



# **Autumn Programme 2024**

**Monday 9<sup>th</sup> September – Friday 13<sup>th</sup> December 2024**

**(Half Term: 28<sup>th</sup> October - 1<sup>st</sup> November 2024)**

# Open Age Programme

Welcome to the new programme! You will find enclosed the relevant contact details for all activities at our centres, community venues and online.

All classes taking place in New Horizons, St Margaret's, Avenues and Second Half Centre can be booked 7 days in advance. To book an activity or for more information, please call the number provided under 'Booking Details'.

**Please ensure you speak to a member of the team, as booking requests left on voicemails cannot be accepted.**

Clinical exercise classes, (Steady & Stable, Osteo Blast and Healthy Lungs) require advanced booking.

## **Important notice regarding the cost of activities**

For activities running in centres and community venues, we ask that members continue to contribute to Open Age £1 per hour, unless otherwise stated.

## **Online Classes**

From this term Open Age will be taking payments for all online classes. If you have not yet "topped up" your online account, either do so via our website (logging into your membership), or by popping into your nearest Open Age centre, where the team will be able to assist you.

## **Adult Community Learning (ACL)**

Classes annotated with '**ACL**' next to them means that they are Adult Community Learning courses. ACL offer a number of courses. They need to be booked in advance and require a commitment which ranges between 5 and 10 weeks depending on the course. These classes are different from the standard Open Age drop-in classes. You must be able to complete an enrolment form and provide evidence of ID, i.e. Passport or Driving Licence number, as well as your National Insurance number.

## **ACL Costs**

Our ACL courses are at a slightly different cost to all the other Open Age classes as we are funded by the government via the Royal Borough of Kensington and Chelsea. Our fees are **£3 per session**. However, the course may be free if you meet the eligibility criteria.

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## Activities at Second Half Centre (North Kensington)

### Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Men's Space: Active Exercise class	Second Half Centre	07467 952 564
10:00 - 12:00	IT - Microsoft Word & Touch Typing <i>*starts 23<sup>rd</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 13:30	Monday Cake Cafe at the Second Half Centre	Second Half Centre	No booking needed
11:15 - 12:15	Tai Chi	Second Half Centre	020 4516 9971
11:30 - 12:30	Chair Exercise	Pepper Pot	No booking needed
12:15 - 13:45	International Cooking with Manju <i>(last Monday of the month)</i>	Second Half Centre	020 4516 9971
12:30 - 13:30	Stretch and Tone	Second Half Centre	020 4516 9971
12:30 - 14:30	IT - Photo Editing Using Gimp <i>*starts 23<sup>rd</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

13:45 - 15:15	Singing for All	Second Half Centre	020 4516 9971
13:45 - 15:15	Crochet for Beginners	Second Half Centre	020 4516 9971
14:15 - 15:45	Still Life & Life Drawing	Second Half Centre	020 4516 9971
15:00 - 17:00	IT - Getting Started with Your iPad/iPhone <i>*starts 23<sup>rd</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
15:30 - 17:00	Men Space: Social & Health and Wellbeing Experience (monthly workshops delivered 3 <sup>rd</sup> Monday of the month)	Second Half Centre	07467 952 564

## Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Zumba	Second Half Centre	020 4516 9971
10:00 - 12:00	Time for Me - IT for Carers <i>*starts 24<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	07437 913 154
10:00 - 12:00	IT - How to Use the NHS & GP Apps <i>*starts 5<sup>th</sup> November</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	Italian for Absolute Beginners <i>*We are actively recruiting for a new tutor. Please let us know if interested in attending an Italian class.</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:00 - 12:00	Bi-Weekly Community Garden Kitchen Group <i>(contact for more information)</i>	Second Half Centre	020 4516 9971
11:30 - 12:30	Step up from Steady	Second Half Centre	020 4516 9971
12:15 - 13:15	Outreach Tech Support (own devices) <i>RBKC &amp; WCC residents only</i>	Second Half Centre	020 4516 9977 <a href="mailto:outreach@openage.org.uk">outreach@openage.org.uk</a>
12:30 - 14:30	Italian (Level TBC) <i>*We are actively recruiting for a new tutor. Please let us know if interested in attending an Italian class.</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:00 - 14:00	Steady & Stable: Falls Prevention Exercise	Second Half Centre	020 4516 9975
13:00 - 15:00	Lip-reading & Managing Hearing Loss <i>*starts 24<sup>th</sup> September</i> <b>ACL</b>	Morley College - North Ken	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:30 - 14:30	Tai Chi	St George's Church	No booking needed

14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	Second Half Centre	020 4516 9975
15:00 - 17:00	Italian (Level TBC) <i>*We are actively recruiting for a new tutor. Please let us know if interested in attending an Italian class.</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
15:30 - 17:00	Men Space: The Magic of Music	Second Half Centre	07467 952 564

### Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:30	Painting and Drawing	Second Half Centre	020 4516 9971
10:00 - 11:30	Creative Threads	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - Using the Cloud <i>*starts 25<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - Further Skills with Android Devices <i>*starts 25<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - Introduction to A.I. (Artificial Intelligence) <i>*starts 6<sup>th</sup> November</i> <i>*waiting list only</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	Sketching in Holland Park <i>*starts 25<sup>th</sup> September</i> <i>*waiting list only</i> <b>ACL</b>	Holland Park	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:00 - 13:00	Chair Exercise	Second Half Centre	020 4516 9971
12:15 - 14:15	Eating Healthily on a Budget (Fortnightly) <i>*starts 25<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:15 - 14:15	Men's Space: Lunch & Cookery (Fortnightly) 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday	Second Half Centre	07467 952 564
13:30 - 15:30	Men's Space: Men's IT Group <i>*starts 25<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	07467 952 564
13:30 - 15:30	IT - Further Skills with Android Devices <i>*starts 6<sup>th</sup> November</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:30 - 15:30	Meditation & Mindfulness for Beginners <i>*starts 25<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

14:30 - 16:30	Poetry <i>*starts 25<sup>th</sup> September</i>	ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
15:45 - 17:00	Games Cafe		Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

### Thursday

TIME	CLASS		LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga		Second Half Centre	020 4516 9971
10:00 - 12:00	Speaking English with Confidence <i>*starts 26<sup>th</sup> September</i>	ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - How to Use WhatsApp <i>*starts 26<sup>th</sup> September</i>	ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - Being Safe Online <i>*starts 7<sup>th</sup> November</i>	ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:15 - 12:15	Mosaics <i>*starts 26<sup>th</sup> September</i> <i>*waiting list only</i>	ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:15 - 12:15	Body Conditioning		Second Half Centre	020 4516 9971
12:30 - 13:30	Chair Exercise		Second Half Centre	020 4516 9971
12:30 - 14:30	Spanish Lower-Intermediate <i>*starts 26<sup>th</sup> September</i> <i>*waiting list only</i>	ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:45 - 14:45	Healthy Lungs: Exercise for Lung Health <i>(for Westminster and RBKC residents)</i>		Second Half Centre	020 4516 9973 <a href="mailto:ktyagi@openage.org.uk">ktyagi@openage.org.uk</a>
15:00 - 17:00	Spanish for Absolute Beginners <i>*starts 26<sup>th</sup> September</i>	ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
15:00 - 17:00	Knit for Peace <i>Help people in need by Knitting items for hospitals, women's refuges, community groups, etc. Join other knitters over a cuppa and knit for a common cause. We can provide wool but if you have some please bring it along.</i> <b><i>(Please note that this is a self-led group)</i></b>		Second Half Centre	020 4516 9971

## Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Spanish Beginners 3 <i>*starts 27<sup>th</sup> September</i>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - Computer for Beginners <i>*starts 27<sup>th</sup> September</i>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:30 - 12:30	Pilates	Second Half Centre	020 4516 9971
12:30 - 14:30	Spanish Beginners 1 <i>*starts 27<sup>th</sup> September</i>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:30 - 14:30	IT - Getting Started with Your Android Devices <i>*starts 27<sup>th</sup> September</i>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:00 - 16:00	Bi-Weekly Beginners' Jewellery Making	Second Half Centre	02045169971
14:00 - 16:00	Bowls <i>*starts 13<sup>th</sup> September</i>	West London Bowling Club	No booking needed
15:00 - 17:00	Spanish Beginners 2 <i>*starts 27<sup>th</sup> September</i>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## Activities at New Horizons (Chelsea)

### Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 11:45	Watercolours (All Levels) <i>*starts 23<sup>rd</sup> September</i> <i>*waiting list only</i>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - Computer for Beginners <i>*starts 23<sup>rd</sup> September</i>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	Jewellery Making (Advanced)	New Horizons	020 4516 9970
10:00 - 16:00	Third Age Counselling	New Horizons	01476 564 515 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagecounselling.com</a>
12:00 - 13:00	Pilates	New Horizons	020 4516 9970
12:00 - 14:00	Watercolours (All Levels) <i>*starts 23<sup>rd</sup> September</i> <i>*waiting list only</i>	Ixworth Place	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>



12:30 - 14:30	IT - Getting Started with Your Android Devices <i>*starts 23<sup>rd</sup> September</i>	ACL	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:15 - 14:15	Ballet		New Horizons	020 4516 9970
13:30 - 15:30	Shared Reading		New Horizons	020 4516 9970
14:00 - 16:00	Social - Monday Board Games		New Horizons	020 4516 9970
14:15 - 16:15	Watercolours (All Levels) <i>*starts 23<sup>rd</sup> September</i> <i>*waiting list only</i>	ACL	Ixworth Place	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:30 - 16:30	Pranayama Yoga		New Horizons	020 4516 9970

