



**OPEN
AGE**

life's just begun

Time for Me Programme February 2025

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 3rd February				
English National Opera: Marriage of Figaro – The Dress Rehearsal	Monday 3 rd February	2:00 – 5:30pm (3hr20min with one interval)	London Coliseum Theatre	Experience Mozart's scores at his finest in <i>The Marriage of Figaro</i> , where schemes, betrayals, and romantic entanglements unfold across one chaotic day.
Drop-in Tech Support	Tuesday 4 th February	11:00am – 1:30pm	Second Half Centre	Struggling to work your device or need specific tech-related support? Book your slot for a drop-in 1:1 session.
The Revellers Club	Thursday 6 th February	10:30am – 12:15pm	Royal Albert Hall	Join in on a morning of crafts, music and cheer for people living with dementia and their carers.
Music in the Museum	Friday 7 th February	2:00 – 4:00pm	The British Museum	The British Museum welcomes you to an afternoon of exploring musical objects in it's from different centuries and parts of the world archive. The workshop will explore how music communicates, expresses emotion and maintains community identity and connections. This will be followed by a visit to the galleries and refreshments.
Week Commencing: Monday 10th February				
Creative Writing with Roshni	Wednesday 12 th February	10:00am-12:00pm	Online	Unleash your inner author with our relaxed creative writing session, open to all levels.
Drop-in Tech Support	Thursday 13 th February	11:00am – 1:30pm	Second Half Centre	Struggling to work your device or need specific

Open Age
St Charles Centre for Health & Wellbeing,
Exmoor Street, London W10 6DZ.
Tel: 020 4516 9978.

				tech-related support? Book your slot for a drop-in 1:1 session.
English National Opera: On-Stage Singing Workshop	Friday 14 th February	9:45 – 11:45am	London Coliseum Theatre	Grace the legendary stage that has hosted the world's greatest performers, for a transformative singing workshop exploring themes of love, friendship and connection. Tea and refreshments will be served on arrival. Spaces limited and offered via ballot.
Wellbeing: Restorative Yoga	Friday 14 th February	2:30 – 4:30pm	Second Half Centre	Ease yourself into the weekend with this deeply relaxing restorative yoga, nurturing your mind, body and spirit.
Week Commencing: Monday 17th February				
Men's Spa	Wednesday 19 th February	11:30am – 2:30pm	Porchester Spa	Reset and rejuvenate, with access to a steam room, sauna, Turkish Baths, a plunge pool and relaxation lounge. £5pp fee.
Kew Gardens: Orchids	Friday 21 st February	11:00 – 2:00pm (You are welcome to stay on longer if you wish)	Kew Gardens	Spend the day at Kew Gardens, immersing yourself in nature and discovering the breathtaking Peruvian Orchid festival at the Princess of Wales Conservatory, which is set to close in March. Family & friends welcome.
Week Commencing: Monday 24th February				
Women's Spa	Tuesday 25 th February	11:30am – 2:30pm	Porchester Spa	Reset and rejuvenate, with access to a steam room, sauna, Turkish Baths, a plunge pool and relaxation lounge. Fee £5pp.
Creative Writing with Poonam	Wednesday 26 th February	10:00am-12:00pm	Online	Unleash your inner author with our relaxed creative writing session, open to all levels.

