

**OPEN
AGE**

life's just begun

Time for Me Programme September 2024

**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 2nd September				
The Revellers Club	Thursday 5 th September	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.
Film Club <i>It Ends With Us</i>	Thursday 5 th September	2:10pm – 4:45pm	Vue Westfield's Shepherd's Bush	Join us for a viewing of It Ends With Us, adapted from Colleen Hoover's novel. The film follows Lily's love life which turns sour when it becomes reminiscent of her parents relationship.
Brighton	Saturday 7 th September	10:00am – 7:30pm	Brighton & Hove	Our annual coastal trip is finally here! A day of meandering through the famous Lanes, lounging in the sun and enjoying fish & chips.
Week Commencing: Monday 9th September				
Bowling	Tuesday 10 th September	2:30 – 5:00pm	All Star Lanes White City	Back by popular demand; we had fun at our last outing and happy to put this fun game on our regular programme. Followed by a relaxed coffee social.
Walk & Talk	Thursday 12 th September	1:30pm – 4:00pm	Holland Park	Join our relaxed walking group for a mindful walk in Holland Park. We will close with complimentary beverages and refreshments.
Week Commencing: Monday 16th September				
Opera Holland Park Community Concert	Monday 16 th September	11:45am – 1:00pm	St. Peter's Church, Notting Hill	OHP are piloting new monthly community concerts to celebrate the joys of music, open to all –

				family and friends welcome. Free.
Kensington Palace: Untold Lives	Wednesday 18 th September	2:00 – 4:00pm	Kensington Palace	The exhibition highlights the forgotten stories of the people who served, protected and promoted the monarchy; from wet-nurses to seamstresses.
Week Commencing: Monday 23rd September				
Creative Writing with Roshni	Wednesday 25 th September	10:00am – 12:00pm	Open Age Online	Explore and connect with your inner author in our creative writing sessions. Open to all levels. Free.
Film Club	Thursday 26 th September	Time TBC	TBC	Enjoy the month's film offering via member's poll. Details TBC closer to the time. Family and friends welcome!
Wellbeing Day	Friday 27 th September	10:00am – 12:00pm	TBC	We will be partnering up with our friends from Earl's Court Community Champions for a morning dedicated to your wellness. There will be chair exercises, breakfast, blood pressure checks and a talk on Alzheimer's Awareness (marking World Alzheimer's Month).

Open Age

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