## Tuesday

TIME	CLASS		LOCATION	BOOKING DETAILS
09:45 - 10:45	Outreach Tech Support (own devices) <i>RBKC and WCC residents only</i>		New Horizons	020 4516 9977 <a href="mailto:outreach@openage.org.uk">outreach@openage.org.uk</a>
09:45 - 11:45	In the News		New Horizons	020 4516 9970
10:00 - 12:00	Italian Conversation (Advanced)		New Horizons	020 4516 9970
10:00 - 12:00	Creative Writing <i>*starts 24<sup>th</sup> September</i> <i>*waiting list only</i>	ACL	Response Community Projects	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:00 - 13:00	Speaking English with Confidence <i>*starts 24<sup>th</sup> September</i>	ACL	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:00 - 13:00	Stretch and Tone		New Horizons	020 4516 9970
12:15 - 14:15	Digital Skills Support – Connect More Programme (monthly) <i>*10<sup>th</sup> September, 8<sup>th</sup> October, 12<sup>th</sup> November, 10<sup>th</sup> December</i>		New Horizons	020 4516 9970
13:00 - 16:00	Bridge Club - Social (Intermediate)		Ixworth Place	020 4516 9970
13:15 - 14:15	Chi Chi Fit - Dance		New Horizons	020 4516 9970
13:15 - 14:15	Meditation		New Horizons	020 4516 9970
13:30 - 14:30	Dance Exercise		The Community Hub	No booking needed
14:00 - 16:00	Knitting		New Horizons	020 4516 9970
14:30 - 16:30	Creative Writing <i>*starts 24<sup>th</sup> September</i> <i>*waiting list only</i>	ACL	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:30 - 16:30	Drama Skills - <i>Enhance your self-confidence through drama skills!</i>		New Horizons	020 4516 9972



	<b>*starts 24<sup>th</sup> September</b>	<b>ACL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
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## Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Osteo Blast: Exercise for Bone Health <i>(for Westminster and RBKC residents)</i>	New Horizons	020 4516 9973 <a href="mailto:kyagi@openage.org.uk">kyagi@openage.org.uk</a>
10:00 - 16:00	Third Age Counselling	New Horizons	01476 564 515 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagecounselling.com</a>
10:00 - 12:00	Mosaics for Beginners <b>*starts 25<sup>th</sup> September</b> <b>*waiting list only</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:55 - 11:55	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
11:00 - 13:00	Open Age Members' Newsletter Group	New Horizons	020 4516 9970
12:00 - 13:00	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
12:15 - 14:15	French Conversation <i>(Upper Intermediate/Advanced)</i>	New Horizons	020 4516 9970
13:00 - 15:00	RBKC Community Participant Team Drop In <i>(3<sup>rd</sup> Wednesday of the month)</i>	New Horizons	<a href="mailto:Zino.khalfaoui@rbkc.gov.uk">Zino.khalfaoui@rbkc.gov.uk</a>
13:15 - 14:15	Chair Exercise	New Horizons	020 4516 9970
14:30 - 16:30	Quiz	New Horizons	020 4516 9970
14:30 - 16:30	Singing	New Horizons	020 4516 9970
14:30 - 16:30	Lip-reading & Managing Hearing Loss <b>*starts 25<sup>th</sup> September</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Chair Exercise	New Horizons	020 4516 9970
10:00 - 12:00	Literature & Poetry	New Horizons	020 4516 9970
10:00 - 16:00	Third Age Counselling	New Horizons	01476 564 515 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagecounselling.com</a>

10:30 - 12:30	Art Class (Advanced)	Ixworth Place	020 4516 9970
11:00 - 12:00	Yoga	New Horizons	020 4516 9970
11:00 - 12:30	Men Space: Reminiscence & Social <i>Bi-weekly 1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays</i>	Chelsea Theatre	07467 952 564
12:00 - 14:00	Supported IT Drop-In <i>*from 10<sup>th</sup> October</i>	New Horizons	020 4516 9970
12:30 - 14:00	Mindfulness & Crafts	New Horizons	020 4516 9970
13:00 - 14:00	Tai Chi	Community Hub	No booking needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	Community Hub	020 4516 9975
14:15 - 15:45	NHS: Falls Prevention	New Horizons	0208 102 5494
14:30 - 16:30	One You Clinic: Healthy Lifestyle, Weight Loss & Exercise program	New Horizons	0203 434 2500
14:30 - 16:30	Life Stories <i>*starts 26<sup>th</sup> September</i> <b>ACL</b>	Chelsea Theatre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Book Club ( <i>4<sup>th</sup> Friday of the month</i> )	New Horizons	020 4516 9970
10:00 - 12:00	IT - Getting Started with Your iPad/iPhone <i>*starts 27<sup>th</sup> September</i> <b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	Drawing at the V&A Museum <i>*starts 27<sup>th</sup> September</i> <i>*waiting list only</i> <b>ACL</b>	V&A Museum	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	Crochet for beginners <i>* Starts 20<sup>th</sup> September</i>	New Horizons	020 4516 9970
10:45 - 11:45	Pilates	St. Mary The Boltons	No booking needed
11:00 - 12:00	Zumba	New Horizons	020 4516 9970
12:00 - 13:00	Chair Exercise <i>*starts 20<sup>th</sup> September</i>	St. Mary The Boltons	No booking needed
12:00 - 14:00	Creative Writing <i>*starts 27<sup>th</sup> September</i> <b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:15 - 13:15	Pilates	New Horizons	020 4516 9970
12:15 - 14:15	Drawing at the V&A Museum <i>*starts 27<sup>th</sup> September</i> <i>*waiting list only</i> <b>ACL</b>	V&A Museum	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:00 - 15:00	IT - How to Use WhatsApp <i>*starts 27<sup>th</sup> September</i> <b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:00 - 15:00	IT - Being Safe Online	New Horizons	020 4516 9972

	<b>*starts 8<sup>th</sup> November</b>	<b>ACL</b>	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:30 - 14:30	Keep Fit	New Horizons	020 4516 9970
14:00 - 16:00	Cryptic Crossword (4 <sup>th</sup> Friday of the month)	New Horizons	020 4516 9970
14:30 - 16:00	Philosophy (fortnightly) (in partnership with the Royal Institute of Philosophy) *starts 27 <sup>th</sup> September	New Horizons	020 4516 9970
14:30 – 16:30	Play Workshops (Relocated from the Response Community Project)	New Horizons	020 4516 9970
14:30 - 16:30	Beginner's Mahjong	New Horizons	020 4516 9970

## Activities at Avenues (North Westminster)

### Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Ballet	Avenues	020 3713 8737
10:00 - 11:30	Patchwork Making and more	Avenues	020 3713 8737
10:00 - 12:00	Bowls <i>*9<sup>th</sup> Sept, 7<sup>th</sup> Oct, 4<sup>th</sup> Nov, 2<sup>nd</sup> Dec</i>	Paddington Sports Club	No booking needed
10:15 - 11:15	Step Up from Steady	Liberal Jewish Synagogue	No booking needed
11:15 - 12:15	Chi Chi Fit - Dance	Avenues	020 3713 8737
11:30 - 12:30	Steady & Stable: Falls Prevention Exercise	Liberal Jewish Synagogue	020 4516 9975
12:00 - 13:00	Social - Brain Training: Challenge & Improve Your Thinking	Avenues	020 3713 8737
12:30 - 13:30	Gentle Chair & Chat	Avenues	020 3713 8737
13:15 - 14:15	Osteo Pro	Little Venice Sports Centre	No booking needed
13:30 - 15:00	Guest Speaker & Social <i>(last Monday of each month - See in centre for details)</i>	Avenues	020 3713 8737
13:45 - 15:30	Film Festival <i>(see in-centre noticeboard for film listing)</i>	Avenues	020 3713 8737
14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones <i>(for Westminster and RBKC residents)</i>	Little Venice Sports Centre	020 4516 9973 <a href="mailto:ktyagi@openage.org.uk">ktyagi@openage.org.uk</a>
14:30 - 15:30	Begin to Gym (£3.51)	Porchester Leisure Centre	Pay and register at reception

## Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Avenues	020 3713 8737
10:00 - 11:30	Simply Art	Avenues	020 3713 8737
10:30 - 11:30	Dance Exercise	Fitzrovia Community Centre	No booking needed
11:15 - 12:15	Chair Exercise	Avenues	020 3713 8737
12:30 - 13:30	Exercise to Music	Avenues	020 3713 8737
13:30 - 15:00	Social - Table Tennis	Avenues	020 3713 8737
14:00 - 15:00	Tai Chi (£3)	Paddington Recreation Ground	Pay and register at reception in the pavilion
14:00 - 15:00	Chi Gong in the park	Porchester Square Gardens	No booking needed

## Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Avenues	020 3713 8737
10:00 - 12:00	Social - Games Café	Avenues	020 3713 8737
11:30 - 13:00	Shared Reading: Poetry and Short Stories *NEW*	Avenues	020 3713 8737
12:30 - 13:30	Dance Exercise	St Paul's Church	No booking needed
12:30 - 13:30	Steady & Stable: Falls Prevention Exercise	Avenues	020 4516 9975
13:30 - 15:00	Social – Cultural Social <i>(1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesday of the month. Starting 18<sup>th</sup> September)</i>	Avenues	020 3713 8737
14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones <i>(for Westminster and RBKC residents)</i>	Avenues	020 4516 9973 ktyagi@openage.org.uk
14:30 - 15:30	Begin to Gym (£3.51)	Porchester Leisure Centre	Pay and register at reception

## Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Tai Chi	Avenues	020 3713 8737
10:15 - 11:45	Singing for All	Avenues	020 3713 8737
10:30 - 11:30	Body Conditioning – Outdoors <i>Last class 17<sup>th</sup> October</i>	Hallfield Estate: Playground Area (concrete area neighbourhood sports club)	020 4516 9974 physicalactivitybookings@openage.org.uk
11:15 - 12:15	Exercise to Music	Avenues	020 3713 8737
11:30 - 12:30	Walking Football	The Hub, Regents Park	No booking needed
12:45 - 13:45	Pilates	Avenues	020 3713 8737
13:30 - 14:30	Steady & Stable: Falls Prevention Exercise	Penfold Community Hub	020 4516 9975
14:00 - 15:00	Chair Yoga	Avenues	020 3713 8737

**Friday**  
*(Avenues Centre is closed)*

TIME	CLASS	LOCATION	BOOKING DETAILS
10:45 - 12:45	Men's Space: Walking Football	Westminster Academy	07467 952 564
12:00 - 12:45	Aqua Aerobics	Moberly Sports Centre	No booking needed

**Saturday**

TIME	CLASS	LOCATION	BOOKING DETAILS
13:00 - 15:00	Multi Sports Table Tennis, Short Tennis & Badminton	St Augustine's Sports Centre	No booking needed

## Activities at St Margaret's (South Westminster)

### Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
11:00 - 12:00	Coffee Chit and Chat	St Margaret's	No booking needed
11:00 - 12:00	Chair Exercise	Victoria Medical Centre	No booking needed
12:15 - 13:15	Social Singing	St Margaret's	No booking needed
13:30 - 14:30	Zumba	St Stephen's Church	No booking needed
14:30 - 16:30	Creative Writing	St Margaret's	020 4516 9969
15:00 - 16:00	Pilates	Victoria Medical Centre	No booking needed Max 15 Members

### Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Body Conditioning – Outdoors <i>Last class 15th October</i>	Churchill Gardens Estate: Chippendale/Lutyens Pitch	020 4516 9974 physicalactivitybookings@openage.org.uk
10:00 - 11:30	Crafty Social	St Margaret's	020 4516 9969
11:15 - 12:15	Tai Chi	Victoria Medical Centre	No booking needed Max 14 spaces
12:00 - 13:00	Shared Reading Poetry and Short Stories	St Margaret's	No booking needed Max 10 spaces
13:00 - 14:30	History Walks every other Tuesday <i>(check in centre for details) *NEW*</i>	Various locations	020 4516 9969

## Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Keep Fit	St Margaret's	020 4516 9969
11:15 - 12:15	Gentle Chair & Chat	St Margaret's	020 4516 9969
11:30 - 12:30	Healthy Lungs: Exercise for Lung Health <i>(for Westminster and RBKC residents)</i>	Victoria Medical Centre	020 4516 9973 <a href="mailto:ktyagi@openage.org.uk">ktyagi@openage.org.uk</a>
14:00 - 16:00	Bridge Club	St Margaret's	020 4516 9969

## Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Computer Drop-In <i>(not an IT class but we are on hand to help with your IT questions)</i>	St Margaret's	020 4516 9969
10:20 - 11:20	Steady & Stable: Falls Prevention Exercise	Victoria Medical Centre	020 4516 9975
11:30 - 12:30	Steady & Stable: Falls Prevention Exercise	Victoria Medical Centre	020 4516 9975
12:00 - 13:00	Baking Hour (Fortnightly)	St Margaret's	020 4516 9969
13:30 - 15:30	Art Class	St Margaret's	020 4516 9969

## Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Exercise	St Margaret's	020 4516 9969
11:30 - 12:30	Yoga	Victoria Medical Centre	No booking needed Max 15 spaces
11:45 - 13:15	Table Tennis	St Margaret's	020 4516 9969
13:30 - 15:30	Games Friday	St Margaret's	020 4516 9969



## Activities in Hammersmith & Fulham

### Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:15 - 11:15	Yoga	Edward Woods Community Centre	No booking needed
11:45 - 12:45	Steady & Stable: Falls Prevention Exercise	White City Community Centre	020 4516 9975
14:00 - 15:00	Steady & Stable: Falls Prevention Exercise	Edward Woods Community Centre	020 4516 9975

### Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Steady & Stable: Falls Prevention Exercise	The Creighton Centre	020 4516 9975
11:05 - 12:05	Steady & Stable: Falls Prevention Exercise	The Creighton Centre	020 4516 9975
12:30 - 14:00	Still Life & Drawing <i>Starts Tuesday 1<sup>st</sup> October</i>	Edward Woods Community Centre	No bookings needed
13:30 - 14:30	Dance Exercise	The Community Hub	No bookings needed
14:00 - 15:00	Chair Exercise	Age UK	No bookings needed

### Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
11:30 - 12:30	Pilates	Fulham Broadway Methodist Church	No Booking Needed
13:00 - 14:00	Tai-Chi / Chi-Gong	Fulham Broadway	No Booking Needed

		Methodist Church	
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### Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
13:00 - 14:00	Tai Chi	Community Hub	No booking needed
13:30 - 14:30	Chair Exercise	Edward Woods Community Centre	No bookings needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	Community Hub	020 4516 9975

### Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Exercise	St Andrew's Church	No booking needed
12:30 - 13:30	Pilates (£2)	St Andrew's Church	No booking needed

## Online Activities & Phone Groups

From this term Open Age will be taking payments for all online classes. If you have not yet "topped up" your online account, either do so via our website (logging into your membership), or by popping into your nearest Open Age centre, where the team will be able to assist you.

### Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 11:15	Intermediate Italian with Giulio <i>*starts 30<sup>th</sup> September</i>	Zoom	via the Member Portal
10:00 - 11:00	Osteo Blast: Exercise for Healthy Bones <i>(for Westminster and RBKC residents)</i>	Zoom	via the Member Portal
11:00 - 12:00	Monday Phone Group	Phone Group	020 3713 8736
11:00 - 12:30	Shared Reading <i>(with Ghada)</i>	Zoom	via the Member Portal

12:00 - 13:00	Advanced Spanish Chat <i>*starts 16<sup>th</sup> Sept, no class 14<sup>th</sup> October</i>	Zoom	via the Member Portal
14:00 - 15:00	Local History (monthly – call Second Half Centre for dates)	Zoom	via the Member Portal
15:30 - 17:00	Mindfulness & Relaxation	Zoom	via the Member Portal

## Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Zoom	via the Member Portal
11:00 - 12:30	Open Science: <b>Artificial Intelligence: How to interpret what machines say - 17<sup>th</sup> September</b>	Zoom	via the Member Portal
11:00 - 12:30	Open Science: <b>Canal Cuttings and the Birth of Geology - 8<sup>th</sup> October</b>	Zoom	via the Member Portal
11:00 - 12:30	Open Science: <b>Why we dream and how to get a good night's sleep</b> <i>* 19<sup>th</sup> November *</i>	Zoom	via the Member Portal
12:30 - 13:30	Chair Exercise	Zoom	via the Member Portal
11:00 - 12:00	British Museum Current Collections (Every Other Month) <b>*Starting September ring the Second Half Centre for date*</b>	Zoom	via the Member Portal
11:00 - 12:30	Treasures Of the British Library October 10 (Every Other Month) <b>*Starting October 10<sup>th</sup> *</b>	Zoom	via the Member Portal
13:00 - 14:00	Music Appreciation	Zoom	via the Member Portal
14:15 - 15:15	Open Space Talks ( <i>1<sup>st</sup> Tuesday of the month - See weekly newsletter for more details</i> )	Zoom	via the Member Portal
14:30 - 15:30	Steady & Stable: Falls Prevention Exercise	Zoom	via the Member Portal
15:00 - 16:00	Yoga	Zoom	via the Member Portal

## Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Zoom	via the Member Portal
10:00 - 12:00	Time for Me Carers: Creative Writing (Twice a month: 1st & 3rd Wednesday)	Zoom	07437 913 154 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
11:00 - 12:00	Shared Reading (with Ewa)	Zoom	020 3713 8736
11:00 - 12:30	Greek Mythology & Ancient Stories (with Ghada)	Zoom	via the Member Portal

14:00 - 15:00	Chair Exercise	Zoom	via the Member Portal
14:30 - 15:30	Campden Ward Social Group	Phone Group	020 3713 8736
16:00 - 17:45	Meditation & Mindfulness (Non-Beginner) <i>*starts 25<sup>th</sup> September</i>	Zoom	020 4516 9972 aclbookings@openage.org .uk
	ACL		

### Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Healthy Lungs: <i>Exercise for Lung Health</i> <i>(for Westminster and RBKC residents)</i>	Zoom	via the Member Portal
11:00 - 12:00	The Archaeology of Ancient Greece & Near East <i>(fortnightly)</i>	Zoom	via the Member Portal
12:00 - 13:00	Pilates	Zoom	via the Member Portal
14:00 - 15:00	Chi Gong	Zoom	via the Member Portal
14:00 - 15:00	Shared Reading <i>(with Ewa)</i>	Phone Group	020 3713 8736
15:30 - 16:30	Conversational French	Zoom	via the Member Portal
16:00 - 17:00	Topical Hour	Phone Group	020 3713 8736

### Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Stretch and Tone	Zoom	via the Member Portal
10:30 - 11:30	Monthly Quiz <i>(First Friday of each month)</i>	Zoom	via the Member Portal
10:30 - 11:30	Philosophy	Zoom	via the Member Portal
13:00 - 14:00	History of Art <i>(fortnightly – contact Second Half centre for dates)</i>	Zoom	via the Member Portal
14:30 - 15:30	Friday Social Quiz	Phone Group	07741 656 478
14:30 - 15:30	Step Up from Steady	Zoom	via the Member Portal

## **Trips & Events**

All trips and events will be advertised in our centres and in the members' emailed bulletin, sent weekly to your email address. If you are not receiving this email, please speak to a member of the team.

## **Time for Me Programme for Unpaid Carers**

Please email [carerstimeforme@openage.org.uk](mailto:carerstimeforme@openage.org.uk) or call 0204 516 9976 to receive the carers full list of activities and outings.

## **Activities Outside Open Age**

### **THERAPIES:**

Shiatsu Massage and Reflexology are available on alternate Fridays between 10am and 4pm by appointment only at The Reed Centre, 28 Convent Gardens, W11 1NJ - £35 for a 1-hour treatment.

To book call:

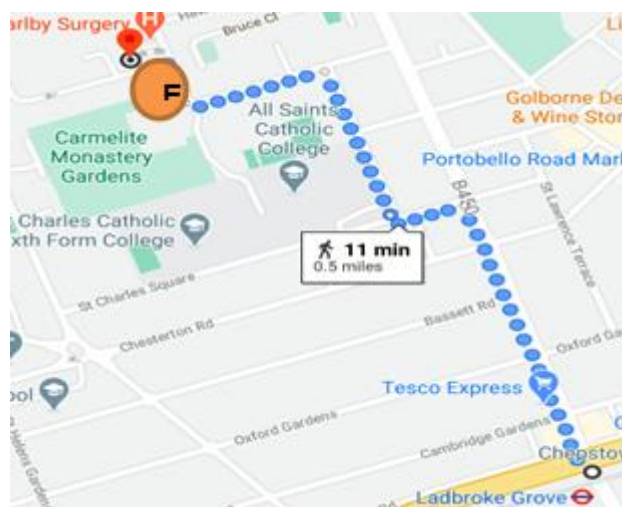
- Rita Taylor, Reflexology - 07865 080 969
- Paula Kent, Shiatsu Massage - 07715 512 703

### **BEAUTY TREATMENTS:**

Facials, massages, pedicures, manicures, and much more on Thursdays between 10am and 4pm at Anchor Court, 2 Carey Place, SW1V 2RT.

**To book call:** Rima - 07459 712 302

## Locations of Open Age centres



### Open Age - St Charles Centre for Health & Wellbeing

Second Half Centre  
 Exmoor Street London  
 W10 6DZ  
 Borough - Kensington & Chelsea (North)

**Telephone:** 020 4516 9971  
**Email:** [acarrington@openage.org.uk](mailto:acarrington@openage.org.uk)  
 Second Half Centre, left at Reception



### Open Age – Avenues

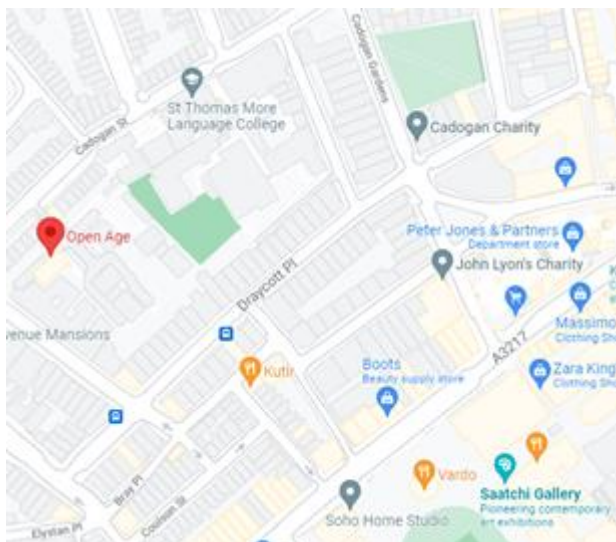
New Avenues  
 3-7 Third Avenue  
 London W10 4RS  
 Borough – Westminster (North)

**Telephone:** 020 3713 8737  
**Email:** [m Laurent@openage.org.uk](mailto:m Laurent@openage.org.uk)

**B** Bus stops  
 Buses: 18, 28, 228

**E** Entrance to New Avenues / Open Age QPHR Hub



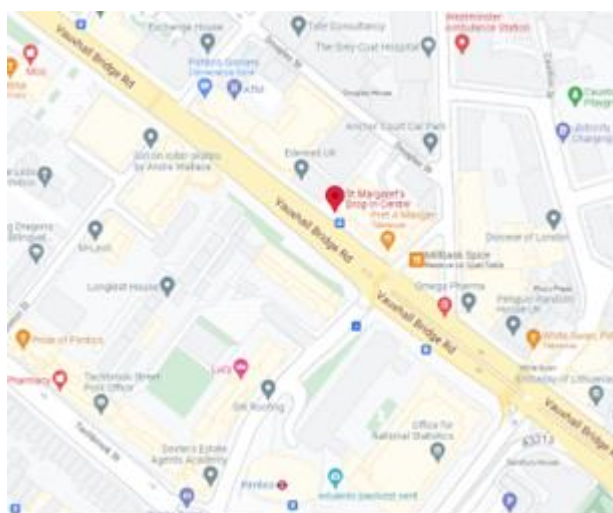


### Open Age - New Horizons

Guinness Trust Estate Cadogan Street  
London SW3 2PF  
Borough - Kensington and Chelsea  
(South)

**Telephone:** 020 4516 9970

**Email:** [fkorenica@openage.org.uk](mailto:fkorenica@openage.org.uk)



### Open Age – St Margaret's

St Margaret's  
1 Carey Place  
London  
SW1V 2RT  
Borough – Westminster (South)

**Telephone:** 020 4516 9969

**Email:** [hmunns@openage.org.uk](mailto:hmunns@openage.org.uk)

## Locations of Community Venues (in alphabetical order)

COMMUNITY VENUE NAME	ADDRESS	POSTCODE	BOROUGH
Age UK	105 Greyhound Road	W6 8NJ	H&F
Chelsea Theatre	7 World's End Place	SW10 0DR	South RBKC
Churchill Gardens Estate	Churchill Gardens, Pimlico - Chippendale/Lutyens Pitch	SW1V 3AL	South Westminster
Edward Woods Community Centre	60 Norland Road	W11 4TX	H&F
Fitzrovia Community Centre	2 Foley Street	W1W 6DL	Westminster



<b>Fulham Broadway Methodist Church</b>	<b>452 Fulham Road</b>	<b>SW6 1BY</b>	<b>H&amp;F</b>
<b>Hallfield Estate</b>	<b>Hallfield state - Neighbourhood Sports Club</b>	<b>W2 6HF</b>	<b>North Westminster</b>
<b>Holland Park</b>	<b>Ilchester Place</b>	<b>W8 6LU</b>	<b>North Ken</b>
<b>Ixworth Place Community Centre</b>	<b>2 Kimbolton Row, Samuel Lewis Trust Dwelling</b>	<b>SW3 6RQ</b>	<b>South RBKC</b>
<b>Liberal Jewish Synagogue</b>	<b>28 St John's Wood Road</b>	<b>NW8 7HA</b>	<b>North Westminster</b>
<b>Little Venice Sports Centre</b>	<b>10 Crompton Street</b>	<b>W2 1ND</b>	<b>North RBKC</b>
<b>Mary Smith Court</b>	<b>17-23 Trebovir Road</b>	<b>SW5 9NF</b>	<b>South RBKC</b>
<b>Moberly Sports Centre</b>	<b>25 Chamberlayne Road, Ladbroke Grove</b>	<b>NW10 3NB</b>	<b>North Westminster</b>
<b>Morley College North Kensington Centre</b>	<b>Wornington Road</b>	<b>W10 5QQ</b>	<b>North RBKC</b>
<b>Paddington Sports Club</b>	<b>Castellain Road</b>	<b>W9 1HQ</b>	<b>North Westminster</b>
<b>Paddington Recreation Ground</b>	<b>Randolph Avenue</b>	<b>W9 1PD</b>	<b>North Westminster</b>
<b>Penfold Community Hub</b>	<b>60 Penfold Street</b>	<b>NW8 8PJ</b>	<b>Westminster</b>
<b>Pepper Pot</b>	<b>1a Thorpe Close</b>	<b>W10 5XL</b>	<b>North RBKC</b>
<b>Porchester Square Gardens</b>	<b>Porchester Square</b>	<b>W2 6AN</b>	<b>North Westminster</b>
<b>Porchester Sport Centre</b>	<b>Queensway, Porchester Road</b>	<b>W2 5HS</b>	<b>North Westminster</b>
<b>The Reed Centre</b>	<b>28 Convent Gardens</b>	<b>W11 1NJ</b>	<b>North RBKC</b>
<b>Response Community Projects</b>	<b>300 Old Brompton Road</b>	<b>SW5 9JF</b>	<b>South RBKC</b>
<b>St Andrew's Church</b>	<b>Greyhound Road</b>	<b>W14 9SA</b>	<b>H&amp;F</b>
<b>St Augustine's Sports Centre</b>	<b>Oxford Street, North Maida Vale</b>	<b>NW6 5AW</b>	<b>North Westminster</b>
<b>St George's Church</b>	<b>Aubrey Walk</b>	<b>W8 7JG</b>	<b>North RBKC</b>
<b>St Mary's The Boltons</b>	<b>St Mary's Church, The Boltons</b>	<b>SW10 9TB</b>	<b>South RBKC</b>
<b>St Paul's Church</b>	<b>5 Rossmore Road</b>	<b>NW1 6NJ</b>	<b>North Westminster</b>

<b>St Stephen's Church</b>	<b>38-42 Rochester Row</b>	<b>SW1P 1LE</b>	<b>South Westminster</b>
<b>The Community Hub</b>	<b>1A Aisgill Avenue, West Kensington</b>	<b>W14 9NF</b>	<b>H&amp;F</b>
<b>The Creighton Centre</b>	<b>378 Lillie Road</b>	<b>SW6 7PH</b>	<b>H&amp;F</b>
<b>The Hub, Regents Park</b>	<b>Regent's Park Road</b>	<b>NW1 4NU</b>	<b>Westminster</b>
<b>Victoria &amp; Albert Museum (V&amp;A)</b>	<b>Exhibition Road</b>	<b>SW7</b>	<b>South RBKC</b>
<b>Victoria Medical Centre</b>	<b>29 Upper Tachbrook Street</b>	<b>SW1V 1SN</b>	<b>South Westminster</b>
<b>Westminster Academy</b>	<b>255 Harrow Road</b>	<b>W2 5EZ</b>	<b>North Westminster</b>
<b>West London Bowling Club</b>	<b>112a Highlever Road</b>	<b>W10 6PL</b>	<b>North RBKC</b>
<b>White City Community Centre</b>	<b>India Way</b>	<b>W12 7QT</b>	<b>H&amp;F</b>

## Open Age is a Charity!

(Charity number: 1160125)

The activities, trips, groups, courses and community outreach work offered by Open Age, would not be possible without the funding and resources we receive from grant-makers and commissioners, and our partners and supporters.

This term Open Age's group activity programme and community outreach work continue to run due to the generous support of the following organisations:

