



OPEN AGE Time for Me Programme

July 2024

life's just begun

**Health, leisure and learning for unpaid carers over 50
in Westminster and Kensington and Chelsea**

For further details and to book please

Email: carerstimeforme@openage.org.uk or Call: 020 4516 9976

<u>Event</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Details</u>
Week Commencing: Monday 1st July				
The Revellers Club	Thursday 4 th July	10:30am – 12:00pm	The Royal Albert Hall	A morning of mischief and fun, join us at The Revellers Club; a creative and social hub for people living with dementia and their carers.
Royal Portraits: A Century of Photography	Thursday 4 th July	1:30 – 3:30pm	King's Gallery - Buckingham Palace	Discover royal portraits spanning over 100 years, photographed by Rankin, Cecil Beaton, Annie Leibovitz and more.
Hidden Histories: The Untold Stories of London's Older Residents	Friday 5 th July	7:00 – 9:00pm	Chelsea Theatre 7 World's End Place, SW10 ODR	Creative writing and literary performances by our talented members across Open Age. Tickets now on sale ; can be booked via phone or in-person at our centres.
Week Commencing: Monday 8th July				
Museum of Brands	Monday 8 th July	2:00 – 3:30pm	Museum of Brands	Discover the intriguing history of consumerism through branding from Victorian times to the present. Open to all Open Age members. Tickets £5, limited availability and run as a ballot.
Open Age Mile Roadshow Show	Monday 8 th July	Second Half Centre & Avenues	Time TBC	Come along to learn more about the exciting event. You will be able to ask questions regarding the walk and register your place.

Gents Social & Lunch	Wednesday 10 th July	2:00 – 4:30pm		An afternoon of good laughter, good food and company hosted by our Men's Space coordinator, Russell.
Open Age Mile Road Show	Thursday 11 th July	New Horizons & St. Margaret's	Time TBC	Come along to learn more about the exciting event. You will be able to ask questions regarding the walk and register your place.
London Zoo	Saturday 13 th July	London Zoo	2:00-5:00pm	Back by popular demand! Come along with family and friends for a fun Saturday outing. Spaces are limited.
Week Commencing: Monday 15th July				
Creative Writing with Poonam	Wednesday 17 th July	10:00am – 12:00pm	Open Age Online	Unleash your inner author and explore writing as a means of self-expression. Suitable for all levels.
Bowling	Thursday 18 th July	3:00 – 4:30pm	Westfield's Shepherd's Bush	Let's get rolling! Whether you're a pro, beginner or first-timer, you're welcome for an afternoon of competitive fun. £5pp .
Week Commencing: Monday 22nd July				
Carers Wellbeing Day	Thursday 25 th July	1:00 – 4:30pm	Kensington Palace	In celebration of Good Care Month , we will be offering a wellbeing talk, refreshments and lunch, and yoga. You will have the option to end the session with a visit into the Kensington Palace.
Saatchi: Summer Lates	Friday 26 th July	6:30 – 8:30pm	Saatchi Gallery	This is what summer is made for; relaxed evenings to feed your soul. Join us at the Saatchi's summer lates for an evening of art, talks, a drapery life drawing workshop and refreshments.
Week Commencing: Monday 29th July				
Kew Gardens (Walk & Talk)	Tuesday 30 th July	2:00 – 5:00pm	Kew Gardens	Let's walk and talk together, exploring the Kew's expansive grounds and botanical magic. We will end the session with light refreshments to regroup.

Creative Writing with Roshni: Nature Workshop Special	Wednesday 31 st July	10:00am – 12:00pm	Open Age Online	For this session, you are invited to bring an object from nature to use as a writing prompt.
Film Club	Wednesday 31st	Time TBC	TBC	Enjoy the month's film offering via member's poll. Details TBC closer to the time.

Please note that all activities, events and outings are offered on a first-come-first-served basis, with priority offered to who have not attended before.

A waiting list is offered on all activities offered, if you can no longer attend an activity that you have booked onto, please let us know as soon as possible so a space can be offered to members on the waiting list.

Open Age
 St Charles Centre for Health & Wellbeing,
 Exmoor Street, London W10 6DZ.
 Tel: 020 4516 9978.
 Charitable Incorporated Organisation Number 1160125.
www.openage.org.uk

