

# 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**

Open Age take 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 - Further Skills with Computers (Windows 11) <i>*starts 28<sup>th</sup> April</i>	Second Half Centre ACL	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - How to Use GMAIL <i>*starts 28<sup>th</sup> April</i>	Second Half Centre ACL	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
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 - Art on the iPad (Using Tayasui) <i>*starts 28<sup>th</sup> April</i>	Second Half Centre ACL	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 - How to Use Maps on the Phone *some classes will require you walking outside *starts 28 <sup>th</sup> April ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
15:30 - 17:00	Men Space: Weekly Social and board games 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	IT - Time for Me Carers *starts 29 <sup>th</sup> April ACL	Second Half Centre	07437 913 154
10:00 - 12:00	IT - Further Skills with Android Devices *starts 10 <sup>th</sup> June ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	Italian for Beginners *starts 29 <sup>th</sup> April ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
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 Beginners Plus *starts 29 <sup>th</sup> April ACL	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 *starts 29 <sup>th</sup> April ACL	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

15:30 - 17:00	Men Space: The Magic of Music	Second Half Centre	07467 952 564
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### 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 - Introduction to A.I. <i>*starts 30<sup>th</sup> April</i>	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 NHS & GP Apps <i>*starts 11<sup>th</sup> June</i>	Second Half Centre	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	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 30<sup>th</sup> April</i>	Second Half Centre	07467 952 564
13:30 - 15:30	Men's Space: Men's IT Group <i>*starts 11<sup>th</sup> June</i>	Second Half Centre	07467 952 564
13:30 - 15:30	Meditation & Mindfulness for Beginners <i>*starts 30<sup>th</sup> April</i>	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 30<sup>th</sup> April</i>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
15:45 - 17:00	Table Tennis Drop in	Second Half Centre	020 4516 9971

### Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - Digital Photography (Cameras/Phones) <i>*some classes will require you walking outside</i> <i>*starts 1<sup>st</sup> May</i>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	Knitting - Fashion Accessories for Beginners	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

	<i>*starts 1<sup>st</sup> May</i>	ACL		
10:15 - 12:15	Mosaics <i>*starts 1<sup>st</sup> May</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 1<sup>st</sup> May</i>	ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:00 - 15:00	Healthy Lungs: Exercise for Lung Health <i>(for Westminster and RBKC residents)</i>		Second Half Centre	020 4516 9973 JBiglari@ <a href="mailto:openage.org.uk">openage.org.uk</a>
15:00 - 17:00	Spanish for Beginners <i>*starts 1<sup>st</sup> May</i>	ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
15:00 - 17:00	Fashion Knitting Class <i>Come and Learn how to knit fashion accessories.</i>		Second Half Centre	020 4516 9971
15:00 - 17:00	IT Tech Support (bring your own devices)		Second Half Centre	07570 428 795

## Friday

TIME	CLASS		LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates		Second Half Centre	020 4516 9971
10:00 - 12:00	Spanish Beginners 3 <i>*starts 2<sup>nd</sup> May</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 - Microsoft Word & Touch Typing <i>*starts 2<sup>nd</sup> May</i>	ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:30 - 14:30	Spanish Beginners 1 <i>*starts 2<sup>nd</sup> May</i>	ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:30 - 14:30	IT - Further Skills Using Excel (Budgeting) <i>*starts 2<sup>nd</sup> May</i>	ACL	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
15:00 - 17:00	Spanish Beginners 2 <i>*starts 2<sup>nd</sup> May</i>	ACL	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 28<sup>th</sup> April</i>	New Horizons ACL	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - Further Skills with Computers (Windows 11) <i>*starts 28<sup>th</sup> April</i>	New Horizons ACL	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - How to Use GMAIL <i>*starts 16<sup>th</sup> June</i>	New Horizons ACL	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 28<sup>th</sup> April</i>	Ixworth Place ACL	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:30 - 14:30	IT - How to Use Maps on the Phone <i>*some classes will require you walking outside</i> <i>*starts 28<sup>th</sup> April</i>	New Horizons ACL	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
14:15 - 16:15	Watercolours (All Levels) <i>*starts 28<sup>th</sup> April</i>	Ixworth Place ACL	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## 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 29<sup>th</sup> April</i>	ACL	Response Community Projects	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	Mosaics <i>*starts 29<sup>th</sup> April</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 (2 <sup>nd</sup> Tuesday of the month)		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 Exercise		New Horizons	020 4516 9970
13:15 - 14:15	Meditation		New Horizons	020 4516 9970
14:00 - 15:00	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 29<sup>th</sup> April</i>	ACL	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

