

# Open Age



## Centre and Online Programme (including walks)

# Summer Programme

**Monday 22<sup>nd</sup> July – Friday 6<sup>th</sup> September 2024**  
*(excluding bank holiday Monday 26<sup>th</sup> August)*

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## Activities at Second Half Centre (North Kensington)

### Monday

<b>Time/Cost</b>	<b>Date</b>	<b>Activity</b>	<b>Location</b>	<b>Contact</b>
13:45 - 15:15 £1.50	Starts 5 <sup>th</sup> August	Crochet for Beginners	Second Half Centre	020 4516 9971
10:00 -12:00 £1.00	Starts 12 <sup>th</sup> August	Summer Coffee Morning Come along to our Summer Coffee Mornings. Meet new members and have some interesting conversations, over a Coffee /Tea & Cake	Second Half Centre	020 4516 9971
13:45 - 15:15 £2.00	12 <sup>th</sup> & 26 <sup>th</sup> August	Summer Singing for All with Sophia	Second Half Centre	020 4516 9971
14:15 - 15:15 £1.50	Starts 12 <sup>th</sup> August	Drop In - Still Life & Drawing	Second Half Centre	020 4516 9971

### Tuesday

<b>Time/Cost</b>	<b>Date</b>	<b>Activity</b>	<b>Location</b>	<b>Contact</b>
11:00 - 12:30 £1.00	Starts 12 <sup>th</sup> August	Games Café Come and play some games. Socialise and meet other members.	Second Half Centre	020 4516 9971
13:00 - 14:00	23 <sup>rd</sup> July - 13 <sup>th</sup> August	Steady & Stable Falls Prevention Exercise	Second Half Centre	020 4516 9975
14:15 - 15:15 £1.50	Starts 12 <sup>th</sup> August	“Knit For Peace” Self led knitting group. Knit for new born babies and donate your knitting to charities. Tea & Coffee Provided	Second Half Centre	020 4516 9971

		<b>*The Wool is provided but if you have your own, please bring some*</b>		
14:15 - 15:15	23 <sup>rd</sup> July - 13 <sup>th</sup> August	Steady & Stable Falls Prevention Exercise	Second Half Centre	020 4516 9975
15:30 - 16:30 £1.00	23 <sup>rd</sup> July - 13 <sup>th</sup> August	Osteo Blast: <i>Exercise for Healthy Bones (for Westminster and RBKC residents)</i>	Second Half Centre	020 4516 9973 <a href="mailto:ktyagi@openage.org.uk">ktyagi@openage.org.uk</a>
13:00 - 16:30 £2.00	27th August	Irish Kimono Gown Folding Workshop	Second Half Centre	020 4516 9971

## Wednesday

Time/Cost	Date	Activity	Location	Contact
10:30 - 12:00 £1.00	7 <sup>th</sup> August	4 Week Memoir Writing Workshop with Writer Clea Myers	Second Half Centre	020 4516 9971
13:00 - 16:30 £2.00	7 <sup>th</sup> August	Iris Folding Butterfly Card Making Workshop	Second Half Centre	020 4516 9971
12:30 - 15:00 £2.00	14 <sup>th</sup> August	Introduction to AI (Artificial Intelligence) Outreach Tech Workshop	Second Half Centre	020 4516 9977 <a href="mailto:outreach@openage.org.uk">outreach@openage.org.uk</a>
14:00 - 15:30 £1.50	14 <sup>th</sup> & 28 <sup>th</sup> August	Ice Cream & Waffle Second Half Centre Dessert Summer Social	Second Half Centre	020 4516 9971
13:00 - 16:30 £2.00	14 <sup>th</sup> August	Decorating Postcards Workshop	Second Half Centre	020 4516 9971
12:30 - 15:00 £2.00	21 <sup>st</sup> August	Work with Google Photos Outreach Tech Workshop	Second Half Centre	020 4516 9977 <a href="mailto:outreach@openage.org.uk">outreach@openage.org.uk</a>

13:00 - 16:30 £2.00	27 <sup>th</sup> August	Origami Bird Folding Card Making Workshop	Second Half Centre	020 4516 9971
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## Thursday

Time/Cost	Date	Activity	Location	Contact
11:00- 12:30 £1.00	Starts 12 <sup>th</sup> August	Dominoes Social Come and learn how to play dominoes, or refresh your skills by playing against others	Second Half Centre	020 4516 9971
12:30 - 13:30 £1.00	25 <sup>th</sup> July - 5 <sup>th</sup> Sept	Chair Exercise	Second Half Centre	020 4516 9971
13:45 - 14:45 £1.00	25 <sup>th</sup> July - 15 <sup>th</sup> August	Healthy Lungs: Exercise for Lung Health (for Westminster and RBKC residents)	Second Half Centre	020 4516 9973 <a href="mailto:ktyagi@openage.org.uk">ktyagi@ openage.org.uk</a>
14:00 - 15:30 £1.50	29 <sup>th</sup> August	3D Beginners - Needle Felting Workshop Come and learn how to Needle felt and make a teddy bear or animal/ sculpture	Second Half Centre	020 4516 9971

## Friday

Time/Cost	Date	Activity	Location	Contact
11:00 - 12:30 £1.50	23 <sup>rd</sup> August	Jewellery Making Workshop Learn how to make a Four Stranded Beaded Bracelet (All Materials provided)	Second Half Centre	020 4516 9971
14:00 – 16:00 £1.00	9 <sup>th</sup> August	Bowls	West London Bowls Club	No booking needed

## Activities at New Horizons (Chelsea) Monday

Time/Cost	Date	Class	Location	Contact
10:00 - 12:00	Weekly	Jewellery Making (Advanced)	New Horizons	020 4516 9970
10:00 - 16:00	Weekly	Third Age Counselling	New Horizons	01476 564 515 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagecounselling.com</a>
10:30 - 12:00	Weekly	Intermediate Italian with Giulio	New Horizons	020 4516 9970
14:00 - 16:00	Weekly	Social – Monday Board Games	New Horizons	020 4516 9970

## Tuesday

Time/Cost	Date	Class	Location	Contact
10:00 - 12:00	Weekly	Italian Conversation (Advanced)	New Horizons	020 4516 9970
10:00 - 16:00	Weekly	Third Age Counselling	New Horizons	01476 564 515 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagecounselling.com</a>
12:30 – 15:00 £2:00	13 <sup>th</sup> August	Introduction to AI (Artificial Intelligence) Outreach Tech Workshop	New Horizons	020 4516 9977 <a href="mailto:outreach@openage.org.uk">outreach@openage.org.uk</a>
12:30 – 15:00 £2:00	20 <sup>th</sup> August	Work with Google Photos - Outreach Tech Workshop	New Horizons	020 4516 9977 <a href="mailto:outreach@openage.org">outreach@openage.org</a>
12:15 - 14:15	13 <sup>th</sup> August	IT Help – Connect More O2/Virgin Media volunteers	New Horizons	020 4516 9970
13:00 - 16:00	Weekly	Bridge Club (Intermediate)	Ixworth Place	020 4516 9970

## Wednesday

Time/Cost	Date	Class	Location	Contact
09:45 - 10:45 £1.00	24 <sup>th</sup> July – 14 <sup>th</sup> August	Osteo Blast: Exercise for Bone Health ( <i>for Westminster and RBKC residents</i> )	New Horizons	020 4516 9973 <a href="mailto:ktyagi@openage.org.uk">ktyagi@openage.org .uk</a>
10:00 - 16:00	Weekly	Third Age Counselling	New Horizons	01476 564 515 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagec ounselling.com</a>
10:55 - 11:55	24 <sup>th</sup> July – 14 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
11:00 - 13:00	Weekly	Open Age Members' Newsletter Group	New Horizons	020 4516 9970
12:00 - 13:00	24 <sup>th</sup> July - 14 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
14:30 - 16:30	Weekly	Quiz <i>*no class 28<sup>th</sup> August &amp; 4<sup>th</sup> September</i>	New Horizons	020 4516 9970
14:30 - 16:00	Weekly	Summer Singing Social	New Horizons	020 4516 9970

## Thursday

**(New Horizons will be closed on Thursday 15<sup>th</sup> of August)**

Time/Cost	Date	Class	Location	Contact
10:00 - 16:00	Daily	Third Age Counselling	New Horizons	01476 564 515 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagec ounselling.com</a>
12:00 - 14:00	Weekly	Supported IT Drop In	New Horizons	020 4516 9970
14:15 - 15:45	Weekly	NHS: Falls Prevention	New Horizons	0208 102 5494

14:15 - 15:15	25 <sup>th</sup> July - 15 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	The Community Hub	020 4516 9975
14:30 - 16:30	Weekly	One You Clinic: Healthy Lifestyle, Weight Loss & Exercise programme	New Horizons	0203 434 2500

## Friday

Time/Cost	Date	Class	Location	Contact
10:00 - 16:00	Weekly	Third Age Counselling	New Horizons	01476 564 515 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdage counselling.com</a>
12:00 – 14:00	2 <sup>nd</sup> August	Summer Party	New Horizons	020 4516 9970
14:30 - 16:00	Fortnightly from 26 <sup>th</sup> July	Philosophy Club	New Horizons	0204 516 9970
14:30 – 16:30	Weekly	Beginner's Mahjong	New Horizons	020 4516 9970

## Activities in North Westminster

(Avenues Centre is closed due to the school summer holidays)

## Monday

Time/Cost	Date	Class	Location	Contact
10:00 - 12:00 £1.00	5 <sup>th</sup> August (ONLY)	Bowls	Paddington Sports Club	No booking needed

11:00 -13:00 £1.50	7 <sup>th</sup> and 21 <sup>st</sup> August, and 4 <sup>th</sup> Sept	Sketching at Regents Park Join us for relaxed sketching and watercolours at Regent's Park. This will be held every 2 weeks. Please bring a sketchbook and materials.	Outside Avenues centre at 10:30 am or at Regent's Park station Bus Stop (A) at 11:00 am.	020 3713 8737 <a href="mailto:Mlaurent@openage.org.uk">Mlaurent@openage.org.uk</a>
11:30 – 1:30 £2.00	1 <sup>st</sup> and 8 <sup>th</sup> August	Get creative with us at Holland Park for an origami flower bouquet workshop. Make a selection of colourful flowers.	Holland Park	07717 201791 <a href="mailto:NFirdus@openage.org.uk">NFirdus@openage.org.uk</a>
11:30 - 12:30	22 <sup>nd</sup> July - 12 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	Liberal Jewish Synagogue	020 4516 9975
14:30 - 15:30 £1.00	22 <sup>nd</sup> July - 12 <sup>th</sup> August	Osteo Blast: <i>Exercise for Healthy Bones (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>

## Wednesday

Time/Cost	Date	Class	Location	Contact
12:30 - 13:30	24 <sup>th</sup> July - 14 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	Emmanuel Church	020 4516 9975

## Thursday

Time/Cost	Date	Class	Location	Contact
10:30 - 11:30 £1.00	18 <sup>th</sup> July – 5 <sup>th</sup> September	Body Conditioning Outdoors	Hallfield Estate: Playground Area (Back of Medical centre)	020 4516 9974 <a href="mailto:Physicalactivitybookings@openage.org.uk">Physicalactivitybookings@openage.org.uk</a>



11:30 – 12:30 £1.00	1 <sup>st</sup> August – 5 <sup>th</sup> September (No class 15 <sup>th</sup> August)	Walking Football	The Hub, Regents Park	No booking needed
13:30 - 14:30	25 <sup>th</sup> July - 15 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	Penfold Community Hub	020 4516 9975

## Friday

Time/Cost	Date	Class	Location	Contact
13:00– 14:00	2 <sup>nd</sup> & 23 <sup>rd</sup> August and 13 <sup>th</sup> September	Quiz at the Point. Join us for a quiz hosted at the Point Paddington. Enjoy the coffee bar and fantastic views whilst getting competitive and socialising with peers!	The Point London W2 1HB	020 3713 8737 <a href="mailto:Mlaurent@openage.org.uk">Mlaurent@ openage.org.uk</a>

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

Time/Cost	Date	Class	Location	Contact
12:00 - 13:00	Weekly	Karajoke Hour	St Margaret's	020 4516 9969
14:00 - 15:00	Fortnightly	Quiz Quiz Quiz	St Margaret's	020 4516 9969

## Tuesday

Time/Cost	Date	Class	Location	Contact
10:00 - 12:30	Weekly	Crafts and Art Social Morning	St Margaret's	020 4516 9969
10:00 - 11:00 £1.00	23 <sup>rd</sup> July – 3 <sup>rd</sup> September	Body Conditioning Outdoors	Churchill Gardens Estate:	020 4516 9974

			Chippendale/ Lutyens Pitch	Physicalacti vitybookings @openage. org.uk
12:00 – 13:00	Fortnightly	Shared Reading and Poetry	St Margaret's	020 4516 9969
14:00 – 16:00	Weekly ends 13 <sup>th</sup> Sept	Summer meals lunch	St Margaret's	020 4516 9974
15:30 - 17:00	Fortnightly	Summer Mystery walks from St Margarets	St Margaret's	020 4516 9969

## Wednesday

Time/Cost	Date	Class	Location	Contact
11:00 – 13:00	Weekly	Puzzles and cards	St Margaret's	020 4516 9969
12:00 – 13:30	Weekly No session 23 <sup>rd</sup> Aug	Table Tennis	St Margaret's	020 4516 9969
14:00 – 16:00	24 <sup>th</sup> & 31 <sup>st</sup> July	Bridge Club	St Margaret's	020 4516 9969
11:30 – 12:30 £1.00	24 <sup>th</sup> July - 14 <sup>th</sup> August	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>
12:00 – 15:30	23 <sup>rd</sup> Aug	St Margaret's Summer Shindig	St Margaret's	020 4516 9969

## Thursday

Time/Cost	Date	Class	Location	Contact
10:00 - 12:00	Weekly	IT Drop in	St Margaret's	020 4516 9969
10:20 - 11:20	25 <sup>th</sup> July - 15 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	Victoria Medical Centre	020 4516 9975
11:30 - 12:30	25 <sup>th</sup> July - 15 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	Victoria Medical Centre	020 4516 9975
14:00 - 16:00	Weekly	Unsupported Art Session	St Margaret's	020 4516 9969

## Friday

<b>Time/Cost</b>	<b>Date</b>	<b>Class</b>	<b>Location</b>	<b>Contact</b>
11:45 - 12:45	22 <sup>nd</sup> July - 12 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	White City Community Centre	020 4516 9975
14:00 - 15:00	22 <sup>nd</sup> July - 12 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	Edward Woods Community Centre	020 4516 9975
<b>Time/Cost</b>	<b>Date</b>	<b>Class</b>	<b>Location</b>	<b>Contact</b>
10:00 – 11:00	Weekly	Disco Hour come listen and have a little dance	St Margaret's	020 4516 9969
11:30 - 13:30	Weekly	Table Tennis	St Margaret's	020 4516 9969
13:30 - 15:30	Weekly	Games Afternoon	St Margaret's	020 4516 9969

## Activities in Hammersmith & Fulham

### Monday

### Tuesday

<b>Time/Cost</b>	<b>Date</b>	<b>Class</b>	<b>Location</b>	<b>Contact</b>
10:00 - 11:00	23 <sup>rd</sup> July - 13 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	Bishop Creighton House	020 4516 9975
11:05 - 12:05	23 <sup>rd</sup> July - 13 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	Bishop Creighton House	020 4516 9975

## Wednesday

Time/Cost	Date	Class	Location	Contact
14:15 - 15:15	25 <sup>th</sup> July – 15 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	The Community Hub	020 4516 9975

