

# 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.

# Contents

|   |    |
|---|----|
| Activities at Second Half Centre .....                | 2  |
| Activities at New Horizons (Chelsea) .....            | 6  |
| Activities at Avenues (North Westminster) .....       | 10 |
| Activities at St Margaret's (South Westminster) ..... | 13 |
| Activities in Hammersmith & Fulham.....               | 14 |
| Activities outside of RBKC and Westminster.....       | 16 |
| Online Activities & Phone Groups.....                 | 16 |
| Trips & Events .....                                  | 18 |
| Time for Me Programme for Unpaid Carers.....          | 19 |
| Activities Outside Open Age .....                     | 19 |
| Locations of Open Age centres .....                   | 20 |
| Locations of Community Venues .....                   | 22 |

## 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)<br><i>*starts 28<sup>th</sup> April</i> | Second Half Centre<br>ACL | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 10:00 - 12:00 | IT - How to Use GMAIL<br><i>*starts 28<sup>th</sup> April</i>                           | Second Half Centre<br>ACL | 020 4516 9972<br><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<br><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)<br><i>*starts 28<sup>th</sup> April</i>            | Second Half Centre<br>ACL | 020 4516 9972<br><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<br>*some classes will require you walking outside<br>*starts 28 <sup>th</sup> April<br>ACL                     | Second Half Centre | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 15:30 - 17:00 | Men Space: Weekly Social and board games<br>Health and Wellbeing Experience<br>(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<br>*starts 29 <sup>th</sup> April<br>ACL                 | Second Half Centre         | 07437 913 154   |
| 10:00 - 12:00 | IT - Further Skills with Android Devices<br>*starts 10 <sup>th</sup> June<br>ACL | Second Half Centre         | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 10:00 - 12:00 | Italian for Beginners<br>*starts 29 <sup>th</sup> April<br>ACL                   | Second Half Centre         | 020 4516 9972<br><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)<br><i>RBKC &amp; WCC residents only</i>      | Second Half Centre         | 020 4516 9977<br><a href="mailto:outreach@openage.org.uk">outreach@openage.org.uk</a>       |
| 12:30 - 14:30 | Italian Beginners Plus<br>*starts 29 <sup>th</sup> April<br>ACL                  | Second Half Centre         | 020 4516 9972<br><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<br>*starts 29 <sup>th</sup> April<br>ACL     | Morley College - North Ken | 020 4516 9972<br><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   |

## 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.<br><i>*starts 30<sup>th</sup> April</i>                            | Second Half Centre<br>ACL | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 10:00 - 12:00 | IT - How to Use NHS & GP Apps<br><i>*starts 11<sup>th</sup> June</i>                         | Second Half Centre<br>ACL | 020 4516 9972<br><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<br>(Fortnightly)<br>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<br><i>*starts 30<sup>th</sup> April</i>                          | Second Half Centre<br>ACL | 07467 952 564   |
| 13:30 - 15:30 | Men's Space: Men's IT Group<br><i>*starts 11<sup>th</sup> June</i>                           | Second Half Centre<br>ACL | 07467 952 564   |
| 13:30 - 15:30 | Meditation & Mindfulness for Beginners<br><i>*starts 30<sup>th</sup> April</i>               | Second Half Centre<br>ACL | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 14:30 - 16:30 | Poetry<br><i>*starts 30<sup>th</sup> April</i>   | Second Half Centre<br>ACL | 020 4516 9972<br><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<br>(Cameras/Phones)<br><i>*some classes will require you walking outside</i><br><i>*starts 1<sup>st</sup> May</i> | Second Half Centre<br>ACL | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 10:00 - 12:00 | Knitting - Fashion Accessories for<br>Beginners<br><i>*starts 1<sup>st</sup> May</i>   | Second Half Centre<br>ACL | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 10:15 - 12:15 | Mosaics<br><i>*starts 1<sup>st</sup> May</i>   | Second Half Centre<br>ACL | 020 4516 9972<br><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<br><i>*starts 1<sup>st</sup> May</i> ACL                    | Second Half Centre | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 14:00 - 15:00 | Healthy Lungs: Exercise for Lung Health<br><i>(for Westminster and RBKC residents)</i> | Second Half Centre | 020 4516 9973<br>JBiglari@openage.org.uk  |
| 15:00 - 17:00 | Spanish for Beginners<br><i>*starts 1<sup>st</sup> May</i> ACL                         | Second Half Centre | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 15:00 - 17:00 | Fashion Knitting Class<br><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<br><i>*starts 2<sup>nd</sup> May</i> ACL                         | Second Half Centre | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 10:00 - 12:00 | IT - Microsoft Word & Touch Typing<br><i>*starts 2<sup>nd</sup> May</i> ACL          | Second Half Centre | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 12:30 - 14:30 | Spanish Beginners 1<br><i>*starts 2<sup>nd</sup> May</i> ACL                         | Second Half Centre | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 12:30 - 14:30 | IT - Further Skills Using Excel (Budgeting)<br><i>*starts 2<sup>nd</sup> May</i> ACL | Second Half Centre | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 15:00 - 17:00 | Spanish Beginners 2<br><i>*starts 2<sup>nd</sup> May</i> ACL                         | Second Half Centre | 020 4516 9972<br><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)<br><i>*starts 28<sup>th</sup> April</i>  | New Horizons<br>ACL  | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>               |
| 10:00 - 12:00 | IT - Further Skills with Computers (Windows 11)<br><i>*starts 28<sup>th</sup> April</i>  | New Horizons<br>ACL  | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>               |
| 10:00 - 12:00 | IT - How to Use GMAIL<br><i>*starts 16<sup>th</sup> June</i>   | New Horizons<br>ACL  | 020 4516 9972<br><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<br><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)<br><i>*starts 28<sup>th</sup> April</i>  | Ixworth Place<br>ACL | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>               |
| 12:30 - 14:30 | IT - How to Use Maps on the Phone<br><i>*some classes will require you walking outside</i><br><i>*starts 28<sup>th</sup> April</i> | New Horizons<br>ACL  | 020 4516 9972<br><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)<br><i>*starts 28<sup>th</sup> April</i>  | Ixworth Place<br>ACL | 020 4516 9972<br><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)<br><i>RBKC and WCC residents only</i> | New Horizons                       | 020 4516 9977<br><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<br><i>*starts 29<sup>th</sup> April</i>                  | Response Community Projects<br>ACL | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |

|               |   |     |                   |   |
|---------------|---|-----|-------------------|---|
| 10:00 - 12:00 | Mosaics<br><i>*starts 29<sup>th</sup> April</i>   | ACL | New Horizons      | 020 4516 9972<br><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<br><i>(2<sup>nd</sup> Tuesday of the month)</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 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<br><i>*starts 29<sup>th</sup> April</i>  | ACL | New Horizons      | 020 4516 9972<br><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<br><i>(for Westminster and RBKC residents)</i>      |     | New Horizons   | 020 4516 9973<br>JBiglari@openage.org.uk  |
| 10:00 - 16:00 | Third Age Counselling   |     | New Horizons   | 01476 564 515<br><a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagecounselling.com</a> |
| 10:00 - 12:00 | Sketching at Leighton House<br><i>*starts 30<sup>th</sup> April</i>                       | ACL | Leighton House | 020 4516 9972<br><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<br><i>(Upper Intermediate/Advanced)</i>                               |     | New Horizons   | 020 4516 9970   |
| 13:00 - 15:00 | RBKC Community Participant Team Drop In<br><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<br><i>*starts 30<sup>th</sup> April</i> | New Horizons<br>ACL | 020 4516 9972<br><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<br><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<br><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<br><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<br><i>*starts 1<sup>st</sup> May</i>   | New Horizons<br>ACL | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>               |

### Friday

| TIME          | CLASS  | LOCATION     | BOOKING DETAILS |
|---------------|--|--------------|-----------------|
| 10:00 - 12:00 | Book Club<br><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<br><i>*starts 2<sup>nd</sup> May</i>      | ACL | New Horizons         | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 10:00 - 12:00 | IT - Further Skills with Android Devices<br><i>*starts 13<sup>th</sup> June</i>    | ACL | New Horizons         | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 10:00 - 12:00 | IT - How to Use WhatsApp<br><i>*starts 13<sup>th</sup> June</i>                    | ACL | New Horizons         | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 10:00 - 12:00 | IT - How to Use GMAIL<br><i>*starts 13<sup>th</sup> June</i>                       | ACL | New Horizons         | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 10:00 - 12:00 | Drawing at the V&A Museum<br><i>*starts 2<sup>nd</sup> May</i>                     | ACL | V&A Museum           | 020 4516 9972<br><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<br><i>*starts 2<sup>nd</sup> May</i>                              | ACL | New Horizons         | 020 4516 9972<br><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<br><i>*starts 2<sup>nd</sup> May</i>                     | ACL | V&A Museum           | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 13:00 - 14:00 | Glass Class - Craft Session<br><i>(fortnightly)</i>                                |     | New Horizons         | 020 4516 9970   |
| 13:00 - 15:00 | IT - Introduction to A.I.<br><i>*starts 2<sup>nd</sup> May</i>                     | ACL | New Horizons         | 020 4516 9972<br><a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a> |
| 13:00 - 15:00 | IT - How to Use the NHS & GP Apps<br><i>*starts 13<sup>th</sup> June</i>           | ACL | New Horizons         | 020 4516 9972<br><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<br><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)<br><i>*starts 2<sup>nd</sup> May</i>                     | ACL | Ixworth Place        | 020 4516 9972<br><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<br><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<br><a href="mailto:JBiglari@openage.org.uk">JBiglari@openage.org.uk</a> |

### 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 & 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   | 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   |
| 13:45 - 15:00 | NEW: Social – Quiz<br><i>(Every fortnight. Starting on 30<sup>th</sup> April)</i>      | Avenues                   | 020 3713 8737   |
| 13:15 - 14:15 | Healthy Lungs: Exercise for Lung Health<br><i>(for Westminster and RBKC residents)</i> | Avenues                   | 020 4516 9973<br><a href="mailto:JBiglari@openage.org.uk">JBiglari@openage.org.uk</a> |
| 14:30 - 15:30 | Osteo Blast: Exercise for Healthy Bones<br><i>(for Westminster and RBKC residents)</i> | Avenues                   | 020 4516 9973<br><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        |
| 10:15 - 11:45 | Singing for All                            | Avenues                     | 020 3713 8737        |
| 11:15 - 12:15 | Exercise to Music                          | Avenues                     | 020 3713 8737        |
| 11:30 - 12:30 | Walking Football                           | The Hub,<br>Regents<br>Park | No booking<br>needed |
| 12:00 - 13:00 | Zumba Gold                                 | Bridgefield<br>House        | No booking<br>needed |
| 12:45 - 13:45 | Pilates                                    | Avenues                     | 020 3713 8737        |
| 13:30 - 14:30 | Steady & Stable: Falls Prevention Exercise | Penfold<br>Community<br>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      |
|---------------|-------------------------------|-----------------------------|----------------------|
| 10:45 - 12:45 | Men's Space: Walking Football | Westminster<br>Academy      | 07467 952 564        |
| 12:00 - 12:45 | Aqua Aerobics                 | Moberly<br>Sports<br>Centre | No booking<br>needed |

## Saturday

| TIME          | CLASS  | LOCATION                              | BOOKING DETAILS      |
|---------------|--|---------------------------------------|----------------------|
| 13:00 - 15:00 | Multi Sports<br>Table Tennis, Short Tennis & Badminton | St<br>Augustine's<br>Sports<br>Centre | No booking<br>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<br>Max 15 spaces |

## Tuesday

| TIME          | CLASS   | LOCATION             | BOOKING DETAILS                    |
|---------------|---|----------------------|------------------------------------|
| 10:00 - 11:00 | Crafty Social coffee morning<br><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<br>Max 14 spaces |
| 12:00 - 13:00 | Shared Reading Poetry and Short Stories                                 | St Margaret's        | No booking needed<br>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)<br><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<br><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<br>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                  | 020 4516 9975     |

|  |  |                  |  |
|--|--|------------------|--|
|  |  | Community Centre |  |
|--|--|------------------|--|

## 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<br><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<br><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<br>*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><br>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><br>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<br><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<br><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<br><b>*29<sup>th</sup> April*</b>        | Zoom     | via the Member Portal |
| 11:00 - 12:30 | Open Science: Why Birds swapped Snouts for Beaks<br><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<br><b>*17<sup>th</sup> June*</b> | Zoom     | via the Member Portal |
| 12:30 - 13:30 | Chair Exercise   | 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 |

## 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<br>(Twice a month)                             | Zoom        | 07437 913 154<br>carerstimeforme@open<br>age.org.uk   |
| 11:00 - 12:30 | Greek Mythology & Ancient Stories<br>(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)<br><i>*starts 30<sup>th</sup> April</i> ACL | Zoom        | 020 4516 9972<br><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><br>(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<br>(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<br>(fortnightly – contact Second Half centre for dates) | Zoom     | via the Member Portal |
| 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 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

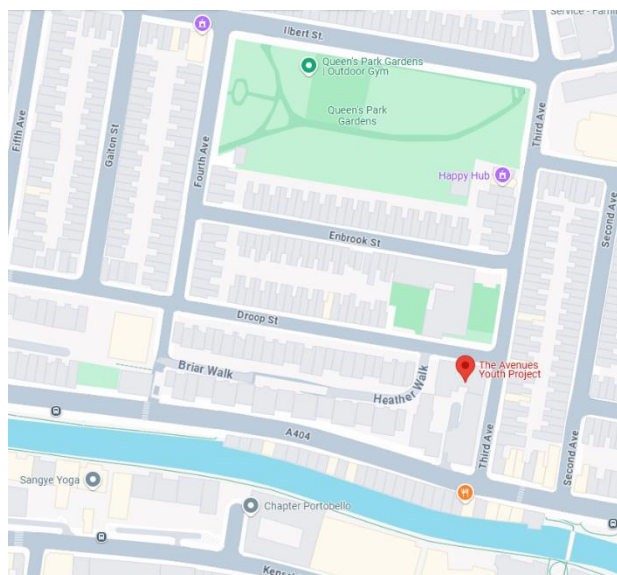
## Locations of Open Age centres



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

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

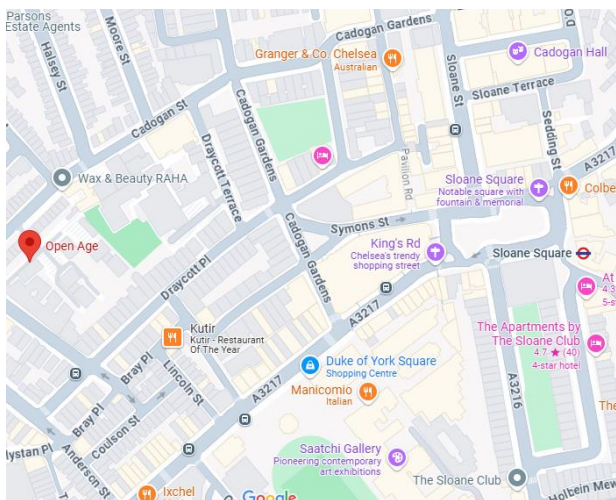
**Telephone:** 020 4516 9971  
**Email:** [acarrington@openage.org.uk](mailto:acarrington@openage.org.uk)  
Second Half Centre, left at Reception



### Open Age – Avenues

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

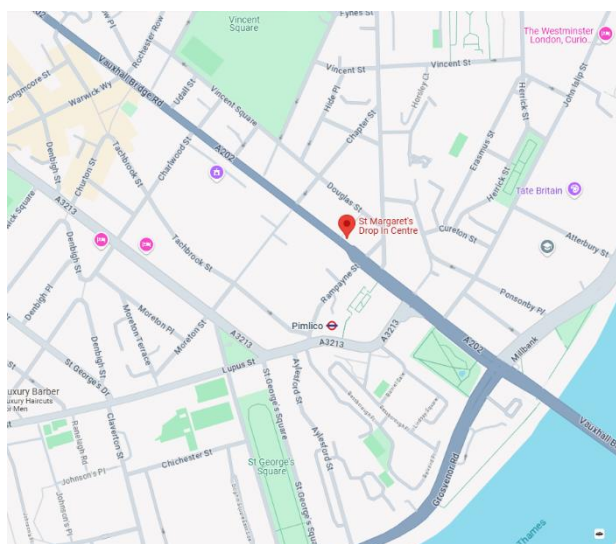
**Telephone:** 020 3713 8737  
**Email:** [m Laurent@openage.org.uk](mailto:m Laurent@openage.org.uk)



### 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 |
| Porchester Sport Centre                | Queensway, Porchester Road                             | W2 5HS   | North Westminster |

|   |  |                 |                          |
|---|--|-----------------|--------------------------|
| <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,<br/>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,<br/>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:

