

Activities for people over 50
FREE MEMBERSHIP
openage.org.uk



Celebrating Age, Stage & Experience

New Horizons Activity Programme

8th JANUARY – 13th JULY 2018

Spring Half Term: MON 12th FEB – FRI 16th FEB 2018

Easter Break: FRI 30th MAR – FRI 13th APR 2018

new-horizons-chelsea.org.uk
facebook.com/newhorizonschelsea

New Horizons, located in the Guinness Trust Estate, Cadogan Street SW3, is open weekdays from 9.30am - 4.00pm

Membership is free and open to people over 50. If you live outside of Kensington and Chelsea, you can fill in the membership form and be added to the waiting list for non-borough membership.

For general enquiries ring: **0207 590 8970**.

Registered Charity No: 1160125

TRANSPORT SERVICE

Buses 19, 22, 137, 452, C1 to Sloane Street; buses 11, 211, 319 to King's Road (stop nearest to Draycott Avenue); bus 360 to Sloane Avenue and Draycott Terrace; Sloane Square is the nearest Tube.

New Horizons is easily accessible by public transport. However, for those residents of Kensington and Chelsea who are unable to use public transport, assistance in getting to and from New Horizons activities is available. Ring the centre to find out more about how we can help.



Please Note: At tutor's request - NO admittance to Exercise classes if late by 10 minutes.

MONDAY


* **D** Please make a **Donation** if you are able.

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
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For more Information on ADULT COMMUNITY LEARNING *(ACL) Classes, please see at end of Programme


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| Art: Using Watercolours – Beginners * ACL CLASS | 9.45 – 11.45  | New Horizons Centre 10 week course Starts Jan 8th | | £3.00 | Whether you are modern day Monet or complete novice, our painting classes are suitable for beginners as well as for more confident and experienced dabblers. Explore all kinds of styles and techniques. |
| Pilates 1-2-1 Sessions -With Jocelyne | 9.00 – 12.00 Book on: 07931 543 226 | New Horizons Centre | | £30 per session | Pilates exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility. |
| Jewellery Making – Beginner | 10.00 – 12.00 | New Horizons Centre | | FREE *D | Develop your creative talents by making handcrafted jewellery for yourself or loved ones. Bring your own materials. |
| Non- Fiction Writng * ACL CLASS | 10.00 – 12.00 10 week course Starts Jan 8th | New Horizons Centre  | | £3.00 | Learn and develop your non-fiction writing skills in Travel, Journalism, Critic/Review, Memoir skills in this engaging and insightful course |



New Horizons, Guinness Trust Estate, Cadogan Street, London, SW3 2PF

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| Italian Conversation | 10.00 –12.00 | Cremorne Clubroom, Milman's Street, London, SW10 0BY | | FREE *D | Brush up on your Italian language skills in these informal groups that meet for lively discussions on anything from travel and popular culture to history and politics. |
| Men's Group For more info, call Russell on: 020 8962 5583 | 11.00 – 12.30 1st Monday of month | New Horizons Centre | | FREE | Men's only social group that includes wide range of activities, variety of speakers and trips out and about. |
| Scrabble Group | 10.30 – 12.00 | New Horizons Centre | | FREE *D | Do you love words and board games? Then this group is for you! Meet other scrabble lovers & enjoy playing the game with new people. |
| Spanish Film | 11.00 – 1.00 | New Horizons Centre | | £1.75 | A fun way to expand your Spanish vocabulary and gain insight into Spanish culture. For Intermediate level. |
| Pilates – Advanced | 12.00 – 1.00 MAX 12 Spaces | New Horizons Centre | | £1.25 | Slow and controlled exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility. |
| Acupuncture - Book at Reception | Slots from 12.00 – 4.00 Private Practitioner | New Horizons Centre | | £35.00 per session | Fine needles are inserted at certain points in the body for therapeutic or preventative purposes. Treatment encourage the body's self-healing process by restoring the free flow & balance of Qi (the vital energy). |
| Pilates – Intermediate | 1.00 – 2.00 MAX 12 Spaces | New Horizons Centre | | £1.25 | Slow and controlled exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility. |
| Sketching at the V&A * ACL CLASS | 1.00 - 3.00  | V&A Museum, Cromwell Road Entrance, SW7 2RL 10 week course Starts Jan 8th | C1, 14, 74, 414 | £3.00 | Explore the depths of the V&A; practice various topics of drawing, including: composition; shape, form and line; light & reflection; volume & shading; portraits and detail. Bring along a sketchbook, pencils and yourself! |
| Pranayama – Breathing Yoga | 2.00 – 4.00 | New Horizons Centre | | £1.75 | The practice of this form of Yoga is intended to promote health, rejuvenation, happiness and inner harmony. |
| Book Break - run by the Reader organisation | 2.00 – 4.00 | New Horizons Centre | | FREE *D | Read short stories, poems, novels & plays together & discuss them over a cuppa! There's no obligation to read or join the discussion, you can also just come & listen! |

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| German Conversation | 2.00 – 4.00 | New Horizons Centre | | FREE *D | Brush up on your German language skills in these informal groups that meet for lively discussions on anything from travel and popular culture to history and politics. |
| Monday Games Group | 2.00 – 4.00 | New Horizons Centre | | FREE *D | A fun & friendly group which meets in the New Horizons café. Drop by for a chat, a game of Bingo, <i>Who Wants to Be a Millionaire</i> or a quiz. |
| Unsupported IT Drop-in NOTE: 1 hrs ONLY | 3.00 – 4.00 | New Horizons Centre | | FREE | Drop-in with no booking required. Bring own USB stick to store documents. |

TUESDAY

| ACTIVITY | TIME | PLACE | | COST | DETAILS |
|--|--|---|--|------------|---|
| In the News: Current Affairs NO admittance after start time | 9.50 – 11.50 | New Horizons Centre | | £2.00 | A discussion group in which participants talk about topical issues. The subjects are of national or international importance, relating to politics, sport or the arts. |
| French – Intermediate | 10.00 – 12.00 | New Horizons Centre | | £1.75 | A fun and friendly class for people who know the basics and want to improve their French. |
| Conversational English Beginners *ACL CLASS | 10.00 – 12.00  | New Horizons Centre 10 week course Starts Jan 9th | | £3.00 | For speakers of other languages, brush up on your spoken, written, and grammatical English and become a more confident speaker. |
| Russian Conversation | 10.00 – 11.00 | New Horizons Centre | | FREE *D | A fun and friendly Russian class for people who know the basics and want to improve their conversational Russian. |
| Shiatsu – 1 st and 3 rd Tuesday of the month; Book with Caroline on 0208 687 6950 | Slots from 10.00 – 1.00 Private Practitioner | New Horizons Centre | | Varies | Shiatsu is a massage from Japan. It stimulates the body's vital energy flow and restores balance. This makes you feel deeply relaxed and in touch with the body's own healing abilities. May help arthritis, back, neck & shoulders, injuries & stress. |
| Kundalini Yoga STARTS: 23 rd JAN – 27 th MAR | 12.00 – 1.00 | New Horizons Centre | | £1.00 | Health and Wellbeing through yoga and meditation: Managing anxiety, stress, and low mood. |
| Supported IT Drop-in | 12.00 – 2.00 | New Horizons Centre | | FREE *D | Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents. |
| French Course 2 - (Jan – Mar 2018) French Course 3 - (Apr – Jul 2018) | 12.00 – 2.00 | New Horizons Centre | | £1.75 | Do you dream of 'la vie en rose'? In this beginners' class you will learn the basics of communicating simply & effectively, covers grammar, vocabulary & pronunciation; class progresses to Intermediate. |

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| Russian Beginners | 12.00 – 1.00 | New Horizons Centre | | FREE *D | A fun and friendly Russian class for people who know learn the basics. |
| Osteopathy (1 st & 3 rd Tues of month) Please BOOK with Lucy on 0771 264 7282 | Slots from 1.00 – 4.00 | New Horizons Centre | | Varies | Helps with Arthritic, Back & Neck Pain, Headaches, Osteoporosis, Chronic Shoulder Problems, Loss of Balance, injuries from falls, and stress related problems. |
| Massage & Reflexology – Book on 0798 923 8078 | Slots from 1.00– 4.00 Private Practitioner | New Horizons Centre | | £30 | 1 to 1 session - Relax and de-stress with a full body massage or target pressure points on hands and feet to help relieve pain and promote better health. |
| Zumba | 1.00–2.00 MAX 12 Spaces | New Horizons Centre | | £1.25 | The class is broken down into easy-to-follow steps and routines for everyone, to enjoy - ditch the workout - join the party. |
| Creativity in Writing * ACL CLASS | 2.00 – 4.00  | New Horizons Centre 10 week course Starts Jan 9th | | £3.00 | Write about travel, nature, autobiographies, memoirs, essays, rants & almost anything else you can think of. Air your opinions, share fascinating facts and learn how to improve your writing. |
| Spanish Course 2 - (Jan – Mar 2018) Spanish Course 3 - (Apr – Jul 2018) | 2.00 – 4.00 | New Horizons Centre | | £1.75 | This friendly class will introduce you to the Spanish language, both spoken and written, in a relaxed atmosphere; class progresses to Spanish Intermediate. |
| Social Bridge | 2.00 – 4.00 | Lewis Estate Clubroom, Ixworth Place (corner of Elystan Street) SW3 3QG | 11,14 19,22 49, 211, 319, 345, 360 | FREE *D | A fun and social way to improve memory and concentration whilst playing bridge. This group is untutored and all levels are welcome. |
| Drama * ACL CLASS | 2.00 – 4.00  | New Horizons Centre 10 week course Starts Jan 9th | | £3.00 | Discover your inner thespian and join this fun class, using scripts, improvisation and applied theatre techniques. Foster new friendships, express yourself and develop self-confidence & creativity. |



WEDNESDAY

| ACTIVITY | TIME | PLACE | | COST | DETAILS |
|---|--|---------------------|--|------|---|
| Third-Age Counselling Service | 9.30 – 4.00 Ring 0207 976 6667 to Book | New Horizons Centre | | FREE | One-to-one counselling service run by the Third Age |
| Steady & Stable – Falls Prevention Class. | 9.45 – 10.45 Ring Deryn on 0208 962 5582 | New Horizons Centre | | FREE | A fun tried & tested exercise programme to improve balance, strength, reduce falls & ensure independent mobility. |

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| Social Jewellery Making – with Marcia | 10.00 – 12.00 | New Horizons Centre | | FREE *D | Develop your creative talents by making handcrafted jewellery for yourself or loved ones. Bring your own materials. |
| Members' Forum 17 Jan, 21 March, 16 May, 11 July | 11.00 – 12.00 | New Horizons Centre | | FREE | Your presence at these meetings helps shape the future of New Horizons. Come with your views, suggestions and questions and hear updates from the staff. |
| Fitness Aerobics | 11.00 – 12.00 MAX 12 Spaces | New Horizons Centre | | £1.25 | A combination of low impact moves which raise the heart rate, burn calories and improve leg strength, with low impact sections. |
| Italian Course 2 - (Jan – Mar 2018) Italian Course 3 - (Apr – Jul 2018) | 11.00 – 1.00 | Chelsea Theatre, World's End Place, King's Road SW10 0DR | 11, 22, 328, C1 | £1.75 | Do you love the Italian language? In this beginners' class you will learn the basics of communicating simply and effectively, covering grammar, vocabulary and pronunciation; class progresses to Intermediate. |
| Jazzercise | 12.00 – 1.00 | New Horizons Centre | | £1.25 | Express yourself and burn calories with easy to follow dance moves set to a range of music. |
| Unsupported IT Drop-in NOTE: 1 hrs ONLY | 12.00 – 1.00 | New Horizons Centre | | FREE *D | Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents. |
| Russian Zero – Absolute Beginners | 12.00 – 2.00 | New Horizons Centre | | FREE *D | Come and begin your journey with the Russian language in this friendly and engaging class. |
| Chair Exercise – Run by RBKC Leisure Services | 1.00– 2.00 Max 14 Spaces | New Horizons Centre | | £1.25 | Seated exercise class with or without music class focus on improving your limb mobility, muscle strength, co-ordination, balance and range of movement. |
| Singing | 2.00 – 4.00 | New Horizons Centre | | £1.75 | If you are new to singing or you'd like to brush up on your technique then this is the perfect class for you! |
| General Knowledge Quiz | 2.00 – 4.00 | New Horizons Centre | | FREE *D | A fun, informal and non-competitive group for anyone with a love of facts and trivia! |

THURSDAY

| ACTIVITY | TIME | PLACE | | | DETAILS |
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| Chair Yopalates MAX 12 Spaces | 9.45 – 10.45 | New Horizons Centre | | £1.25 | This is a chair based class with a combination of yoga and Pilates postures and breathing techniques |
| Literature Appreciation MAX 12 Spaces | 10.00 – 12.00 | New Horizons Centre | | £1.75 | Encounter writers both famous and unfamiliar from all corners of the world, with lively and accessible weekly discussions of fiction, poetry and drama. |
| Stroke Survivors & Carers Social Group | 10.00 – 12.00 | New Horizons Centre | | FREE | An informal social group for people who have had strokes and their Carers. Enjoy tea, coffee, and the mutual support of other stroke survivors. |
| Scrabble Group | 10.30 – 12.00 | New Horizons Centre | | FREE *D | If you love words and board games then this is for you! Meet other scrabble lovers and enjoy playing the game with new people. |
| Lewis Art Group | 10.30 – 12.30 | Lewis Estate Clubroom, Ixworth Place (corner of Elystan Street) SW3 3QG | 11,14 19,22 49, 211, 319, 345, 360, 414 | £2.00 | An informal class in which students of all levels work on projects of their choice with guidance from a professional artist/tutor. Students can work in oils, watercolours, pastels, pencils, or other media. Students bring their own materials. |
| Zumba NEW Starts 11th Jan | 11.00-12.00 | Mary Smith Court, Ground Floor, 17 Trebovir Road, SW5 9NF | C1, C3 74, 328, 430 | £1.00 | Dance exercise to Latin music. Build up your energy levels in this exciting class! |
| Flow Yoga MAX 12 Spaces | 11.00 – 12.00 | New Horizons Centre | | £1.25 | A yoga and Pilates inspired class with controlled breathing and carefully structured series of stretches, moves & poses creates a holistic workout. |
| Spanish Conversation MAX 12 Spaces | 11.00 – 12.00 | New Horizons Centre | | FREE *D | Brush up on your Spanish language skills in these informal groups that meet for lively discussions on anything from travel, popular culture to history and politics. |
| Massage & Reflexology – Book on 07989 238 078 | Slots from 12.00 – 4.00 Private Practitioner | New Horizons Centre | | £30 | 1 to 1 session - Relax and de-stress with a full body massage or target pressure points on hands and feet to help relieve pain and promote better health. |
| Chi Gong – Beginner MAX 12 Spaces | 12.00 – 1.00 | New Horizons Centre | | £1.25 | A slow moving and gentle exercise, carried out in a relaxed manner without strain and suitable for anyone irrespective of age or physical condition. |
| Supported IT Drop-in | 12.00 – 1.45 <i>Please Note:</i> End Time | New Horizons Centre | | FREE *D | Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents. |

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| French Conversation – Intermediate | 12.20 – 2.00 | New Horizons Centre | | FREE *D | Brush up on your French language skills in these informal groups that meet for lively discussions. |
| Chair Exercise at Mary Smith Court | 1.00 – 2.00 | Mary Smith Court, ground floor lounge, 17 Trebovir Road SW5 9NF. <i>For entry, ring bell for manager/office.</i> | 74, 328, C1, C3 | £1.25 | For anyone who has joint or mobility problems. Learn to exercise safely and effectively. Improve mobility, flexibility and strength with simple chair based exercises. |
| Chi Gong – Intermediate | 1.0 – 2.00 MAX 12 Spaces | New Horizons Centre | | £1.25 | A slow moving and gentle exercise, carried out in a relaxed manner without strain and suitable for those who have done Chi Gong before. |
| Art & Museum Appreciation * ACL CLASS | 2.00 – 4.00  | New Horizons Centre and local galleries 10 week course Starts Jan 11th | | £3.00 | Boost your appreciation and knowledge of art periods and movements through visits to on-line museums, art discussions, and regular visits to London's galleries and museums. |
| Life Stories * ACL CLASS | 2.00 – 4.00  | New Horizons Centre 10 week course Starts Jan 11th | | £3.00 | Write your personal stories in a fun and supportive atmosphere. Weekly themes such as travel, family, childhood & many more unusual topics. Rediscover memories and document experiences. |
| Falls Prevention – Please call 020 8102 5494 to register | 2.15 – 3.45 | New Horizons Centre | | FREE | An 8-week course for people who have had a fall or are feeling unsteady on their feet. Sessions focus on increasing strength, balance, confidence, advice and support. |

FRIDAY

| ACTIVITY | TIME | PLACE | | COST | DETAILS |
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| Indian Head Massage with a touch of Reiki 1-2-1 | Slots from 9.30 – 12.30 BOOK on: 0796 1803 298 | New Horizons Centre Private Practitioner | | £30 | Indian Head Massage with a touch of Reiki is an exquisite treatment that has wonderful, relaxing, healing properties. The combination of these two ancient practices will bring your mind, body and spirit into balance and harmony. Intro offer: 1st treatment £25 £30 thereafter |
| Line Dancing | 10.00 – 11.00 MAX 12 Spaces | New Horizons Centre | | £1.25 | Have fun learning steps and sequences to some great tunes to keep you healthy and fit. |
| Book Club – 3rd Friday of the month | 10.00 – 12.00 | New Horizons Centre | | FREE *D | Read a book selected by the group and then come and discuss it! Whether you loved it, hated it or were indifferent, all opinions are welcome! |

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| Needlework Group | 10.00 – 12.00 | New Horizons Centre | FREE *D | Knit, crochet or stitch in company in this relaxed workshop-style class. |
| Meditation – 2nd and 4th Friday of the month | 10.15 – 11.45 | New Horizons Centre | £1.50 | Relax, enjoy some quiet time, and leave your worries behind. |
| Yogalates | 11.00 – 12.00 MAX 12 Spaces | New Horizons Centre | £1.25 | A class based on a combination of yoga and Pilates postures and breathing techniques to help with overall health. |
| Ballet Bar Conditioning | 12.00 – 1.00 MAX 12 Spaces | New Horizons Centre | £1.25 | Strengthen your muscles to gain flexibility, improve posture, balance using ballet bars. |
| Shakespeare & French Classical Drama | 12.00 – 1.30 MAX 12 Spaces | New Horizons Centre | £1.75 | A captivating and entertaining journey through The Bards works and origins of French classical literature. |
| Supported IT Drop-in | 12.00 – 2.00 | New Horizons Centre | FREE *D | Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents. |
| Pilates Body Conditioning | 1.00– 2.00 MAX 12 Spaces | New Horizons Centre | £1.25 | Strengthen; improve flexibility and body posture using different multiple forms of Pilates exercises; standing, chair and floor based. |
| Reiki – with Ranjanie Book at Reception | Slots from 1.00 – 4.00 | New Horizons Centre | FREE *D | 1 to 1 Session - A non-intrusive therapy (no massage or manipulation) carried out through clothing. |
| Carers' Group & Social – for information, ring Ashley on: 0208 962 4141 | 2.00 – 4.00 | Various Venues | Price Varies | Social and support group specifically for people who care (unpaid) for a family member of friend. A variety of different activities /trips/sessions each week. |
| Crack the Cryptic Crossword | 2.30 – 3.30 | New Horizons Centre | FREE *D | Learn tips and secrets for completing and unravelling the secrets of cryptic crosswords. |



*** ADULT COMMUNITY LEARNING CLASSES** ACL classes are funded by the Skills Funding Agency and European Social Fund.

They are different to the standard drop in classes and are more structured, with set times scales for the courses and Individual Learning Plans (ILP's), coursework and targets etc. involved. Because the classes receive this funding and are also subject to inspection by Ofsted, there are targets and quality standards imposed as a condition of the funding. There is an expectation when you enrol, that you'll be willing to contribute to meeting these by attending every session, if possible, and working with the tutors to achieve your learning goals, otherwise our continued funding for these courses could be affected.

ACL classes are usually £3.00 per class, but are free for those receiving certain benefits (proof required).

New Horizons is a pioneering activity centre for older people delivered by a consortium of three charities, Open Age, Age UK Kensington and Chelsea and the Guinness Trust, in partnership with the Royal Borough of Kensington and Chelsea and NHS Kensington and Chelsea. Lead organisation: Open Age. Open Age is registered as a charity in England and Wales No 1160125.

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