

“Click” to make an
 Activity Donation

Open Age Virtual Programme

Monday 23rd - Friday 27th November

PLEASE NOTE



- All our classes are held on Zoom unless specified. (*i.e. Phone Group*)

Adult Community Learning (ACL) - IT IS NOW TOO LATE TO JOIN THIS TERM'S ACL CLASSES. COURSES STARTING IN JANUARY WILL BE IN THE PROGRAMME THAT WILL BE SENT TO YOU WEEK OF 30th NOVEMBER. PLEASE LOOK AND BOOK AS SPACES ARE LIMITED – bookings@openage.org.uk


PLEASE NOTE TOO THAT CLASSES MAY HAVE DAYS AND TIMES CHANGED FROM JANUARY

- 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

Monday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:00am	Ballet Fitness <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 <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Italian for Absolute Beginners <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
10:15 - 11:15pm	Tai Chi <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 

10:30 - 11:30am	Phone Group: Kensington Activity Group (KAG) <i>(a range of topical discussions and shared stories and quizzes)</i> (WAITING LIST)	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 
11:00 - 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)	Art – Watercolours <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Italian for Almost Beginners <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
12:15 - 1:15pm	Look & Cook *Next session 30th November* <i>Recipes from around the world on Zoom</i>	bookings@openage.org.uk
12:45 - 1:45pm	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:00-2.30pm (ACL)	Getting to Know Your Android Phone <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Drama <i>(See programme week of 30th November)</i>	bookings@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	Local History: The Alexander Sisters of Aubrey House	bookings@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 <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Steady & Stable on Zoom	bookings@openage.org.uk



	(a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	
3:15 - 4:45pm (ACL)	Art - Beginners' Watercolours <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Further Functions on Zoom for Participants <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
3:30 - 5:00pm	Mindfulness & Relaxation <i>Discover your calm with tutor Stephanie</i>	bookings@openage.org.uk

Tuesday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:00am	Zumba <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	French for Absolute Beginners <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Creative Writing <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
10:00 - 11:30am (ACL)	How to Use Your iPhone <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
10:00 - 11:00am	Open Space Talks: *NEW* The Beatles - Stories and tracks <i>Join regular speaker Colin Lomas as he gives us some fascinating stories about the Fab Four! He'll also be playing some favourite tracks along the way.</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 <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:30 - 12:30pm	Fun with Art	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	French for Almost Beginners <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Improve Internet Skills Down Memory Lane <i>(See programme week of 30th November)</i>	bookings@openage.org.uk

12:15 – 1:15pm	Men's Space Active Exercise on Zoom	bookings@openage.org.uk
12:30 - 1:30pm	Lifestories (Creative Writing)	bookings@openage.org.uk
1:15 - 2:15pm	Keep Fit <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:00 - 2:00pm	Singing for Joy	bookings@openage.org.uk
1:30 - 2:30pm (ACL)	Spanish Next Step 2 Group 1 <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Creative Writing <i>(See programme week of 30th November)</i>	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
2:00 - 3:30pm	Creating Solo Performance *NEW* <i>6-week programme, in partnership with the Bush Theatre</i>	bookings@openage.org.uk
2:30 - 3:30pm	Time for Me: Carers Social Group on Zoom (coffee & chat about music)	carerstimeforme@openage.org.uk
2:45 - 3:45pm (ACL)	Spanish Next Step 2 Group 2 <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
3:00 - 4:00	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3.00 - 4.00pm	Conversational French (Intermediate)	bookings@openage.org.uk
3:15 - 4:45pm	How to use Zoom – Very supportive Introductory session to get you started	bookings@openage.org.uk
3:30 - 4:30pm	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 

Wednesday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:00am	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:00am	Phone Group: Keep Fit *NEW!*	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	French Next Step 1 <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
10:00 - 11:30am	Lip-reading & Managing Hearing Loss	bookings@openage.org.uk

(ACL)	(See programme week of 30th November)	
10:00 - 11:00am	Creative Sewing on Zoom <i>Weekly projects with a Christmas theme</i>	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 (See programme week of 30th November)	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Lip-reading & Managing Hearing Loss (See programme week of 30th November)	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	How to Host Zoom meetings (2 sessions) One more course before end of term starting on 9th December	bookings@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)	Meditation and Mindfulness (See programme week of 30th November)	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Creative Writing (See programme week of 30th November)	bookings@openage.org.uk
1:30 - 3:30pm	Time for Me Carers: Scrapbook Art for Wellbeing on Zoom	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 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 <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 <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 



3:15 - 4:45pm (ACL)	Art: Yorkshire Sculpture Park <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Poetry <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
4:00-5.30pm (ACL)	Meditation and Mindfulness <i>(See programme week of 30th November)</i>	bookings@openage.org.uk

Thursday



<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
9.45 – 10.45am	Pilates *NEW!* <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:00am	Boxing Fitness <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	IT: ON-LINE SAFETY <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
10:00 - 11.30am (ACL)	Speaking English with Confidence – ESOL <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
10:45-11:45am (ACL)	French Next Step 2 <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
11:00 - 12:00pm	Italian Archaeology <i>A brief introduction to archaeology, its goals, techniques and type of information uncovered.</i>	bookings@openage.org.uk
11:00 - 12:00pm	London Conversation <i>This class will focus on the current political and cultural life of London. Avoiding discussions on Nation and International Politics we want to keep topics local and to what matters to you. Come along and join the local debate.</i>	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 <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
11:15 - 12:00pm	Dance with Dance West	physicalactivitybookings@openage.org.uk 

11:30 - 12:30pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:30 - 12:30pm	Exploring Silent Films	bookings@openage.org.uk
11.45-1.15PM	How to use Zoom- Very supportive Introductory session to get you started	bookings@openage.org.uk
12:00 - 1:00pm (ACL)	French Next Step 2 <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Italian Next Step 1 <i>(See programme week of 30th November)</i>	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
3:00 - 4:00pm	History of Art on Zoom	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Disco Fever on Zoom <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
2.45 – 3.45pm	Fit Steps *NEW TIME!* <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:45pm (ACL)	Italian Next Step 2 <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
4:00 – 5:00pm	Yoga *NEW* <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@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 <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk  
10:00 - 11:30am (ACL)	Spanish for Absolute Beginners <i>(See programme week of 30th November)</i>	bookings@openage.org.uk
10:00 - 11:30am	Beginners iPad	bookings@openage.org.uk

(ACL)	(See programme week of 30th November)	
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: Chi Kung <i>Please have a chair available for session (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
11:15 - 12:15pm	Indian Dance *NEW!*	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	Spanish for Absolute Beginners (See programme week of 30th November)	bookings@openage.org.uk
11:45 - 1.15pm (ACL)	Build Your Own Website 1 (See programme week of 30th November)	bookings@openage.org.uk
11:45 - 1.15pm (ACL)	Windows 10 for Beginners (See programme week of 30th November)	bookings@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 - 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	bookings@openage.org.uk
1:00 - 2:00pm	Chi Gong <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 (See programme week of 30th November)	bookings@openage.org.uk
1:30 – 2:30pm	Phone Group: Friday Social <i>(Conversation, quizzes, sharing interests and news) with Emma</i>	bookings@openage.org.uk
2:00 - 3:00pm	Open Space Talks; <i>Association of Anaesthetists;</i> 1846 - Equipment Evolution <i>One of the earliest methods of delivering an anaesthetic was by using a vaporizer. Did you know that vaporizers still form a part of modern</i>	bookings@openage.org.uk

	<i>anaesthetic equipment? Some advancements in the delivery of an anaesthetic have been modest, others huge. Come on the equipment journey with us and our heritage volunteer, a retired Anaesthetist from Guy's and St Thomas'.</i>	
2:30 - 3:30pm	Step up from Steady <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 

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 	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">• Swing• Aerobics• Chair Exercise• Upper and Lower Body Strengthening | |
|--|--|--|

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.

IMPORTANT NOTICE REGARDING TRACK AND TRACE

Please be aware of this telephone scam where 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

NHS APP

The NHS COVID-19 app, 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

Imperial College London

Grantham Institute
Climate Change and the Environment
An Institute of Imperial College London

COMPLETE
BY 20 NOVEMBER

**WANT TO DO SOMETHING ABOUT
LOCAL AIR POLLUTION?**

**ARE YOU A RESIDENT OF
KENSINGTON & CHELSEA OR WHITE CITY?**

**TAKE OUR ONLINE SURVEY AND OPT TO ENTER A
PRIZE DRAW TO WIN A SHOPPING VOUCHER**

GO TO bit.ly/localairpollution

©Photo "A40 Westway" by Mark Hillary (Greyscale)

Want to do something about local air pollution? Scientists at Imperial College London want to hear from residents of Kensington & Chelsea or White City who are interested or concerned about air pollution in their local area and want to learn more.

Take this online survey by 20 November to share what you know about air pollution and what you want to know. You'll also have the opportunity to join free events to talk about local air pollution including how to reduce it and the impact on our health.

The survey should take about 5 minutes and participants can opt to enter a prize draw to win shopping vouchers to use online or at 90 high-street brands.

Click [here](https://bit.ly/localairpollution) to take the survey.

FLU VACCINATION

Open Age is supporting Age UK's campaign to highlight the importance to getting vaccinated against flu. You can get the flu jab from your doctor or a local pharmacy and it's free for everyone over 65 as well as carers and frontline workers.

Now more than ever - get your free flu jab!

Flu can lead to serious complications and hospital visits, especially for those with an underlying condition and at greater risk from Covid-19.

Ask your GP or pharmacist for your free flu jab today.



Flu vaccination is the best defence against flu and is free if you are:

- 65 years or over
- Living in a residential or nursing home
- A frontline or healthcare worker
- Members of a shielding household
- A carer of an older or disabled person
- Living with a long term health condition

**Protect yourself and
those around you.**



This poster is sponsored by Sequiris

Registered charity number 1092198

For more information, visit Age UK's website: <https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/flu-prevention/>

Grenfell Recovery & Wellbeing College Spoke (Open to all Kensington and Chelsea residents)

The Grenfell Health and Wellbeing Service is teaming up with the CNWL Recovery & Wellbeing College and Community Champions to offer a programme of free workshops that focus on wellbeing;

All Online Via Zoom

Understanding anxiety

Thurs 26 Nov, 1pm to 2:15pm

Discovering self-compassion

Thurs 10 Dec, 1pm to 2:15pm

An introduction to mindfulness and ways to wellbeing

Thurs 3 Dec, 1pm to 2:15pm

Coping with Christmas Time

Thurs 17 Dec, 1pm to 2:15pm

Changing habits in a way that works for me

Thurs 7 Jan, 1pm to 2:15pm

Exploring emotions and coping strategies

Thurs 14 Jan, 1pm to 2:15pm

To book your place

Call the Recovery & Wellbeing College admissions office on 020 3214 5686

Grenfell Health & Wellbeing Service on 02086376279 or email recoverycollege.cnwl@nhs.net

SINGING SESSIONS WITH SHAPESHIFTER PRODUCTIONS

Sing through the pandemic with free online singing sessions.

A performing arts charity, Shapeshifter Productions, have created a free, virtual jukebox of video songs that are keeping older and isolated people singing through the pandemic. They hope their Smiling Sessions singalongs will help support wellbeing and mental health during this difficult time.

With a new song released every Monday, the sessions feature celebrity guest performers and a range of popular songs that trigger memories and lift spirits. Each session comes with on-screen lyrics and is accessible to everyone via an easy to use online app: <https://www.smilingsessions.com/> the songs can be streamed or downloaded. Among the celebrities who have taken part in the second series of the sessions are KT Tunstall, Brian McFadden and Chris Difford, with Merrill Osmond, the RSC Choir and Basil Brush waiting in the wings to join in soon.

Shapeshifter Productions started delivering live participatory singing workshops 10 years ago. They started in LB Waltham Forest, with a National lottery Award and gradually spread all over London, reaching care homes and sheltered housing in the more deprived areas. The digital Smiling Sessions

was created in a direct response to the lockdown in March, when so many older people became even more isolated. The charity wants to raise awareness of the power of song and the impact singing has on health, wellbeing and mindfulness, no matter what age you are.

Start taking part by downloading their app: <https://www.smilingsessions.com/>

Find out more about the sessions by visiting: <http://www.shapesifter-productions.com/smiling-sessions-covid-19/>

If you have any issues accessing these sessions or need help with the technology required, please email: Violaine@shapesifter-productions.com or by calling 02070 971409

Open Age's TOP PICKS!

Mindful Art - Mindfulness Based Creative Arts Institute is bringing you 4 sessions where you can learn to feed yourself positive energy that enhances wellness through mindful art making. *NO ART EXPERIENCE REQUIRED!* On 29th November at 8pm.

Click [here](#) to book

Encouragement Through the Arts and Talking (ETAT) - This is the display that their charity for isolated and lonely people produced just before lockdown. It was so important for them to come together within the reduced sessions of two hours, it made such a difference to their mental health.

Click [here](#) for the short video

National Gallery - Creative Session and Discussions

- 18th November at 6:30pm: Art in Flux & National Gallery X: SHIFTING GROUND - Using the National Gallery's collection as a starting point for discussion, Shifting Ground invites a number of key media artists to present their work exploring identity, cultural heritage and migration.

Click [here](#) to book

- 20th November at 4pm: Talk and draw - Join an artist and lecturer to explore the focus of this year's Take One Picture exhibition, 'Men of the Docks', in two ways.

Click [here](#) to book

- 21st November at 3pm: Dreaming in a nightmare - Jeremiah Emmanuel BEM and Karen Eslea discuss what can be learned from Ron Mueck's 'Youth' about moving forward in a world that holds you back.

Click [here](#) to book

British Museum - Lectures and Discussions

- 19th November at 5:30pm: An Introduction to the Arctic - Join academics from The Open University and special guests as they introduce you to the diverse landscapes and complex histories of the Arctic Peoples and their region.

Click [here](#) to book

- 26th November at 5:30pm: No frontiers: celebrating writing in translation - This panel discussion celebrates the role of translation in breaking down barriers. Chaired by Associate Editor (Culture) for the Guardian and English PEN Trustee, Claire Armitstead, it features Syrian translator and author of *The Frightened Ones*, Dima Wannous; Chinese-born British poet and author of *Red Dust*, Ma Jian; and his translator and interpreter, Flora Drew.

Click [here](#) to book

OPEN AGE and THE OLD VIC : 12 DAYS OF CHRISTMAS

Open Age and The Old Vic have teamed up to bring you some much needed, community Festive Cheer and bring to you '**12 Days of Christmas**'. We're inviting you and friends in the community, to send us a video singing 12 Days of Christmas or doing the actions (or both!). We're then going to bring the different videos together into a single montage of our community singing and doing those actions together, to be launched on Friday 18th December.

#12daysofChristmas is for both anyone aged 50+ and friends of Open Age and The Old Vic, working in the community who enjoy a light-hearted, fun sing-a-long (not forgetting those actions) to bring a smile to as many as possible!

To become a part of this exciting montage, please read the important information below:

To view the #12daysofChristmas song and actions, please click on this link:

<https://youtu.be/tDHV2YpRqg0>

Please send your video to us by Wednesday 9th December. We won't be able to include it after this date. Videos can be sent to Jenny Marshall via WhatsApp to 07799 369741 or if you would prefer email, to Hannah Munns at hmunns@openage.org.uk.

Please film in 'Landscape' (horizontal) format if possible. Make sure you are not backlit (avoid filming with the light behind you), so that we can see you. By sending your video, you are consenting for it to be published online as part of a film montage to celebrate #12daysofChristmas. Feel free to dress up for your video if you like. We'd love to see you having

fun and showing us your personality. Copy the actions in a way that work for you and can be done sitting or standing.

Check the background in your video to make sure there is nothing inappropriate, or any photos of people that might not want to be in the shot.

If you have any questions, please email Jenny Marshall on jmarshall@openage.org.uk or Hannah Munns on hmunns@openage.org.uk. Alternatively, you can call us on 07799 369741 or 07530734489.