

Open Age Virtual Programme

Tue, 1st - Fri, 4th June

“Click” to make an
Activity Donation








PLEASE NOTE

All our classes are held on Zoom unless specified (i.e. Phone Groups)

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

Key Table:

Activities				Notes
Physical Activities	 Seated	 Standing	 Floor	<i>Bookings open from 9am one week before the class.</i> <u>physicalactivitybookings@openage.org.uk</u>
Arts and Culture				<i>Bookings open from 9am one week before the class.</i> <u>bookings@openage.org.uk</u>
Adult Community Learning (ACL)				<u>aclbookings@openage.org.uk</u> Half-term: 31 st May - 4 th June
Outreach team	 			<u>outreach@openage.org.uk</u> Time for Me carers only: <u>carerstimeforme@openage.org.uk</u>

Bank Holiday Monday- No Activities

Tuesday

TIME	CLASS	Click & Book
10:00 - 11:00am	Zumba	
10:00 - 11:00am	Open Space: Carnival talk Join Ray from Sunshine International Arts, a leading artistic, educational and carnival production company, He'll be talking about the history of carnival in the Caribbean and asking you all about your carnival experiences!	
10:30 - 11:30am	Healthy Lungs <i>(Open RBKC and Westminster residents only)</i> <i>*Ask about eligibility</i>	
10:30 - 11:30am	Steady & Stable <i>(a falls prevention class for those with concerns about their balance) *Ask about eligibility</i>	
11:30 - 12:30pm	Jazz Funk	
1:15 - 2:15pm	Keep Fit	
2:00 - 2:45pm	Steady & Stable Phone Group <i>(a falls prevention class for those with concerns about their balance) *Ask about eligibility</i>	
2:30 - 3:30pm	Time for Me Carers: Managing Stress and Worry in a Pandemic with CNWL Talking Therapies on Zoom	
2:30 - 4:15pm	How to Use Zoom - BOOK NOW	
3:00 - 4:00pm	Well Read - Play reading with the Playground Theatre *NEW*	
3:00 - 4:00pm	Yoga	
3:30 - 4:30pm	Pilates	

Wednesday

TIME	CLASS	Click & Book
10:00 - 11:00am	Yoga	
10:00 - 11:00am	Fit Steps	
11:30 - 12:30pm	Exercise to Music	
12:00 - 13:15pm	Phone Group: Men's Cooking Group <i>(with Manju & Russell)</i>	
1:00 - 2:00pm	Pilates	
1:30 - 3:30pm	Time for Me Carers: Creative Writing for Wellbeing <i>on Zoom & Phone</i>	
2:00 - 3:00pm	Chair Exercise	
2:00 - 3:00pm	London Quiz Join us for a fun hour of questions all about London, multiple choice, picture rounds and a warm welcome to all!	
2:30 - 3:30pm	Soca dance	
2:30 - 3:30pm	Steady & Stable <i>(a falls prevention class for those with concerns about their balance) *Ask about eligibility</i>	
3:00 - 4:00pm	Chi Gong	
3:00 - 4:00pm	'Troubleshooting' - Tech Drop-in <i>(Weekly Zoom drop-in for support with technological issues or question about your device) *Small numbers.</i>	
6:30 - 7:30pm	Time for Me Carers Social (Evening): Shared Reading <i>on Zoom & Phone</i>	


Thursday

TIME	CLASS	Click & Book
9:30 - 10:30	Open Space: Jack the Ripper Sue Parry from the Whitechapel society leads a talk on the prime suspects of The Jack the Ripper case	
9:45 - 10:45am	Pilates	
10:30 - 11:30am	Boxing Fitness	
11:00 - 12:00pm	Italian Archaeology <i>*fortnightly, next class 3rd June</i>	
11:00 - 12:00pm	Osteo Blast: Exercise for Healthy Bones <i>(open to Westminster and RBKC residents)</i>	
11:30 - 12:30pm	Salsa <i>(In partnership with Dance West)</i>	
11:30 - 12:30pm	Chair Exercise	
11:45 - 12:45pm	Osteo Pro <i>Must have completed Osteo Blast.</i>	
11:45 - 1:15pm	How to Use Zoom - BOOK NOW	
2:00 - 3:00pm	Chair Exercise Phone Group	
2:00 - 3:00pm	Chi Gong	
2:30 - 3:30pm	Steady & Stable <i>(a falls prevention class for those with concerns about their balance) *Ask about eligibility</i>	
4:00 - 5:00pm	Yoga	

Friday

TIME	CLASS	Click & Book
10:00 - 11:00am	Pilates	
10:30 - 11:30am	Members Social Quiz <i>*Monthly, next quiz 4th June</i>	
10:45 - 11:45am	Healthy Lungs on Zoom <i>(Open to RBKC and Westminster residents) *Ask about eligibility</i>	
11:00 - 1.00pm	Time for Me Carers: Yin Yoga and Meditation / Sound Healing on Zoom <i>Please have a chair available for session (Time for Me carers only)</i>	
11:00 - 12:00pm	Osteo Blast: Exercise for Healthy Bones <i>(open to Westminster and RBKC residents)</i>	
11:30 - 12:30pm	Zumba	
11:45 - 12:45pm	Stretch and Tone	
1:00 - 1:45pm	Healthy Lungs Phone Group <i>(for members who were attending the programme before closure)</i>	
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
1:30 - 2:30pm	Friday Social Phone group <i>(with Emma)</i>	
2:00 - 3:00pm	Open Space: A life a little less ordinary - My Life as an Actress and Singer Jane Lee reflects on her career with tales in showbusiness	
2:30 - 3:30pm	Steady & Stable <i>(a falls prevention class for those with concerns about their balance) *Ask about eligibility</i>	
2:30 - 3:30pm	Step up from Steady	
3:00 - 4:00pm	Members Social: Chat & Relax Volunteer led weekly social.	

Other

<u>SERVICE</u>	<u>INFORMATION</u>	<u>EMAIL FOR BOOKING</u>
YouTube	<p>The following classes are now available on YouTube to do in your own time:</p> <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 • Zumba 	<div style="text-align: center;">  </div> <p>Please make it clear in your email which class(es) you would like to try and that you are registering for YouTube.</p>

CAF - CHARITY 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



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

OUR 5 TOP PICKS! EXTERNAL ONLINE EVENTS

Chemistry of colour - Join them for some hands-on activities you can try at home to experiment and invent with colour and create your own colourful artworks. Monday 31st May at 11am

Click [here](#) to book

Catholicism and Literary Culture in Scotland, Ireland, and England - This online symposium at the University of Glasgow brings together international experts to discuss the relationship between literature and Catholicism between the early modern and the modern periods, and in comparative English, Scottish, and Irish contexts. Tuesday 1st June at 11am

Click [here](#) to book

Open Courtauld Hour: Hair Moments - This Open Courtauld Hour will interrogate the assumed banality of hair in art history, its everyday presence making it the perfect vehicle to reproduce and feed into systems of control. Thursday 3rd June at 8pm

Click [here](#) to book

Carnivorous Plants - Join Jerry Addington, owner of Courting Frogs Nursery, along with our own Trevor Cameron, C.P.H. for this class to learn all about carnivorous plants and how to successfully grow them. Saturday 5th June at 6pm

Click [here](#) to book

Spring Fest 2021 - online fair of calligraphy and lettering presentations, featuring artists from around the world! Sunday 6th June at 6pm

Click [here](#) to book