## Online Activities & Phone Groups Monday

Time/Cost	Date	Class	Location	Contact
10:00 - 11:00	22 <sup>nd</sup> July - 12 <sup>th</sup> August	Osteo Blast: <i>Exercise for Healthy Bones (for Westminster and RBKC residents)</i>	Zoom	020 4516 9973 ktyagi@openage .org.uk
11:15 - 12:15	22 <sup>nd</sup> July - 12 <sup>th</sup> August	Healthy Lungs: <i>Exercise for Lung Health (for Westminster and RBKC residents)</i>	Zoom	020 4516 9973 <a href="mailto:ktyagi@openage.org.uk">ktyagi@openage .org.uk</a>

## Tuesday

Time/Cost	Date	Class	Location	Booking Details
14:30 – 15:30	23 <sup>rd</sup> July – 13 <sup>th</sup> August	Steady & Stable: Falls Prevention Exercise	Zoom	steadyandstable @openage.org.u k

## Wednesday

Time/Cost	Date	Class	Location	Booking Details
14:00 - 15:00	24 <sup>th</sup> July – 4 <sup>th</sup> September	Chair Exercise	Zoom	Via Member Portal
10:00 – 12:00	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday	Time for Me Carers: Creative Writing	Zoom	07437 913154

				Carerstimeforme @openage.org.uk
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## Friday

Time/Cost	Date	Class	Location	Booking Details
11:45 -12:45	First Friday of the month	Monthly Quiz	Zoom	via Member Portal

## Trips, Walks & Events

To book our trips, please contact the relevant phone number and you will be placed into a ticket ballot. You will then be contacted a week beforehand to inform you if you have been successful. Our walks are not subject to ballot.

<b>Date/Time/Cost</b>	<b>Walk/Trip</b>	<b>Borough</b>	<b>Meeting Point</b>	<b>Details</b>
Every Other Tuesday from 23 <sup>rd</sup> July	Mystery Location	ALL	Different locations contact St Margaret's	Join us on for a delightful walk to different destinations whether it be a cultural, history or sporty vibe. <b>020 4516 9969</b>
Friday 26 <sup>th</sup> July 11:30-13:00	Guided Tour of Leighton House	Chelsea	Leighton House	This will be a guided tour of Leighton House, highlighting all of the beautiful history, art and architecture. To enter the ballot, please call <b>020 4516 9970</b>
Monday 29 <sup>th</sup> July 11:00 £2	Kew Gardens	Richmond	Kew Gardens Tube Station	Experience the beautiful botanic gardens and the most biodiverse place on earth. This is a self-led trip. To enter the ballot, please call New Horizons <b>020 4516 9970</b>
Wednesday 31 <sup>st</sup> July 10:30 Free	Open Age Mile – Training Walk	RBKC	Holland Park	This walk is an opportunity to prepare yourself for the Open Age Mile, will be walking three times around the park's green, totalling a mile. To book, please call <b>020 4516 9974</b>

7 <sup>th</sup> August 10:30 Free	Capital Ring Walk: Hackney Wick to Beckton	Hackney	Hackney Wick Overground Station	<p>This walk is 5.2 miles, it passes the Queen Elizabeth Olympic Park. Much of the walk is on a traffic-free, firm level path.</p> <p>There are some gentle slopes and some steps, often with adjacent ramps. The walk goes alongside Lee Navigation to Old Ford Lock, onto the Greenway, past the wonderful Abbey Mills Pumping Station and ends in Beckton District Park. Pubs and cafés can be found on or near the Greenway and at Hackney Wick.</p> <p>To book, please call <b>020 4516 9974</b></p>
7 <sup>th</sup> August 15:00 – 17:00	Bingo at Cadogan Pier	Chelsea	Cadogan Pier	<p>Come along to play Bingo in this floating venue on the Thames, with beautiful views of the Albert Bridge. To enter the ballot, please call <b>020 4516 9970</b></p>
Thursday 8 <sup>th</sup> August 11:00 £2	Kew Gardens	Richmond	Kew Gardens Tube Station	<p>Experience the beautiful botanic gardens and the most biodiverse place on earth. This is a self-led trip. To enter the ballot, please call the Second Half centre on <b>020 4516 9971</b></p>
Tuesday 13 <sup>th</sup> August 13:30 £2	Tour of Westminster Cathedral	Westminster	Victoria Tube Station	<p>Join the Westminster Cathedral Tour) which has a multitude of cultural gems for you to explore and discover, including mosaics and treasures.</p> <p>To enter the ballot, please call <b>020 4516 9971</b></p>

