



**OPEN  
AGE**

life's just begun

# Time for Me Programme January 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](mailto:carerstimeforme@openage.org.uk) or Call: 020 4516 9976

<u>Event</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Details</u>
<b>Week Commencing: Monday 13<sup>th</sup> January</b>				
<b>The Revellers Club</b>	Thursday 16 <sup>th</sup> January	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.
<b>Week Commencing: Monday 20<sup>th</sup> January</b>				
<b>Men's Spa</b>	Wednesday 22 <sup>nd</sup> January	11:30am – 2:30pm	Porchester Spa	Reset and rejuvenate, with access to a steam room, sauna, Turkish Baths, a plunge pool and relaxation lounge. <b>£5pp fee.</b>
<b>Westminster Abbey: Galleries</b>	Thursday 23 <sup>rd</sup> January	2:00pm – 4:30pm	Westminster Abbey	Uncover history in this focused tour of the Westminster Abbey galleries.
<b>Week Commencing: Monday 27<sup>th</sup> January</b>				
<b>Women's Spa</b>	Tuesday 28 <sup>th</sup> January	11:30am – 2:30pm	Porchester Spa	Reset and rejuvenate, with access to a steam room, sauna, Turkish Baths, a plunge pool and relaxation lounge. <b>£5pp fee.</b>
<b>Creative Writing with Roshni</b>	Wednesday 29 <sup>th</sup> January	10:00am- 12:00pm	Online	Unleash your inner author with our relaxed creative writing session, open to all levels.
<b>Bowling &amp; Coffee Social</b>	Thursday 30 <sup>th</sup> January	2:30-5:00pm	TBC	Enjoy an afternoon of competitive fun in our monthly bowling club, followed by a sit and chat with your favourite beverage, on us.

Open Age

St Charles Centre for Health & Wellbeing,  
Exmoor Street, London W10 6DZ.

Tel: 020 4516 9978.

Charitable Incorporated Organisation Number 1160125.