### 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 JBiglari@openage.org.uk
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	Sketching at Leighton House <i>*starts 30<sup>th</sup> April</i>	ACL	Leighton House	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.khalifaoui@rbkc.gov.uk">Zino.khalifaoui@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 <i>*starts 30<sup>th</sup> April</i>	New Horizons ACL	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
09:45 - 11:45	Play Workshops <i>(Relocated from the Response Community Project)</i>	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	New Horizons	020 4516 9970
12:30 - 14:00	Arts & Crafts	New Horizons	020 4516 9970
13:00 - 14:00	Tai Chi	The Community Hub	No booking needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	The Community Hub	020 4516 9975
14:15 - 15:45	NHS: Falls Prevention	New Horizons	0208 102 5494
14:30 - 16:30	Life Stories <i>*starts 1<sup>st</sup> May</i>	New Horizons ACL	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 - Further Skills with Android Devices <i>*starts 2<sup>nd</sup> May</i>	ACL New Horizons	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 13<sup>th</sup> June</i>	ACL New Horizons	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 13<sup>th</sup> June</i>	ACL New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - How to Use GMAIL <i>*starts 13<sup>th</sup> June</i>	ACL 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 2<sup>nd</sup> May</i>	ACL V&A Museum	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:15 - 11:15	Zumba	New Horizons	020 4516 9970
10:30 - 12:30	Beginner's Crochet	New Horizons	020 4516 9970
10:45 - 11:45	Pilates	St. Mary The Boltons	No booking needed
12:00 - 13:00	Chair Exercise	St. Mary The Boltons	No booking needed
12:00 - 14:00	Creative Writing <i>*starts 2<sup>nd</sup> May</i>	ACL 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 2<sup>nd</sup> May</i>	ACL V&A Museum	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:00 - 14:00	Glass Class - Craft Session <i>(fortnightly)</i>	New Horizons	020 4516 9970
13:00 - 15:00	IT - Introduction to A.I. <i>*starts 2<sup>nd</sup> May</i>	ACL New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:00 - 15:00	IT - How to Use the NHS & GP Apps <i>*starts 13<sup>th</sup> June</i>	ACL New Horizons	020 4516 9972 <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 <i>(4<sup>th</sup> Friday of the month)</i>	New Horizons	020 4516 9970

14:30 - 16:00	Philosophy (weekly) - <i>in partnership with the Royal Institute of Philosophy</i>	New Horizons	020 4516 9970
14:00 - 16:00	Beginner's Mahjong	New Horizons	020 4516 9970
14:30 - 16:30	Watercolours (All Levels) <i>*starts 2<sup>nd</sup> May</i>	ACL Ixworth Place	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## 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>*May 12<sup>th</sup>, June 2<sup>nd</sup>, July 7<sup>th</sup></i>	Paddington Sports Club	No booking needed
11:15 - 12:15	Chi Chi Fit – Dance Exercise	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 JBiglari@openage.org.uk