<p>Tuesday 13<sup>th</sup> August 13:00 – 14:00</p>	<p>Trip to Hayward Gallery for Tavares Strachan: There is Light Somewhere exhibition</p>	<p>Westminster</p>	<p>Hayward Gallery</p>	<p>This exhibition features immersive installations, fantastical sculptures, striking collages, moving neon works and live performances that are both playful and profound. To enter the ballot, please call <b>020 4516 9970</b></p>
<p>Wednesday 14<sup>th</sup> August 11:00 £2</p>	<p>British Library Exhibition: Beyond the base line – 500 years of black British music</p>	<p>Camden</p>	<p>Outside the British Library main entrance</p>	<p>The Beyond the Bassline Exhibition is a map through black music in Britain. Transporting the audience through different eras, glittering props and outfits of glamorous performers such as Shirley Bassey. To enter the ballot, please call the Second Half centre on <b>020 4516 9971</b>  (This trip is self-led but you will be welcomed and introduced to the exhibition by Kathy Jackson)</p>
<p>Wednesday 14<sup>th</sup> August</p>	<p>Visit to the Postal Museum</p>	<p>Westminster</p>	<p>Postal Museum</p>	<p>Come along and learn about the history of the Royal Mail! To enter the ballot, please call <b>020 4516 9970</b></p>
<p>Thursday, 15<sup>th</sup> August 14:00 – 16:00 Free</p>	<p>Mud Gang Clay Workshop – Textures &amp; Patterns</p>	<p>Lambeth</p>	<p>Lambeth North Tube Station</p>	<p>Come and make some pottery with Mud Gang. You will be making vases or tiles using patterns and textures from outside the studio - feel free to bring some with you. Please note that this trip will go to a ballot.  To Book a place, please call the Second Half centre on <b>020 4516 9971</b></p>



<p>Friday 16<sup>th</sup> August 13:00 – 15:30 <b>£5</b> Freedom pass needed</p>	<p>Mayfield Lavender Field trip</p>	<p>Banstead Surrey</p>	<p>London Victoria</p>	<p>Mayfield Lavender Farm is a 25-acre lavender farm, located in Banstead Surrey – approximately 15 miles from Central London. Our farm is a popular visitor attraction throughout summer where you can wander through a sea of beautiful organic lavender. To enter the ballot, please call the St Margaret's on <b>020 4516 9969</b></p>
<p>Saturday, 17<sup>th</sup> August 11:00 – 12:00 <b>£2</b></p>	<p>Gasworks Workshop – Folding boats, unfolding stories</p>	<p>Lambeth</p>	<p>Oval Tube Station</p>	<p>Toshiko Kurata is an Origami Artist and teacher and founder of <i>Happy Origami Wonderland</i>. In this workshop, Toshiko will teach you how to make different styles of Origami boats. Out of interesting papers. To enter the ballot, please call the Second Half centre on <b>020 4516 9971</b></p>
<p>Wednesday 21<sup>st</sup> August 10:30 Free</p>	<p>Capital Ring Walk: Wimbledon to Richmond</p>	<p>Merton Richmond Upon Thames</p>	<p>Merton Richmond Upon Thames</p>	<p>This walk is 7.3 miles, one of the longer walks of all the ring walks. This scenic walk passes through Wimbledon Park, Wimbledon Common, Richmond Park and Richmond. It has some steep ups and downs, mainly on rough tracks or paths and grass. There is some pavement walking. There are pubs, cafes and toilets along the way at. To book, please call <b>020 4516 9974</b></p>

<p>Thursday, 22<sup>nd</sup> August 14:00 – 16:00 Free</p>	<p>Mud Gang Clay Workshop – Dream City Collaborative Afternoon</p>	<p>Lambeth</p>	<p>Oval Tube Station</p>	<p>In this workshop you are going to make a collaborative clay piece using slabs to draw the places we love around us. You will also make and paint figures of your favourite people/animals. We'll talk about where in the city we enjoy going the most and share what we love about these places.</p> <p>To enter the ballot, please call the Second Half centre on <b>020 4516 9971</b></p>
<p>Thursday, 22<sup>nd</sup> August 11:00 £2</p>	<p>Kew Gardens</p>	<p>Richmond</p>	<p>Kew Gardens Tube Station</p>	<p>Experience the beautiful botanic gardens and the most biodiverse place on earth. This is a self-led trip.</p> <p>To enter the ballot, please call the Avenues on <b>020 3713 8737</b></p>
<p>Tuesday, 27<sup>th</sup> August 11:00 – 12:00 £2</p>	<p>Tour of the Bishopsgate Library archives</p>	<p>City of London</p>	<p>Liverpool Street Tube Station</p>	<p>Come along and meet Stefan from Bishopsgate Institute. Learn about the special collections and archived documents and experiences of everyday people and extraordinary individuals.</p> <p>To enter the ballot, please call the Second Half centre on <b>020 4516 9971</b></p>

<p>Wednesday 28<sup>th</sup> August 14:30 – 16:30 Free</p>	<p>Great Fire of London Walking Tour</p>	<p>City of London</p>	<p>The Monument</p>	<p>This tour takes you from Pudding Lane, where the Great Fire of London started to Pye Corner where it ended. Along the way you'll encounter mass graveyards from the plague, bombing damaged sites from the blitz, execution sites from medieval times and ancient Roman ruins. A tour not to be missed! To book please call the Second Half Centre <b>020 4516 9971</b></p>
<p>Wednesday 28<sup>th</sup> August 10:30 Free</p>	<p>Open Age Mile – Training Walk</p>	<p>RBKC</p>	<p>Holland Park</p>	<p>This walk is an opportunity to prepare yourself for the Open Age Mile, will be walking three times around the park's green, totalling a mile. To book, please call <b>020 4516 9974</b></p>
<p>Saturday 31<sup>st</sup> of August 11:00 Suggested donation of £3</p>	<p>Open Age Mile 2024</p>	<p>RBKC</p>	<p>Holland Park Sports Field</p>	<p>The Open Age Mile is a sponsored walk and fundraising event designed to support the work of Open Age. Bring your friends and family along for a fun day together, while contributing to a great cause. Enjoy a community atmosphere, light exercise, and the satisfaction of making a positive impact.</p>
<p>Wednesday, 11<sup>th</sup> September 11:00 £2</p>	<p>Kew Gardens</p>	<p>Richmond</p>	<p>Kew Gardens Tube Station</p>	<p>Experience the beautiful botanic gardens and the most biodiverse place on earth. This is a self-led trip. To enter the ballot please call <b>07824 484 984</b></p>

# Locations of Open Age centres

(Avenues is closed during the summer)

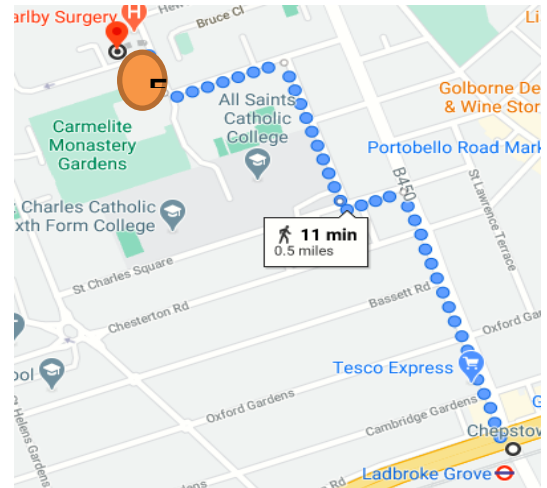
## St Charles Centre for Health & Wellbeing – Second Half Centre

Exmoor Street  
London W10 6DZ  
Borough - Kensington and Chelsea (North)

Telephone: 020 4516 9971

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

**Second Half Centre can be found to the left at main hospital reception**

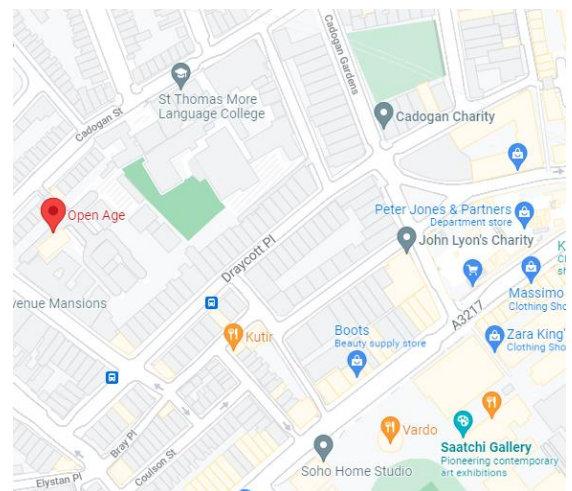


## New Horizons Centre

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)

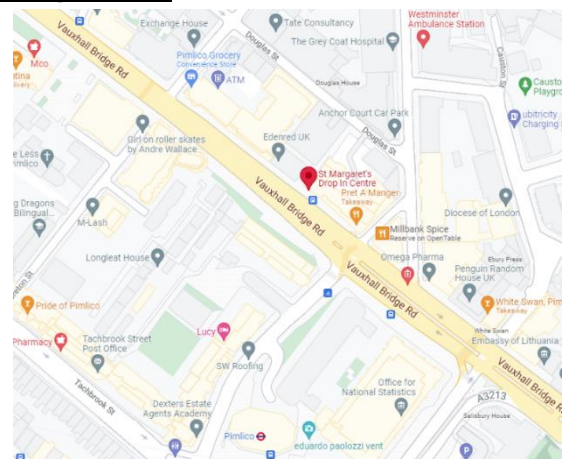


## Open Age – St Margaret's

St Margaret 's Activity  
Centre 1  
Carey Place  
London SW1V 2RT Westminster (South)

Telephone 020 4516 9969

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



## Locations of Community Venues (in alphabetical order)

<b>COMMUNITY VENUE NAME</b>	<b>ADDRESS</b>	<b>POSTCODE</b>	<b>BOROUGH</b>
<b>Bishop Creighton House</b>	374-380 Lillie Road	SW6 7PH	H&F
<b>Community Hub</b>	1 Aisgill Ave	W14 9NF	H&F
<b>Emmanuel Church</b>	389E Harrow Road	W9 3NA	Westminster
<b>Ixworth Place Community Centre</b>	2 Kimbolton Row, Samuel Lewis Trust Dwelling	SW3 6RQ	South RBKC
<b>Liberal Jewish Synagogue</b>	28 St John's Wood Rd	NW8 7HA	North Westminster
<b>Lords Cricket Ground</b>	St John's Wood Road	NW8 8QN	Westminster
<b>Morley College</b>	Wornington Rd, London	W10 5QQ	North RBKC
<b>Normand Park</b>	84 Bramber Rd, London	W14 9PB	H&F
<b>Paddington Sports Club</b>	Castellain Road	W9 1HQ	North Westminster
<b>Penfold Community Hub</b>	60 Penfold St	NW8 8PJ	North Westminster
<b>Reed Centre, The</b>	28 Convent Gardens	W11 1NJ	North RBKC
<b>Regents Park (The Hub)</b>	Regent's Park Road	NW1 4NU	Westminster
<b>Seymour Leisure Centre</b>	Seymour Place	W1H 5TJ	North Westminster
<b>Victoria Medical Centre</b>	29 Upper Tachbrook Street	SW1V 1SN	South Westminster
<b>Westminster Academy</b>	255 Harrow Rd	W2 5EZ	North Westminster
<b>White City Community Centre</b>	India Way	W12 7QT	H&F

## 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:

