account</i> <b>BOOK NOW - STARTS 19<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am <b>(ACL)</b>	Know Your 'Outlook' Email <i>*must use a @hotmail/@live account</i> <b>BOOK NOW - STARTS 19<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

10:00 - 11:30am (ACL)	Know Your 'Mail' Email <i>*using mail app on iPad/iPhone</i> BOOK NOW - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Watercolours A WAITING LIST - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Italian Beginners 1 WAITING LIST - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:30 - 11:30am	Phone Group: Kensington Activity Group (KAG) (WAITING LIST) (No sessions on 29/3 or 5/4, restarting on 12/4)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:00 - 12:30pm	Shared Reading on Zoom (with Ghada) (next class 12 <sup>th</sup> April)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 - 12:30pm	Phone Group: Monday Forum (a range of topical discussions and shared stories and quizzes)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:45 - 1:15pm (ACL)	Italian Beginners 2 WAITING LIST - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:45 - 1:15pm (ACL)	Getting to Know Your Android Phone BOOK NOW - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:00 - 1:30pm (ACL)	Watercolours B WAITING LIST - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:00 - 1:00pm	A Spanish Chat	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:15 - 1:15pm	Look & Cook (Fortnightly from 19 <sup>th</sup> April) Recipes from around the world on Zoom	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 - 3:00pm (ACL)	Drama WAITING LIST - STARTS 19 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## Tuesday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:30am (ACL)	Computer Management for Windows 10 WAITING LIST - STARTS 27 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Creative Writing WAITING LIST - STARTS 27 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Italian Absolute Beginners *NEW* BOOK NOW - STARTS 20 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:00am	Fun with Art (next class 20 <sup>th</sup> April)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
10:00 - 11:00am	Open Space talks: *NEW* Royal College of Music talk <i>Join Simone Tavoni from the Royal college of music and learn about his experiences touring,</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

	we'll also hear some recordings of his favourite compositions! <b>HAVE ANY SUGGESTIONS FOR SPEAKERS?</b> <b>EMAIL US AT OUR BOOKINGS EMAIL ALSO!</b>	
10:30 - 11:30am	<b>Healthy Lungs on Zoom</b> (Open for RBKC residents only) *Enquire about eligibility	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 - 12:30pm	<b>Fun with Art</b> (next class 20 <sup>th</sup> April)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:00 - 1:30pm (ACL)	<b>Spanish Next Step 2, Group 1</b> BOOK NOW - STARTS 27 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:00 - 1:30pm (ACL)	<b>Getting to Know Your iPhone</b> BOOK NOW - STARTS 27 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:15 - 1:15pm	<b>Men's Space Active Exercise on Zoom</b> (with Russell)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
12:30 - 1:30pm	<b>Life Stories (Creative Writing)</b> (Starts 20 <sup>th</sup> April)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:00 - 2:00pm	<b>Singing for Joy</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 - 3:00pm (ACL)	<b>Creative Writing</b> WAITING LIST - STARTS 27 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
2:00 - 3:30pm (ACL)	<b>Spanish Next Step 2, Group 2</b> BOOK NOW - STARTS 27 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
2.30-3.30pm	<b>Time for Me Carers Social on Zoom &amp; phone</b> (next session starts on 20 <sup>th</sup> April)	<a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
2:30 - 4:15pm	<b>How to Use Zoom</b> BOOK NOW - STARTS 20 <sup>th</sup> APRIL	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

## Wednesday

TIME	CLASS	EMAIL FOR BOOKING
9:30 – 11:00am (ACL)	<b>Sketching in Sculpture Parks and Outdoor Spaces (Beginners)</b> BOOK NOW - STARTS 28 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	<b>How to Host on Zoom</b> BOOK NOW - STARTS 28 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	<b>Lip-Reading and Managing Hearing Loss</b> WAITING LIST - STARTS 28 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:00am	<b>Creative Sewing on Zoom</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:00 - 12:30pm	<b>Greek Mythology on Zoom</b> (next class 7 <sup>th</sup> April)	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 - 1:00pm (ACL)	<b>Sketching in Sculpture Parks and Outdoor Spaces (Advanced)</b> WAITING LIST - STARTS 28 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

11:30 - 12:30pm	Shared Reading on Zoom <i>(with Ewa)</i> <b>(No sessions on 31/3 or 7/4, restarting on 14/4)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:45 - 1:15pm <b>(ACL)</b>	Lip-Reading and Managing Hearing Loss (Beginners) <b>BOOK NOW - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:00 - 13:15pm	Phone Group: Men's Cooking Group <i>(with Manju &amp; Russell)</i>	<a href="mailto:outreachbookings@openage.org.uk">outreachbookings@openage.org.uk</a>
1:00 - 2:00pm	Guitar for All <b>(next class 21<sup>st</sup> April)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:00 - 2:00pm	Term Break Mindfulness Session	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 - 3:00pm <b>(ACL)</b>	Italian Beginners <b>BOOK NOW - STARTS 21<sup>st</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
1:30 - 3:00pm <b>(ACL)</b>	Meditation and Mindfulness <b>BOOK NOW - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
2:00 - 3:00pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
2:00 – 3:00pm	Comedy Quiz <b>(7<sup>th</sup> April only)</b> Join us for a quiz about much loved comedy sitcoms and its actors! We'll also watch a couple of clips too!	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2:30 - 3:30pm	Phone Group: Campden Ward Social Group <b>(WAITING LIST)</b> <b>(No sessions on 21/3 or 7/4, restarting on 14/4)</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
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> <b>(No sessions on 31/3 returns 7/4)</b>	<a href="mailto:outreachbookings@openage.org.uk">outreachbookings@openage.org.uk</a>
3:00 - 4:00pm	Theatre Discussion Class on Zoom <b>*Next class: 21<sup>st</sup> April</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3:15 - 4:45pm <b>(ACL)</b>	How to Host - Session 3 <i>For members who have completed Sessions 1&amp;2</i> <b>BOOK NOW - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
3:15 - 4:45pm <b>(ACL)</b>	Poetry <b>BOOK NOW - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
4:00 - 5:30pm <b>(ACL)</b>	Meditation and Mindfulness <b>BOOK NOW - STARTS 28<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

Thursday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:30pm (ACL)	Online Safety BOOK NOW - STARTS 29 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30pm (ACL)	Speaking English with Confidence BOOK NOW - STARTS 29 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:00 - 12:00pm	Italian Archaeology <i>*Fortnightly, next class 8<sup>th</sup> April</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:30 – 12:15	Flamenco Dance on Zoom <i>*Bookings open from 9am one week before</i>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a> 
11:30 - 12:30pm	Exploring Silent Film: The Phantom of the Opera <i>1<sup>st</sup> April</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
11:45 - 1:15pm (ACL)	Spanish Next Step 1 BOOK NOW - STARTS 29 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:45 - 1:15pm	How to Use Zoom BOOK NOW - STARTS 23 APRIL	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
1:30 - 3:00pm (ACL)	Italian Next Step 1 WAITING LIST - STARTS 22 <sup>nd</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
2:00 - 3:00pm	Spanish Conversation: Intermediate Level <i>(Starts 22<sup>nd</sup> April)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
2:00 - 3:00pm	Phone Group: Shared Reading <i>(No sessions on 1/4 or 8/4, restarting on 15/4)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3:00 - 4:00pm	History of Art <i>(next class 22<sup>nd</sup> April)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
3:15 - 4:45pm (ACL)	Italian Next Step 2 BOOK NOW - STARTS 22 <sup>nd</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
3:15 - 4:45pm (ACL)	Disco Fever (Continuing) COURSE FULL - STARTS 29 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
4:00 - 5:00pm	Phone Group: Topical Hour <i>(No sessions on 1/4 or 8/4, restarting on 15/4)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

## Friday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:30pm (ACL)	iPad Art for Beginners BOOK NOW - STARTS 30 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Know Your 'Google' Email <i>*must use a @gmail account</i> BOOK NOW - STARTS 30 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30am (ACL)	Know Your 'Outlook' Email <i>*must use a @hotmail/@live account</i>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

	<b>BOOK NOW - STARTS 30<sup>th</sup> APRIL</b>	
<b>10:00 - 11:30am</b> <b>(ACL)</b>	<b>Know Your 'Mail' Email</b> <i>*using mail app on iPad/iPhone</i> <b>BOOK NOW - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>10:00 - 11:30am</b> <b>(ACL)</b>	<b>Spanish Beginners</b> <b>WAITING LIST - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>10:00 - 11:00am</b>	<b>Philosophy</b> <i>(next class 23<sup>rd</sup> April)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>10:30 - 11:30am</b>	<b>Members and Open Age staff (vs!)</b> <b>Social Quiz on Zoom</b> <i>(9<sup>th</sup> April only)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>10:45 - 11:45am</b>	<b>Healthy Lungs on Zoom</b> <i>(Open for RBKC residents only)</i> <i>*Enquire about eligibility</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>11:00 - 1.00pm</b>	<b>Time for Me Carers: No session</b> <b>Easter break</b>	<a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
<b>11:00 - 12:15pm</b>	<b>Men's Space Football - Exercise &amp; Social on Zoom</b> <i>(with Russell)</i> No session on the 2 <sup>nd</sup> April. Sessions restart on the 9 <sup>th</sup> April.	<a href="mailto:outreachbookings@openage.org.uk">outreachbookings@openage.org.uk</a>
<b>11:15 - 12:15</b>	<b>Beginner's Drawing on Zoom</b> <i>(with Hannah)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>11:45 - 1:15pm</b> <b>(ACL)</b>	<b>Spanish Beginners 1</b> <b>WAITING LIST - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>11:45 - 1:15pm</b> <b>(ACL)</b>	<b>Using Microsoft Edge with Windows 10</b> <b>BOOK NOW - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>11:45 - 12:45pm</b>	<b>Philosophy</b> <i>(next class 23<sup>rd</sup> April)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>12:00 - 1:30pm</b> <b>(ACL)</b>	<b>Becoming Confident Using The Internet</b> <b>BOOK NOW - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>1:00 - 1:45pm</b>	<b>Healthy Lungs Phone Group</b> <i>(for members who were attending the programme before closure)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>1:00 - 3:00pm</b> <b>(ACL)</b>	<b>Improve Drawing Techniques</b> <b>WAITING LIST - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>1:00 - 3:00pm</b> <b>(ACL)</b>	<b>Spanish Beginners 2</b> <b>BOOK NOW - STARTS 30<sup>th</sup> APRIL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
<b>1:00 - 2:00pm</b>	<b>Lose Weight with One You</b> 10-week course delivered on Zoom	To enquire, please call One You on 020 3434 2500
<b>1:00 - 2:00pm</b>	<b>Singing for Joy</b>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>1:30 - 2:30pm</b>	<b>Friday Social Phone group</b> <i>(with Emma)</i>	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>
<b>3.00 – 4.00pm</b>	<b>Members Social: Chat &amp; Relax</b> <b>*NEW*</b> Volunteer led weekly social.	<a href="mailto:bookings@openage.org.uk">bookings@openage.org.uk</a>

3:15 - 4:45pm (ACL)	Disco Fever - Beginners BOOK NOW - STARTS 30 <sup>th</sup> APRIL	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
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## 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.	<a href="mailto:dbath@openage.org.uk">dbath@openage.org.uk</a> <a href="mailto:spage@openage.org.uk">spage@openage.org.uk</a>
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.	<a href="mailto:ecohen@openage.org.uk">ecohen@openage.org.uk</a>
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.	<a href="mailto:rjohn@openage.org.uk">rjohn@openage.org.uk</a>
YouTube	The following classes are now available on YouTube to do in your own time: <ul style="list-style-type: none"> <li>• Pilates</li> <li>• Boxing Fitness</li> <li>• Latin</li> <li>• Chair Exercise</li> <li>• Yoga</li> <li>• Fit Steps</li> <li>• Swing</li> <li>• Aerobics</li> <li>• Chair Exercise</li> <li>• Upper and Lower Body Strengthening</li> <li>• Ballet</li> </ul>	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>  Please make it clear in your email which class (es) you would like to try and that you are registering for YouTube.

### 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](https://www.amazon.co.uk/dp/B08R8Y3QNN?ref=pe_3052080_397514860)

## **ART COMPETITION DETAILS**

### **“What does Ageing Joyfully mean to you?”**

As members of our self-made community, you know that Open Age strives to provide opportunities for our members to live life to its fullest, trying new experiences, making long-life connections and having as much fun as possible along the way....so why not express this through Art?!

We are calling out to all our members, to send in their art within the theme ‘What does Ageing Joyfully mean to you’. Whether it means a painting of you playing with your grandchildren, a sketch of a performance you may have been part of, or even a watercolour of you yachting with a martini in hand; we want your entries!

So assemble those easels, prepare those palettes and get creative!

We are asking that any submissions are in the visual arts only. This could include paintings, drawings/sketches, photography sewing or mosaics. The winner will receive a signed copy of Maggy’s book.

### **How to enter:**

- Please send a picture of your work via email to [bookings@openage.org.uk](mailto:bookings@openage.org.uk) Pictures will need to be sent in a JPG or JPEG format, attached to or in the body of the email.
- Entries must be received by 11.59pm on Wednesday 21<sup>st</sup> April. Entries received after the stated closing date will not be accepted.
- Any work submitted must include your FULL NAME and the medium your work is in (for example, watercolour, pastel or Oil)

### Competition Terms and Conditions of entry:

1. By submitting an entry to the competition, you are agreeing to be bound by these Terms and Conditions. Open Age reserves the right to refuse entry, or refuse to award the prize to anyone in breach of these terms and conditions. If you have any questions, please contact [bookings@openage.org.uk](mailto:bookings@openage.org.uk)
2. The competition is being run by Open Age and for Open Age members.
3. This competition is free to enter and no purchase is necessary.
4. Only one piece per individual member can be accepted.
5. Proof of sending is not proof of receipt; Open Age will not accept responsibility for any late or lost entries.

### The prize:

6. The winner will be selected by Maggy Pigott CBE and a special guest (TBC)
7. The prize is non-exchangeable, non-transferable and no cash alternatives will be offered.
8. The decision of Open Age regarding any aspect of the competition is final and binding and no correspondence will be entered into.

### Winner announcement:

9. The winner will be notified after Friday 23<sup>rd</sup> April via the email provided with the competition entry or by phone (on the week commencing Monday 26<sup>th</sup> Ap
10. Open Age will attempt to contact the winner up to two times. If the winner does not respond to the emails or phone calls notifying them of their win within 14 days of the second attempt, they will lose their right to the prize, and Open Age reserves the right to choose and notify a new winner.
11. Please allow up to 14 days for delivery of the prize or alternative collection or delivery arrangements may be made through mutual agreement.

### Data protection and publicity:

12. You consent to any personal information you provide in entering the prize draw being used by Open Age for the purposes of administering the prize draw, and for those purposes as defined within our privacy notice.
13. All entrants may apply for details of the winning participant by contacting us at [bookings@openage.org.uk](mailto:bookings@openage.org.uk)
14. The winner agrees to the release of their first name and borough of residence to any other competition participants if requested via Open Age.
15. An announcement of the winner's first name and borough of residence will be made via Open Age's website and in member communications
16. All personal information shall be used in accordance with Open Age's Data Protection Notice.

## THE FINBOROUGH THEATRE



The Finborough Theatre is continuing their programme of theatre streamed online for free. Now playing - a new web series from Olivier Award-nominated Athena Stevens, *LATE NIGHT STARING AT HIGH RES PIXELS* is now available to watch until 31<sup>st</sup> March.



Stream all episodes for free from [YouTube](#)  
Subtitled version available from [Scenesaver](#)  
Read more about what's online with [#FinboroughForFree](#)

## Stress Management



Stress Management Society  
from distress to de-stress

## Week 1 – Introduction to Stress Awareness Month 2021

Aprils 30 Day Challenge - <https://www.stress.org.uk/wp-content/uploads/2021/03/2021-April-30-Day-Challenge-Hints-and-Tips.pdf>

Individual Stress Test – <https://www.stress.org.uk/individual-stress-test/>

Signs of Stress - <https://www.stress.org.uk/wp-content/uploads/2021/03/Signs-of-stress-SMS.pdf>

## TOP PICKS! EXTERNAL ONLINE EVENTS

### British Museum - Lectures and Discussions

- Thursday 8<sup>th</sup> April at 5:30pm - Through the lens: Newsha Tavakolian, Laura Boushnak and Manal AlDowayan in conversation with Venetia Porter. Through film, photographs and other media, they capture and scrutinise issues concerning societal change, women's literacy, regional conflict and moments in time.

Click [here](#) to book

**The Weird and Wonderful World of Fungi** - Join Daniel Greenwood on a discovery of Fungi in the Great North Wood and beyond. The whole world is alive with fungi after all! Tuesday 6<sup>th</sup> April at 6:30pm

Click [here](#) to book

**Online Talk: The Mysterious World of Salvador Dali** - Probably the most well-known and popular artist of the 20th century, Dali was a self-publicist who filled gossip columns with accounts of his eccentricities for over 60 years. Wednesday 7<sup>th</sup> April at 2pm

Click [here](#) to book

**Finding the Extraordinary in the Ordinary: Found Poetry** - Learn how to create poetry from the everyday prose that surrounds us! Wednesday 7<sup>th</sup> April at 8:30pm

Click [here](#) to book

**Floral Fun** - Learn how to arrange flowers in your home with qualified florist - no skills needed, just a little bit of creativity and fun! Friday 9<sup>th</sup> April at 4:30pm

Click [here](#) to book

**See the City from your Sofa: Heroes and Villains of the City of London** - Come for a virtual wander from your sofa through the City of London streets and meet some of its most arresting characters. Sunday 11<sup>th</sup> April at 5:30pm

Click [here](#) to book