## 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
11:30 – 12:30	Pilates	The Exchange	No booking needed
12:30 - 13:30	Exercise to Music	Avenues	020 3713 8737
12:45 – 13:45	Keep Fit	The Exchange	No booking needed
13:30 - 15:00	Social - Table Tennis	Avenues	020 3713 8737
14:00 - 15:00	Tai Chi (£3)	Paddington Recreation Ground	Pay & register at reception in the pavilion
14:00 - 15:00	Chi Gong in the park *Starting 29 <sup>th</sup> April	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
10:00 – 12:00	Mens Space – Exercise and social (starts 30 <sup>th</sup> April)	The Exchange	No booking needed
11:30 - 13:00	Shared Reading: Poetry and Short Stories	Avenues	020 3713 8737
12:30 - 13:30	Dance Exercise	St Paul's Church	No booking needed
11:30 - 12:30	Steady & Stable: Falls Prevention Exercise	Avenues	020 4516 9975
12:30 – 13:30	Chair Exercise	The Exchange	No booking needed
13:45 – 14:45	Zumba	The Exchange	No booking needed
13:45 - 15:00	NEW: Social – Quiz (Every fortnight. Starting on 30 <sup>th</sup> April)	Avenues	020 3713 8737
13:15 - 14:15	Healthy Lungs: Exercise for Lung Health (for Westminster and RBKC residents)	Avenues	020 4516 9973 JBiglari@ <a href="mailto:openage.org.uk">openage.org.uk</a>

14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones <i>(for Westminster and RBKC residents)</i>	Avenues	020 4516 9973 <a href="mailto:JBiglari@openage.org.uk">JBiglari@openage.org.uk</a>
14:30 - 15:30	Begin to Gym (£3.65)	Porchester Leisure Centre	Pay and register at reception

## Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Tai Chi	Avenues	020 3713 8737
10:00 – 11:00	Exercise to Music	The Exchange	No booking needed
10:15 - 11:45	Singing for All	Avenues	020 3713 8737
10:30 – 12:30	Watercolours for beginners	The Exchange	No booking needed
11:15 - 12:15	Exercise to Music	Avenues	020 3713 8737
11:30 - 12:30	Walking Football	The Hub, Regents Park	No booking needed
12:00 - 13:00	Zumba Gold	Bridgefield House	No booking needed
12:00 – 13:00	Step Up from Steady	The Exchange	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
13:45 - 15:15	Still Life Drawing Art Class	Avenues	020 3713 8737
14:00 - 15:00	Chair Yoga	Avenues	020 3713 8737

## Friday

*(Avenues Centre is closed)*

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 – 11:00	Brain Training	The Exchange	No booking needed
10:45 - 12:45	Men's Space: Walking Football	Westminster Academy	07467 952 564
11:15 – 12:15	Social Knit and Chat	The Exchange	No booking needed
11:00 – 12:00	Yoga	The Exchange	No booking needed
12:00 - 12:45	Aqua Aerobics	Moberly Sports Centre	No booking needed

13:30 – 14:30	Stretch and Tone	The Exchange	No booking needed
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### 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
10:30 - 12:00	Men's Space: social morning *NEW*	St Margaret's	No booking needed
11:00 - 12:00	Chair Exercise	Victoria Med. Centre	No booking needed
12:15 - 13:15	Social Singing with Sophia	St Margaret's	No booking needed
13:30 - 14:30	Dance Exercise	St Stephen's Church	No booking needed
14:30 - 16:30	Creative Writing	St Margaret's	No booking needed
15:00 - 16:00	Stretch & Tone	Victoria Med. Centre	No booking needed Max 15 spaces

## Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Crafty Social coffee morning <i>(bring your own craft projects!)</i>	St Margaret's	No booking needed
11:00 - 12:00	Jewellery making *NEW*	St Margaret's	No booking needed
11:15 - 12:15	Tai Chi	Victoria Med. 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

## 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
13:00 - 14:30	Secret London Walks (Fortnightly) <i>*see weekly email for details - starts 30th April*</i>	St Margaret's	020 4516 9969
14:00 - 16:00	Bridge Club – Intermediate level	St Margaret's	020 4516 9969

## Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	IT support 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 Med. Centre	020 4516 9975
11:30 - 12:30	Steady & Stable: Falls Prevention Exercise	Victoria Med. Centre	020 4516 9975
13:30 - 15:30	Art Class	St Margaret's	No booking needed

## Friday

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

## 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
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## 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 & Art <i>*Starts 29<sup>th</sup> April</i>	Edward Woods Community Centre	No booking needed
14:00 - 15:00	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 <i>*Bring own yoga mat</i>	Fulham Broadway Methodist Church	No Booking Needed
13:00 - 14:00	Tai-Chi / Chi-Gong	Fulham Broadway Methodist Church	No Booking Needed

## Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
13:00 - 14:00	Tai Chi	The 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	The Community Hub	020 4516 9975

## Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Exercise	St Andrew's Church	No booking needed
13:30 - 14:30	Pilates *Bring own Yoga Mat	St Andrew's Church	No booking needed

## Activities outside of RBKC and Westminster

### Brent

#### Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 11:30	Step Up from Steady	Chalkhill Community Centre	<a href="mailto:JBiglari@openage.org.uk">JBiglari@openage.org.uk</a> 020 8143 9259
11:45 - 12:45	Steady & Stable: Falls Prevention Exercise	Chalkhill Community Centre	<a href="mailto:JBiglari@openage.org.uk">JBiglari@openage.org.uk</a> 020 8143 9259

## Online Activities & Phone Groups

Open Age takes 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	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
10:00 - 11:00	Zumba	Zoom	via the Member Portal
11:00 - 12:00	Monday Phone Group - starts 28/4	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	Zoom	via the Member Portal
15:30 - 17:00	Mindfulness & Relaxation <b>*Starts 12<sup>th</sup> May</b>	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: Mars Rover: Unlocking the Secrets of the Red Planet <b>*29<sup>th</sup> April*</b>	Zoom	via the Member Portal
11:00 - 12:30	Open Science: Why Birds swapped Snouts for Beaks <b>*20<sup>th</sup> May*</b>	Zoom	via the Member Portal
11:00 - 12:30	Open Science: Teaching Anatomy with Dead Bodies: past, present and future <b>*17<sup>th</sup> June*</b>	Zoom	via the Member Portal
12:30 - 13:30	Chair Exercise	Zoom	via the Member Portal
14:00 - 15:00	Step Up from Steady	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
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### 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)	Zoom	07437 913 154 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
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	Wednesday Phone Group - starts 30/4	Phone Group	020 3713 8736
16:00 - 17:45	Meditation & Mindfulness (Non-Beginner) <i>*starts 30<sup>th</sup> April</i> ACL	Zoom	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	Healthy Lungs: <i>Exercise for Lung Health</i> (for Westminster and RBKC residents)	Zoom	via the Member Portal
10:00 - 11:00	Keep Fit	Zoom	via the Member Portal
11:00 - 12:00	The Archaeology of Ancient Greece & Near East (fortnightly)	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

### Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Stretch and Tone	Zoom	via the Member Portal
10:30 - 11:30	Philosophy	Zoom	via the Member Portal
13:00 - 14:00	History of Art (fortnightly – contact Second Half centre for dates)	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 weekly 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 080969
- Paula Kent, Shiatsu Massage - 07715 512703

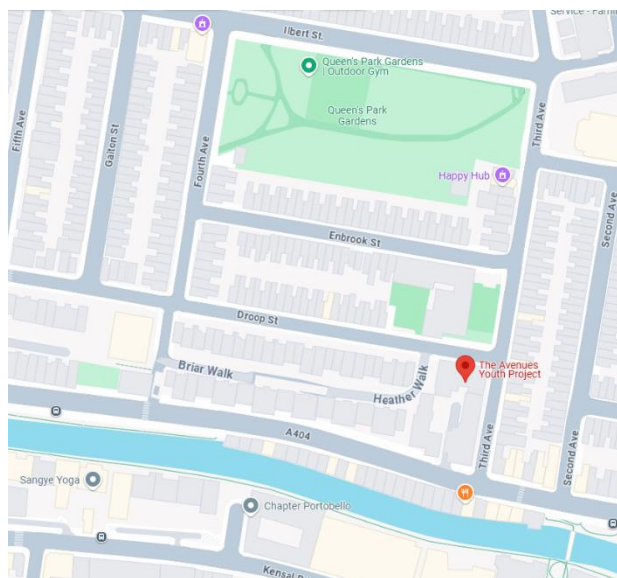
## Locations of Open Age centres



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

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

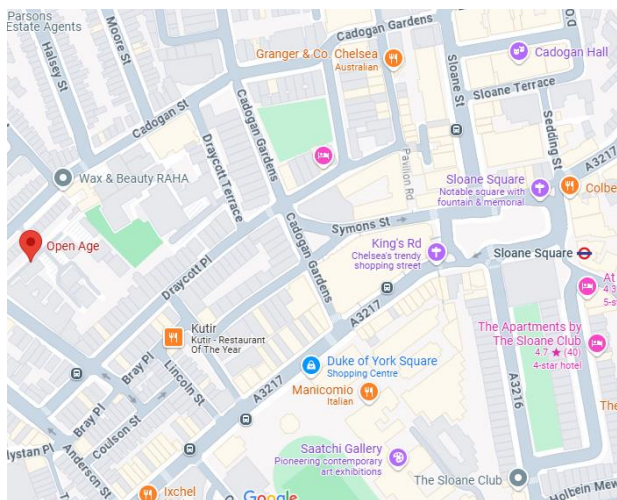
**Telephone:** 020 4516 9971  
**Email:** [acarrington@openage.org.uk](mailto:acarrington@openage.org.uk)  
Second Half Centre, left at Reception



### Open Age – Avenues

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

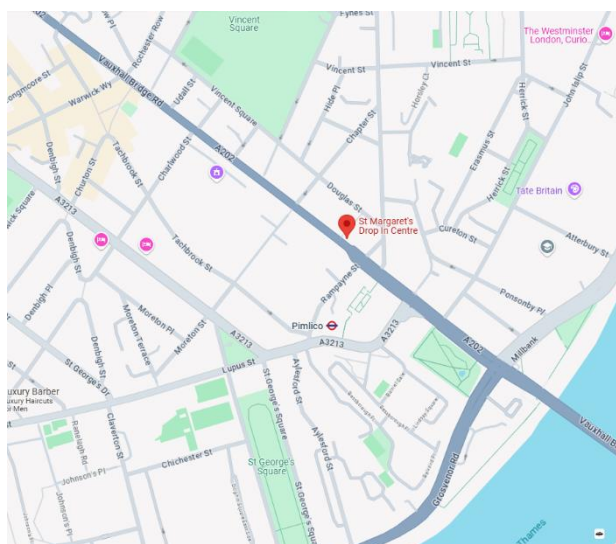
**Telephone:** 020 3713 8737  
**Email:** [mlaurent@openage.org.uk](mailto:mlaurent@openage.org.uk)



**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:** [vmitchell@openage.org.uk](mailto:vmitchell@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
Bridgefield House	219 Queensway	W2 5HR	North Westminster
Chelsea Theatre	7 World's End Place	SW10 0DR	South RBKC
Chalkhill Community Centre	113 Chalkhill Road, Wembley Park	HA9 9FX	Brent
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
Fulham Broadway Methodist Church	452 Fulham Road	SW6 1BY	H&F
Ixworth Place Community Centre	2 Kimbolton Row, Samuel Lewis Trust Dwelling	SW3 6RQ	South RBKC
Leighton House Museum	12 Holland Park Rd	W14 8LZ	South RBKC
Liberal Jewish Synagogue	28 St John's Wood Road	NW8 7HA	North Westminster
Little Venice Sports Centre	10 Crompton Street	W2 1ND	North RBKC
Moberly Sports Centre	25 Chamberlayne Road, Ladbroke Grove	NW10 3NB	North Westminster
Morley College North Kensington Centre	Wornington Road	W10 5QQ	North RBKC
Paddington Sports Club	Castellain Road	W9 1HQ	North Westminster
Paddington Recreation Ground	Randolph Avenue	W9 1PD	North Westminster
Penfold Community Hub	60 Penfold Street	NW8 8PJ	Westminster
Pepper Pot	1a Thorpe Close	W10 5XL	North RBKC
Porchester Square Gardens	Porchester Square	W2 6AN	North Westminster



<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 Exchange hub</b>	<b>61 Elgin Avenue</b>	<b>W9 2DB</b>	<b>North Westminster</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:

