



Winter Programme 2025

Monday 6th January – Friday 4th April 2025

(Half Term: 17th February – 21st February 2025)

Open Age Programme

Welcome to the new programme! You will find enclosed the relevant contact details for all activities at our centres, community venues and online.

All classes taking place in New Horizons, St Margaret's, Avenues and Second Half Centre can be booked 7 days in advance. To book an activity or for more information, please call the number provided under 'Booking Details'.

Please ensure you speak to a member of the team, as booking requests left on voicemails cannot be accepted.

Clinical exercise classes, (Steady & Stable, Osteo Blast and Healthy Lungs) require advanced booking.

Important notice regarding the cost of activities

For activities running in centres and community venues, we ask that members continue to contribute to Open Age £1 per hour, unless otherwise stated.

Online Classes

Open Age take payments for all online classes. If you have not yet "topped up" your online account, either do so via our website (logging into your membership), or by popping into your nearest Open Age centre, where the team will be able to assist you.

Adult Community Learning (ACL)

Classes annotated with '**ACL**' next to them means that they are Adult Community Learning courses. ACL offer a number of courses. They need to be booked in advance and require a commitment which ranges between 5 and 10 weeks depending on the course. These classes are different from the standard Open Age drop-in classes. You must be able to complete an enrolment form and provide evidence of ID, i.e. Passport or Driving Licence number, as well as your National Insurance number.

ACL Costs

Our ACL courses are at a slightly different cost to all the other Open Age classes as we are funded by the government via the Royal Borough of Kensington and Chelsea. Our fees are **£3 per session**. However, the course may be free if you meet the eligibility criteria.

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Activities at Second Half Centre (North Kensington)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Men's Space: Active Exercise class	Second Half Centre	07467 952 564
10:00 - 12:00	Computer for Beginners (Windows 11) <i>*starts 20th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
11:15 - 12:15	Tai Chi	Second Half Centre	020 4516 9971
11:30 - 12:30	Chair Exercise	Pepper Pot	No booking needed
12:15 - 13:45	International Cooking with Manju (last Monday of the month)	Second Half Centre	020 4516 9971
12:30 - 13:30	Stretch and Tone	Second Half Centre	020 4516 9971
12:30 - 14:30	IT - Further Skills Using Android Devices <i>*starts 13th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - Getting to Know Your GMAIL <i>*starts 24th February</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
13:45 - 15:15	Singing for All	Second Half Centre	020 4516 9971

13:45 - 15:15	Crochet for Beginners	Second Half Centre	020 4516 9971
14:15 - 15:45	Still Life & Life Drawing	Second Half Centre	020 4516 9971
15:00 - 17:00	IT - Being Safe Online <i>*starts 13th January</i>	Second Half Centre ACL	020 4516 9972 aclbookings@openage.org.uk
15:00 - 17:00	IT - Further Skills Using iPad/iPhone <i>*starts 13th January</i>	Second Half Centre ACL	020 4516 9972 aclbookings@openage.org.uk
15:30 - 17:00	Men Space: Social & Health and Wellbeing Experience (monthly workshops delivered 3 rd Monday of the month)	Second Half Centre	07467 952 564

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Zumba	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - Introduction to A.I. (Artificial Intelligence) <i>*starts 14th January</i>	Second Half Centre ACL	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Time for Me Carers IT <i>*starts 25th February</i>	Second Half Centre ACL	07437 913 154
10:00 - 12:00	Italian for Beginners <i>*starts 21st January</i>	Second Half Centre ACL	020 4516 9972 aclbookings@openage.org.uk
11:30 - 12:30	Step Up from Steady	Second Half Centre	020 4516 9971
12:15 - 13:15	Outreach Tech Support (own devices) <i>RBKC & WCC residents only</i>	Second Half Centre	020 4516 9977 outreach@openage.org.uk
12:30 - 14:30	Italian Beginners Plus <i>*starts 21st January</i>	Second Half Centre ACL	020 4516 9972 aclbookings@openage.org.uk
13:00 - 14:00	Steady & Stable: Falls Prevention Exercise	Second Half Centre	020 4516 9975
13:00 - 15:00	Lip-reading & Managing Hearing Loss <i>*starts 21st January</i>	Morley College - North Ken ACL	020 4516 9972 aclbookings@openage.org.uk
13:30 - 14:30	Tai Chi	St George's Church	No booking needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	Second Half Centre	020 4516 9975
15:30 - 17:00	Men Space: The Magic of Music	Second Half Centre	07467 952 564

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:30	Painting and Drawing	Second Half Centre	020 4516 9971
10:00 - 11:30	Creative Threads	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - How to Use NHS & GP Apps <i>*starts 15th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Using the Cloud (Storage) <i>*starts 26th February</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
12:00 - 13:00	Chair Exercise	Second Half Centre	020 4516 9971
12:15 - 14:15	Men's Space: Lunch & Cookery (Fortnightly) 1 st & 3 rd Wednesday	Second Half Centre	07467 952 564
13:30 - 15:30	Men's Space: Men's IT Group <i>*starts 15th January</i> ACL	Second Half Centre	07467 952 564
13:30 - 15:30	Men's Space: Men's IT Group <i>*starts 26th February</i> ACL	Second Half Centre	07467 952 564
13:30 - 15:30	Meditation & Mindfulness for Beginners <i>*starts 15th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
14:30 - 16:30	Poetry <i>*starts 22nd January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
15:45 - 17:00	Games Cafe	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - Photo Editing Using GIMP <i>*starts 23rd January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Art Using the iPad (with Tayasui App) <i>*starts 23rd January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:15 - 12:15	Mosaics <i>*starts 23rd January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk

11:15 - 12:15	Body Conditioning	Second Half Centre	020 4516 9971
12:30 - 13:30	Chair Exercise	Second Half Centre	020 4516 9971
12:30 - 14:30	Spanish Lower-Intermediate <i>*starts 16th January</i>	Second Half Centre ACL	020 4516 9972 aclbookings@openage.org.uk
13:45 - 14:45	Healthy Lungs: Exercise for Lung Health <i>(for Westminster and RBKC residents)</i>	Second Half Centre	020 4516 9973 JBiglari@openage.org.uk
15:00 - 17:00	Spanish for Beginners <i>*starts 16th January</i>	Second Half Centre ACL	020 4516 9972 aclbookings@openage.org.uk
15:00 - 17:00	Fashion Knitting Class <i>Come and Learn how to knit fashion accessories.</i>	Second Half Centre	020 4516 9971
15:00 - 17:00	IT Tech Support (bring your own devices)	Second Half Centre	07570 428 795

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Second Half Centre	020 4516 9971
10:00 - 12:00	Spanish Beginners 3 <i>*starts 17th January</i>	Second Half Centre ACL	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Further Skills with Microsoft <i>*designing leaflets, cards and posters</i> <i>*starts 24th January</i>	Second Half Centre ACL	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	Spanish Beginners 1 <i>*starts 17th January</i>	Second Half Centre ACL	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - Creating a Budget Using Excel <i>*starts 17th January</i>	Second Half Centre ACL	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - Creating a Budget Using Excel <i>*starts 28th February</i>	Second Half Centre ACL	020 4516 9972 aclbookings@openage.org.uk
14:00 - 16:00	Bi-Weekly Beginners' Jewellery Making	Second Half Centre	020 4516 9971
15:00 - 17:00	Spanish Beginners 2 <i>*starts 17th January</i>	Second Half Centre ACL	020 4516 9972 aclbookings@openage.org.uk

Activities at New Horizons (Chelsea)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 11:45	Watercolours (All Levels) <i>*starts 20th January</i>	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Computer for Beginners (Windows 11) <i>*starts 20th January</i>	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Jewellery Making (Advanced)	New Horizons	020 4516 9970
10:00 - 16:00	Third Age Counselling	New Horizons	01476 564 515 enquiries@thirdagecounselling.com
12:00 - 13:00	Pilates	New Horizons	020 4516 9970
12:00 - 14:00	Watercolours (All Levels) <i>*starts 20th January</i>	ACL Ixworth Place	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - Further Skills Using Android Devices <i>*starts 13th January</i>	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - Being Safe Online <i>*starts 24th February</i>	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk
13:15 - 14:15	Ballet	New Horizons	020 4516 9970
13:30 - 15:30	Shared Reading	New Horizons	020 4516 9970
14:00 - 16:00	Social - Monday Board Games	New Horizons	020 4516 9970
14:15 - 16:15	Watercolours (All Levels) <i>*starts 20th January</i>	ACL Ixworth Place	020 4516 9972 aclbookings@openage.org.uk
14:30 - 15:30	Gentle Chair & Chat	New Horizons	020 4516 9970

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Outreach Tech Support (own devices) <i>RBKC and WCC residents only</i>	New Horizons	020 4516 9977 outreach@openage.org.uk
09:45 - 11:45	In the News	New Horizons	020 4516 9970
10:00 - 12:00	Italian Conversation (Advanced)	New Horizons	020 4516 9970
10:00 - 12:00	Creative Writing <i>*starts 21st January</i>	ACL Response Community Projects	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Mosaics for Beginners <i>*starts 22nd January</i>	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk

12:00 - 13:00	Stretch and Tone	New Horizons	020 4516 9970
12:15 - 14:15	Digital Skills Support – Connect More Programme <i>(2nd Tuesday of the month)</i>	New Horizons	020 4516 9970
13:00 - 16:00	Bridge Club - Social (Intermediate)	Ixworth Place	020 4516 9970
13:15 - 14:15	Chi Chi Fit – Dance Exercise	New Horizons	020 4516 9970
13:15 - 14:15	Meditation	New Horizons	020 4516 9970
13:30 - 14:30	Dance Exercise <i>*Starts January 14th</i>	The Community Hub	No booking needed
14:00 - 16:00	Knitting (TBC)	New Horizons	020 4516 9970
14:30 - 16:30	Creative Writing <i>*starts 21st January</i>	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk
14:30 - 16:30	Drama Skills <i>*We are actively recruiting for a new tutor. Please let us know if interested in attending.</i>	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Osteo Blast: Exercise for Bone Health <i>(for Westminster and RBKC residents)</i>	New Horizons	020 4516 9973 JBiglari@openage.org.uk
10:00 - 16:00	Third Age Counselling	New Horizons	01476 564 515 enquiries@thirdagecounselling.com
10:00 - 12:00	Sketching at Leighton House <i>*starts 22nd January</i>	ACL Leighton House	020 4516 9972 aclbookings@openage.org.uk
10:55 - 11:55	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
11:00 - 13:00	Open Age Members' Newsletter Group	New Horizons	020 4516 9970
12:00 - 13:00	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
12:15 - 14:15	French Conversation <i>(Upper Intermediate/Advanced)</i>	New Horizons	020 4516 9970
13:00 - 15:00	RBKC Community Participant Team Drop In <i>(3rd Wednesday of the month)</i>	New Horizons	Zino.khalfaoui@rbkc.gov.uk
13:15 - 14:15	Chair Exercise	New Horizons	020 4516 9970
14:30 - 16:30	Quiz	New Horizons	020 4516 9970
14:30 - 16:30	Singing	New Horizons	020 4516 9970
14:30 - 16:30	Lip-reading & Managing Hearing Loss <i>*starts 22nd January</i>	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Chair Exercise <i>*Starts 16th January</i>	New Horizons	020 4516 9970
09:45 - 11:45	Play Workshops <i>(Relocated from the Response Community Project)</i>	New Horizons	020 4516 9970
10:00 - 12:00	Literature & Poetry	New Horizons	020 4516 9970
10:00 - 16:00	Third Age Counselling	New Horizons	01476 564 515 enquiries@thirdagecounselling.com
10:30 - 12:30	Art Class (Advanced)	Ixworth Place	020 4516 9970
11:00 - 12:00	Yoga <i>*Starts 16th January</i>	New Horizons	020 4516 9970
11:00 - 12:30	Men Space: Reminiscence & Social <i>*Bi-weekly 1st & 3rd Thursdays</i>	Chelsea Theatre	07467 952 564
12:00 - 14:00	Supported IT Drop-In	New Horizons	020 4516 9970
12:30 - 14:00	Arts & Crafts	New Horizons	020 4516 9970
13:00 - 14:00	Tai Chi <i>*Starts 16th January</i>	The Community Hub	No booking needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	The Community Hub	020 4516 9975
14:15 - 15:45	NHS: Falls Prevention	New Horizons	0208 102 5494
14:30 - 16:30	Life Stories <i>*starts 23rd January</i>	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Book Club <i>(4th Friday of the month)</i>	New Horizons	020 4516 9970
10:00 - 12:00	IT - How to Use the NHS & GP Apps <i>*starts 17th January</i>	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Introduction to A.I. (Artificial Intelligence) <i>*starts 28th February</i>	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Drawing at the V&A Museum <i>*starts 24th January</i>	ACL V&A Museum	020 4516 9972 aclbookings@openage.org.uk
10:15 - 11:15	Zumba	New Horizons	020 4516 9970
10:30 - 12:30	Crochet For Beginners	New Horizons	020 4516 9970

10:45 - 11:45	Pilates		St. Mary The Boltons	No booking needed
12:00 - 13:00	Chair Exercise		St. Mary The Boltons	No booking needed
12:00 - 14:00	Creative Writing <i>*starts 24th January</i>	ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
12:15 - 13:15	Pilates		New Horizons	020 4516 9970
12:15 - 14:15	Drawing at the V&A Museum <i>*starts 24th January</i>	ACL	V&A Museum	020 4516 9972 aclbookings@openage.org.uk
13:00 - 14:00	Glass Class - Craft Session <i>(fortnightly)</i>		New Horizons	020 4516 9970
13:00 - 15:00	IT - Further Skills Using iPad/iPhone <i>*starts 17th January</i>	ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
13:00 - 15:00	IT - How to Use the NHS & GP Apps <i>*starts 28th February</i>	ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
13:30 - 14:30	Keep Fit		New Horizons	020 4516 9970
14:00 - 16:00	Cryptic Crossword <i>(4th Friday of the month)</i>		New Horizons	020 4516 9970
14:30 - 16:00	Philosophy (fortnightly) <i>(in partnership with the Royal Institute of Philosophy)</i>		New Horizons	020 4516 9970
14:00 - 16:00	Beginner's Mahjong		New Horizons	020 4516 9970
14:30 - 16:30	Watercolours (All Levels) <i>*starts 24th January</i>	ACL	Ixworth Place	020 4516 9972 aclbookings@openage.org.uk

Activities at Avenues (North Westminster)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Ballet	Avenues	020 3713 8737
10:00 - 11:30	Patchwork Making and more	Avenues	020 3713 8737
10:00 - 12:00	Bowls <i>*6th Jan, 3rd Feb, 3rd March, 7th April</i>	Paddington Sports Club	No booking needed
10:15 - 11:15	Step Up from Steady	Liberal Jewish Synagogue	No booking needed
11:15 - 12:15	Chi Chi Fit – Dance Exercise	Avenues	020 3713 8737
11:30 - 12:30	Steady & Stable: Falls Prevention Exercise	Liberal Jewish Synagogue	020 4516 9975

12:00 - 13:00	Social - Brain Training: Challenge & Improve Your Thinking	Avenues	020 3713 8737
12:30 - 13:30	Gentle Chair & Chat	Avenues	020 3713 8737
13:15 - 14:15	Osteo Pro	Little Venice Sports Centre	No booking needed
13:30 - 15:00	Guest Speaker & Social (<i>last Monday of each month - See in centre for details</i>)	Avenues	020 3713 8737
13:45 - 15:30	Film Festival (<i>see in-centre noticeboard for film listing</i>)	Avenues	020 3713 8737
14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones (<i>for Westminster and RBKC residents</i>)	Little Venice Sports Centre	020 4516 9973 JBiglari@openage.org.uk

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Avenues	020 3713 8737
10:00 - 11:30	Simply Art	Avenues	020 3713 8737
10:30 - 11:30	Dance Exercise	Fitzrovia Community Centre	No booking needed
11:15 - 12:15	Chair Exercise	Avenues	020 3713 8737
12:30 - 13:30	Exercise to Music	Avenues	020 3713 8737
13:30 - 15:00	Social - Table Tennis	Avenues	020 3713 8737
14:00 - 15:00	Tai Chi (£3)	Paddington Recreation Ground	Pay and register at reception in the pavilion
14:00 - 15:00	Chi Gong in the park <i>*starts 14th January</i>	Porchester Square Gardens	No booking needed

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga <i>*Starts 15th January</i>	Avenues	020 3713 8737
10:00 - 12:00	Social - Games Café	Avenues	020 3713 8737
11:30 - 13:00	Shared Reading: Poetry and Short Stories	Avenues	020 3713 8737
12:30 - 13:30	Dance Exercise	St Paul's Church	No booking needed
12:30 - 13:30	Steady & Stable: Falls Prevention Exercise	Avenues	020 4516 9975

13:45 - 15:00	Social – Cultural Social (<i>Every fortnight. Starting on 8th January</i>)	Avenues	020 3713 8737
14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones (<i>for Westminster and RBKC residents</i>)	Avenues	020 4516 9973 JBiglari@openage.org.uk
14:30 - 15:30	Begin to Gym (£3.65)	Porchester Leisure Centre	Pay and register at reception

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Tai Chi	Avenues	020 3713 8737
10:15 - 11:45	Singing for All	Avenues	020 3713 8737
11:15 - 12:15	Exercise to Music	Avenues	020 3713 8737
11:30 - 12:30	Walking Football	The Hub, Regents Park	No booking needed
12:45 - 13:45	Pilates	Avenues	020 3713 8737
13:30 - 14:30	Steady & Stable: Falls Prevention Exercise	Penfold Community Hub	020 4516 9975
13:45 - 15:15	Still Life Drawing Art Class *NEW*	Avenues	020 3713 8737
14:00 - 15:00	Chair Yoga <i>*Starts 16th Jan</i>	Avenues	020 3713 8737

Friday

(*Avenues Centre is closed*)

TIME	CLASS	LOCATION	BOOKING DETAILS
10:45 - 12:45	Men's Space: Walking Football	Westminster Academy	07467 952 564
12:00 - 12:45	Aqua Aerobics	Moberly Sports Centre	No booking needed

Saturday

TIME	CLASS	LOCATION	BOOKING DETAILS
13:00 - 15:00	Multi Sports Table Tennis, Short Tennis & Badminton	St Augustine's Sports Centre	No booking needed

Activities at St Margaret's (South Westminster)

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 12:00	Warm Space	St Margaret's	No booking needed
11:00 - 12:00	Chair Exercise	Victoria Medical Centre	No booking needed
12:15 - 13:15	Social Singing with Sophia	St Margaret's	No booking needed
13:30 - 14:30	Dance Exercise	St Stephen's Church	No booking needed
14:30 - 16:30	Creative Writing	St Margaret's	020 4516 9969
15:00 - 16:00	Stretch & Tone	Victoria Medical Centre	No booking needed Max 15 Members

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:30	Crafty Social	St Margaret's	020 4516 9969
11:15 - 12:15	Tai Chi	Victoria Medical Centre	No booking needed Max 14 spaces
12:00 - 13:00	Shared Reading Poetry and Short Stories	St Margaret's	No booking needed Max 10 spaces
13:00 - 14:30	Secret London (fortnightly) see weekly mail out for details	St Margaret's	020 4516 9969

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Keep Fit	St Margaret's	020 4516 9969
11:15 - 12:15	Gentle Chair & Chat	St Margaret's	020 4516 9969

11:30 - 12:30	Healthy Lungs: Exercise for Lung Health <i>(for Westminster and RBKC residents)</i>	Victoria Medical Centre	020 4516 9973 JBiglari@openage.org.uk
14:00 - 16:00	Bridge Club	St Margaret's	020 4516 9969

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Computer Drop-In <i>(not an IT class but we are on hand to help with your IT questions)</i>	St Margaret's	020 4516 9969
10:20 - 11:20	Steady & Stable: Falls Prevention Exercise	Victoria Medical Centre	020 4516 9975
11:30 - 12:30	Steady & Stable: Falls Prevention Exercise	Victoria Medical Centre	020 4516 9975
13:30 - 15:30	Art Class	St Margaret's	020 4516 9969

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Exercise	St Margaret's	020 4516 9969
11:30 - 12:30	Yoga <i>*Starts 17th January</i>	Victoria Medical Centre	No booking needed Max 15 spaces
11:45 - 13:15	Table Tennis	St Margaret's	020 4516 9969
13:30 - 15:30	Social Games and Crafts Friday	St Margaret's	020 4516 9969

Activities in Hammersmith & Fulham

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:15 - 11:15	Yoga <i>*Starts 13th January</i>	Edward Woods Community Centre	No booking needed
11:45 - 12:45	Steady & Stable: Falls Prevention Exercise	White City Community Centre	020 4516 9975

14:00 - 15:00	Steady & Stable: Falls Prevention Exercise	Edward Woods Community Centre	020 4516 9975
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Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Steady & Stable: Falls Prevention Exercise	The Creighton Centre	020 4516 9975
11:05 - 12:05	Steady & Stable: Falls Prevention Exercise	The Creighton Centre	020 4516 9975
12:30 - 14:00	Still Life & Art <i>*Starts 21st January</i>	Edward Woods Community Centre	No booking needed
14:00 - 15:00	Dance Exercise <i>*Starts 14th January</i>	Community Hub	No bookings needed
14:00 - 15:00	Chair Exercise	Age UK	No bookings needed

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
11:30 - 12:30	Pilates <i>*Bring own yoga mat</i>	Fulham Broadway Methodist Church	No Booking Needed
13:00 - 14:00	Tai-Chi / Chi-Gong	Fulham Broadway Methodist Church	No Booking Needed

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
13:00 - 14:00	Tai Chi <i>*Starts 16th January</i>	The Community Hub	No booking needed
13:30 - 14:30	Chair Exercise	Edward Woods	No bookings needed

		Community Centre	
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	The Community Hub	020 4516 9975

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Exercise	St Andrew's Church	No booking needed
13:30 - 14:30	Pilates <i>*Bring own Yoga Mat</i>	St Andrew's Church	No booking needed

Online Activities & Phone Groups

Open Age takes payments for all online classes. If you have not yet “topped up” your online account, either do so via our website (logging into your membership), or by popping into your nearest Open Age centre, where the team will be able to assist you.

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 11:15	Intermediate Italian with Giulio	Zoom	via the Member Portal
10:00 - 11:00	Osteo Blast: Exercise for Healthy Bones <i>(for Westminster and RBKC residents)</i>	Zoom	via the Member Portal
10:00 - 11.30	Beginner's Painting & Drawing	Zoom	via the Member Portal
11:00 - 12:00	Monday Phone Group	Phone Group	020 3713 8736
11:00 - 12:30	Shared Reading <i>(with Ghada)</i>	Zoom	via the Member Portal
12:00 - 13:00	Advanced Spanish Chat	Zoom	via the Member Portal
14:00 - 15:00	Local History (monthly – call Second Half Centre for dates)	Zoom	via the Member Portal
15:30 - 17:00	Mindfulness & Relaxation <i>*Starts 13th January</i>	Zoom	via the Member Portal

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Zoom	via the Member Portal
11:00 - 12:30	Open Science: Biodiversity: What's in it for me? <i>*21st January*</i>	Zoom	via the Member Portal
11:00 - 12:30	Open Science: Emergence and the Brain: How the whole is much more than a sum of Neurons <i>*25th February*</i>	Zoom	via the Member Portal
11:00 - 12:30	Open Science: Mars Rover: Unlocking the Secrets of the Red Planet <i>*Date TBC*</i>	Zoom	via the Member Portal
12:30 - 13:30	Chair Exercise	Zoom	via the Member Portal
14:15 - 15:15	Open Space Talks (<i>1st Tuesday of the month - See weekly newsletter for more details</i>)	Zoom	via the Member Portal
14:30 - 15:30	Steady & Stable: Falls Prevention Exercise	Zoom	via the Member Portal
15:00 - 16:00	Yoga	Zoom	via the Member Portal

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Zoom	via the Member Portal
10:00 - 12:00	Time for Me Carers: Creative Writing (Twice a month)	Zoom	07437 913 154 carerstimeforme@openage.org.uk
11:00 - 12:00	Shared Reading (with Ewa) – starts 15/01	Zoom	020 3713 8736
11:00 - 12:30	Greek Mythology & Ancient Stories (with Ghada)	Zoom	via the Member Portal
14:00 - 15:00	Chair Exercise	Zoom	via the Member Portal
14:30 - 15:30	Campden Ward Social Group-starts 15/01	Phone Group	020 3713 8736
16:00 - 17:45	Meditation & Mindfulness (Non-Beginner) <i>*starts 15th January*</i>	Zoom ACL	020 4516 9972 aclbookings@openage.org.uk

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Healthy Lungs: <i>Exercise for Lung Health</i> (for Westminster and RBKC residents)	Zoom	via the Member Portal
10:00 - 11:00	Keep Fit	Zoom	via the Member Portal

11:00 - 12:00	The Archaeology of Ancient Greece & Near East <i>(fortnightly)</i>	Zoom	via the Member Portal
12:00 - 13:00	Pilates	Zoom	via the Member Portal
14:00 - 15:00	Chi Gong	Zoom	via the Member Portal
14:00 - 15:00	Shared Reading <i>(with Ewa) – starts 16/01</i>	Phone Group	020 3713 8736
15:30 - 16:30	Conversational French	Zoom	via the Member Portal
16:00 - 17:00	Topical Hour <i>*starts 16th January</i>	Phone Group	020 3713 8736

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Stretch and Tone	Zoom	via the Member Portal
10:30 - 11:30	Monthly Quiz <i>(First Friday of each month)</i>	Zoom	via the Member Portal
10:30 - 11:30	Philosophy	Zoom	via the Member Portal
13:00 - 14:00	History of Art <i>(fortnightly – contact Second Half centre for dates)</i>	Zoom	via the Member Portal
14:30 - 15:30	Friday Social Quiz	Phone Group	07741 656 478
14:30 - 15:30	Step Up from Steady	Zoom	via the Member Portal

Activities outside of RBKC and Westminster

Brent

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 11:30	Steady & Stable: Falls Prevention Exercise	Chalkhill Community Centre	JBiglari@openage.org.uk 020 8143 9259
11:45 - 12:45	Steady & Stable: Falls Prevention Exercise	Chalkhill Community Centre	JBiglari@openage.org.uk 020 8143 9259

Trips & Events

All trips and events will be advertised in our centres and in the members' emailed bulletin, sent weekly to your email address. If you are not receiving this email, please speak to a member of the team.

Time for Me Programme for Unpaid Carers

Please email carerstimeforme@openage.org.uk or call 0204 516 9976 to receive the carers full list of activities and outings.

Activities Outside Open Age

THERAPIES:

Shiatsu Massage and Reflexology are available weekly by appointment only, at The Reed Centre, 28 Convent Gardens W11 1NJ. £35 for a 1-hour treatment.

To book call:

- Rita Taylor, Reflexology - 07865 080969
- Paula Kent, Shiatsu Massage - 07715 512703

BEAUTY TREATMENTS:

Facials, massages, pedicures, manicures, and much more on Thursdays between 10am and 4pm at Anchor Court, 2 Carey Place, SW1V 2RT.

To book call: Rima - 07459 712 302

Locations of Open Age centres



Open Age - St Charles Centre for Health & Wellbeing

Second Half Centre
Exmoor Street London
W10 6DZ
Borough - Kensington & Chelsea (North)

Telephone: 020 4516 9971
Email: acarrington@openage.org.uk
Second Half Centre, left at Reception



Open Age – Avenues

New Avenues
3-7 Third Avenue
London W10 4RS
Borough – Westminster (North)

Telephone: 020 3713 8737
Email: mlaurent@openage.org.uk

B Bus stops
Buses: 18, 28, 228

E Entrance to New Avenues / Open Age QPHR Hub



Open Age - New Horizons

Guinness Trust Estate Cadogan Street
London SW3 2PF
Borough - Kensington and Chelsea (South)

Telephone: 020 4516 9970
Email: fkorenica@openage.org.uk



Open Age – St Margaret’s

St Margaret's
1 Carey Place
London
SW1V 2RT
Borough – Westminster (South)

Telephone: 020 4516 9969

Email: hmunns@openage.org.uk

Locations of Community Venues (in alphabetical order)

COMMUNITY VENUE NAME	ADDRESS	POSTCODE	BOROUGH
Age UK	105 Greyhound Road	W6 8NJ	H&F
Chelsea Theatre	7 World's End Place	SW10 0DR	South RBKC
Chalkhill Community Centre	113 Chalkhill Road, Wembley Park	HA9 9FX	Brent
Churchill Gardens Estate	Churchill Gardens, Pimlico - Chippendale/Lutyens Pitch	SW1V 3AL	South Westminster
Edward Woods Community Centre	60 Norland Road	W11 4TX	H&F
Fitzrovia Community Centre	2 Foley Street	W1W 6DL	Westminster
Fulham Broadway Methodist Church	452 Fulham Road	SW6 1BY	H&F
Ixworth Place Community Centre	2 Kimbolton Row, Samuel Lewis Trust Dwelling	SW3 6RQ	South RBKC
Leighton House Museum	12 Holland Park Rd	W14 8LZ	South RBKC
Liberal Jewish Synagogue	28 St John's Wood Road	NW8 7HA	North Westminster
Little Venice Sports Centre	10 Crompton Street	W2 1ND	North RBKC
Moberly Sports Centre	25 Chamberlayne Road, Ladbroke Grove	NW10 3NB	North Westminster
Morley College North Kensington Centre	Wornington Road	W10 5QQ	North RBKC
Paddington Sports Club	Castellain Road	W9 1HQ	North Westminster
Paddington Recreation Ground	Randolph Avenue	W9 1PD	North Westminster
Penfold Community Hub	60 Penfold Street	NW8 8PJ	Westminster
Pepper Pot	1a Thorpe Close	W10 5XL	North RBKC
Porchester Square Gardens	Porchester Square	W2 6AN	North Westminster
Porchester Sport Centre	Queensway, Porchester Road	W2 5HS	North Westminster
The Reed Centre	28 Convent Gardens	W11 1NJ	North RBKC

Response Community Projects	300 Old Brompton Road	SW5 9JF	South RBKC
St Andrew's Church	Greyhound Road	W14 9SA	H&F
St Augustine's Sports Centre	Oxford Street, North Maida Vale	NW6 5AW	North Westminster
St George's Church	Aubrey Walk	W8 7JG	North RBKC
St Mary's The Boltons	St Mary's Church, The Boltons	SW10 9TB	South RBKC
St Paul's Church	5 Rossmore Road	NW1 6NJ	North Westminster
St Stephen's Church	38-42 Rochester Row	SW1P 1LE	South Westminster
The Community Hub	1A Aisgill Avenue, West Kensington	W14 9NF	H&F
The Creighton Centre	378 Lillie Road	SW6 7PH	H&F
The Hub, Regents Park	Regent's Park Road	NW1 4NU	Westminster
Victoria & Albert Museum (V&A)	Exhibition Road	SW7	South RBKC
Victoria Medical Centre	29 Upper Tachbrook Street	SW1V 1SN	South Westminster
Westminster Academy	255 Harrow Road	W2 5EZ	North Westminster
West London Bowling Club	112a Highlever Road	W10 6PL	North RBKC
White City Community Centre	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:

