



Spring Programme 2024

Monday 15th April – Friday 19th July 2024

(Half Term: 27th to 31st May 2024)

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.

Open Age will be testing the ability to take payments online this term and we kindly ask that those members who currently attend online activities help us with this process.

You can "top-up" your online account either through the platform/website after logging in, or by popping into your nearest Open Age centre.

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	IT - Introduction to Google Apps *starts 22 nd April 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 - Computer for Beginners *starts 22 nd April 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 - Mobile Digital Photography *starts 22 nd April ACL	Second Half Centre	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	Time for Me - IT for Carers *starts 23 rd April ACL	Second Half Centre	07437 913 154
10:00 - 12:00	Introduction to A.I. (Artificial Intelligence) *starts 4 th June ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:30 - 12:30	Italian Beginners Plus (need approx. 140 hours of prior tuition) *starts 23 rd April ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
11:00 – 12:00	Box Fit	Second Half Centre	020 4516 9971
11:00 - 12:00	Bi-Weekly Community Garden Kitchen Group <i>(contact for more information)</i>	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
13:00 - 14:00	Steady & Stable: Falls Prevention Exercise	Second Half Centre	020 4516 9975
13:00 - 15:00	Italian for Beginners (need approx. 40 hours of prior tuition) *starts 23 rd April ACL	Second Half Centre	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	Lip-reading & Managing Hearing Loss <i>*starts 24th April</i> ACL	Morley College	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	Drawing in Holland Park <i>*starts 24th April</i> ACL	Holland Park	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Getting Started with Your iPad/iPhone <i>*starts 24th April</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	Summer Cooking (Fortnightly) - <i>learn about healthy summer foods & recipes, as well as enjoying a tasty lunch with the group.</i> <i>*starts 24th January</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
12:15 - 14:15	Men's Space: Lunch & Cookery (Fortnightly) <i>1st & 3rd Wednesday</i>	Second Half Centre	07467 952 564
13:30 - 15:30	Men's Space: Men's IT Group <i>*starts 24th April</i> ACL	Second Half Centre	07467 952 564
13:30 - 15:30	IT - Introduction to the Cloud (Storage) <i>*starts 5th June</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
13:30 - 15:30	IT - How to Use the NHS & GP Apps <i>*starts 5th June</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
13:30 - 15:30	Meditation & Mindfulness for Beginners <i>*starts 24th April</i> ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
14:30 - 16:30	Poetry <i>*starts 24th April</i> ACL	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	Speaking English with Confidence *starts 25 th April ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Further Skills with Android Devices *starts 25 th April ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Further Skills with Android Devices *starts 6 th June ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
10:15 - 12:15	Mosaics *starts 25 th April 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
13:45 - 14:45	Healthy Lungs: Exercise for Lung Health (for Westminster and RBKC residents)	Second Half Centre	020 4516 9973 ktvagi@openage.org.uk

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - Excel for Beginners *starts 26 th April ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
11:15 - 12:15	Dance to the Stars	Second Half Centre	020 4516 9971
13:00 - 15:00	IT - Creating & Using Email *starts 26 th April ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
13:00 - 15:00	IT - How to Use Microsoft Word *starts 26 th April ACL	Second Half Centre	020 4516 9972 aclbookings@openage.org.uk
14:00 - 16:00	Bi-Weekly Beginner's Jewellery Making	Second Half Centre	02045169971
14:00 - 16:00	Bowls * 19 th Apr, 10 th May, 14 th Jun, 12 th July	West London Bowling Club	No booking needed
15:15 - 16:45	Mathletics - <i>Strengthening memory through number exercises and games!</i> *starts 26 th April ACL	Second Half Centre	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) *starts 22 nd April ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - Excel for Beginners *starts 22 nd April 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
10:30 - 12:00	Intermediate Italian with Giulio	New Horizons	020 4516 9970
12:00 - 13:00	Pilates	New Horizons	020 4516 9970
12:00 - 14:00	Watercolours (All Levels) *starts 22 nd April ACL	Ixworth Place	020 4516 9972 aclbookings@openage.org.uk
12:30 - 14:30	IT - PowerPoint for Beginners *starts 22 nd April 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) *starts 22 nd April ACL	Ixworth Place	020 4516 9972 aclbookings@openage.org.uk
14:30 - 16:30	Pranayama Yoga	New Horizons	020 4516 9970
14:45 - 16:15	Mathletics - <i>strengthening memory through number exercises and games!</i> *starts 22 nd April ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk

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 *starts 23 rd April ACL	Response Community Projects	020 4516 9972 aclbookings@openage.org.uk
11:00 - 13:00	Speaking English with Confidence *starts 23 rd April ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk

11:30 - 12:30	Dance Mix	Mary Smith Court	No booking needed
12:00 - 13:00	Stretch and Tone	New Horizons	020 4516 9970
13:00 - 16:00	Bridge Club - Social (Intermediate)	Ixworth Place	020 4516 9970
13:15 - 14:15	Dance Exercise	New Horizons	020 4516 9970
13:15 - 14:15	Meditation	New Horizons	020 4516 9970
13:30 - 14:30	Dance Exercise	The Community Hub	No booking needed
14:30 - 16:30	Creative Writing *starts 23 rd April ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
14:30 - 16:30	Drama Skills - <i>Enhance your self-confidence through drama skills!</i> *starts 23 rd April 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 (for Westminster and RBKC residents)	New Horizons	020 4516 9973 kyagi@openage.org.uk
10:00 - 16:00	Third Age Counselling	New Horizons	01476 564 515 enquiries@thirdagecounselling.com
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
11:00 - 13:00	French Conversation (Upper Intermediate/Advanced)	New Horizons	020 4516 9970
12:00 - 13:00	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
13:00 - 15:00	RBKC Community Participant Team Drop In (3 rd Wednesday of the month)	New Horizons	Zino.khalfaoui@rbkc.gov.uk
13:15 - 14:15	Chair Exercise	New Horizons	020 4516 9970
14:15 - 16:15	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	New Horizons	020 4516 9972

	*starts 24th April	ACL	aclbookings@openage.org.uk
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Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Chair Exercise	New Horizons	020 4516 9970
10:00 - 12:00	Literature & Poetry	New Horizons	020 4516 9970
12:30 – 14:30	Play Workshops <i>(in partnership with Finborough Theatre)</i>	Response Community Projects	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	New Horizons	020 4516 9970
11:00 - 12:30	Men Space: Reminiscence & Social Bi-weekly 1 st & 3 rd Thursdays	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	Community Hub	No booking needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	Community Hub	020 4516 9975
14:15 - 15:45	NHS: Falls Prevention	New Horizons	0208 102 5494
14:30 - 16:30	One You Clinic: Healthy Lifestyle, Weight Loss & Exercise program	New Horizons	0203 434 2500
14:30 - 16:30	Life Stories *starts 25th April	Chelsea Theatre	020 4516 9972 aclbookings@openage.org.uk

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Book Club (4 th Friday of the month) *26th April, 24th May, 28th June, 26th July	New Horizons	020 4516 9970
10:00 - 12:00	IT - Being Safe Online *starts 26th April	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:00 - 12:00	IT - How to Use WhatsApp *starts 7th June	ACL New Horizons	020 4516 9972 aclbookings@openage.org.uk
10:15 - 12:15	Drawing at the V&A Museum *starts 26th April	ACL V&A Museum	020 4516 9972 aclbookings@openage.org.uk

10:45 - 11:45	Pilates	St. Mary The Boltons	No booking needed
11:00 - 12:00	Zumba	New Horizons	020 4516 9970
12:00 - 13:00	Chair Exercise	St. Mary The Boltons	No booking needed
12:00 - 14:00	Creative Writing *starts 26 th April ACL	New Horizons	020 4516 9972 aclbookings@openage.org.uk
12:15 - 13:15	Pilates	New Horizons	020 4516 9970
12:30 - 14:30	Drawing at the V&A Museum *starts 26 th April ACL	V&A Museum	020 4516 9972 aclbookings@openage.org.uk
13:00 - 15:00	IT - Mobile Digital Photography *starts 26 th April 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 (4 th Friday of the month) *26 th April, 24 th May, 28 th June, 26 th July	New Horizons	020 4516 9970
14:30 - 16:30	Philosophy (fortnightly) (in partnership with the Royal Institute of Philosophy)	New Horizons	020 4516 9970
14:30 - 16:30	Beginner's Mahjong	New Horizons	020 4516 9970
14:45 - 16:45	Watercolours *starts 26 th April ACL	Ixworth Place	020 4516 9972 aclbookings@openage.org.uk

Activities at Avenues (North Westminster)

Avenues will be closed on May 2nd as the centre is in use as a polling station

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Ballet Fitness	Avenues	020 3713 8737
10:00 - 11:30	Patchwork Making and more	Avenues	020 3713 8737
10:00 - 12:00	Bowls *8 th April, 13 th May, 3 rd June, 1 st July	Paddington Sports Club	No booking needed
10:00 - 12:00	Walking Cricket	Lord's Cricket Ground	No booking needed
10:15 - 11:15	Step Up from Steady	Liberal Jewish Synagogue	No booking needed

11:15 - 12:15	Zumba	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
13:30 - 15:00	Guest Speaker & Social <i>(last Monday of each month) See in centre for details</i>	Avenues	020 3713 8737
13:15 – 14:15	Osteo Pro	Little Venice Sports Centre	No booking needed
14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones <i>(for Westminster and RBKC residents)</i>	Little Venice Sports Centre	020 4516 9973 ktyagi@openage.org.uk
14:30 - 15:30	Begin to Gym (£3.51)	Porchester Leisure Centre	Pay and register at reception
13:45 - 15:30	Film Festival <i>(see in centre noticeboard for film listing)</i>	Avenues	020 3713 8737

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	Porchester Square Gardens	No booking needed

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Avenues	020 3713 8737

10:00 - 11:30	Drama: Play Workshops	Avenues	020 3713 8737
10:00 - 12:00	Social - Games Café	Avenues	020 3713 8737
11:15 - 12:15	Steady & Stable: Falls Prevention Exercise	Avenues	020 4516 9975
12:00 - 13:00	Drama: Play Reading	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
13:15 - 15:15	Social - Arabic Group <i>(1st & 3rd Wednesday of the month. Starting 1st of May)</i>	Avenues	020 3713 8737
13:15 - 15:15	Social - Knit & Natter <i>(2nd & 4th Wednesday of the month)</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 ktyagi@openage.org.uk
14:30 - 15:30	Begin to Gym (£3.51)	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
12:00 - 13:30	Guitar for All	Avenues	020 3713 8737
12:45 - 13:45	Pilates	Avenues	020 3713 8737
13:00 - 14:00	Walking Football	The Hub, Regents Park	No booking needed
13:30 - 14:30	Steady & Stable: Falls Prevention Exercise	Penfold Community Hub	020 4516 9975
14:00 - 15:00	Chair Yoga	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
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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
11:00 - 12:00	Music Hour and discussion	St Margaret's	No booking needed
11:00 - 12:00	Chair Exercise	Victoria Medical Centre	No booking needed
12:15 - 13:15	Social Singing	St Margaret's	No booking needed
13:30 - 14:30	Zumba	St Stephen's Church	No booking needed
14:30 - 16:30	Creative Writing	St Margaret's	020 4516 9969
15:00 - 16:00	Pilates	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 *NEW*	St Margaret's	No booking needed Max 10 spaces
13:00 - 14:30	History Walks every other Tuesday (<i>check in centre for details</i>) *NEW*	Various locations	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 kyagi@openage.org.uk
12:30 - 13:30	Men's Yoga	St Margaret's	020 4516 9969
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
10:30 - 11:30	Steady & Stable: Falls Prevention Exercise	Victoria Medical Centre	020 4516 9975
11:00 - 12:30	Bingo Brunch (second Thursday of the month) *NEW*	St Margaret's	020 4516 9969
13:30 - 15:30	Art Class	St Margaret's	020 4516 9969

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
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10:00 - 11:00	Dance Exercise	St Margaret's	020 4516 9969
11:30 - 12:30	Yoga	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	Games Friday	St Margaret's	020 4516 9969

Activities in Hammersmith & Fulham

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:15 - 11:15	Yoga	Edward Woods Community Centre	No booking needed
11:45 - 12:45	Steady & Stable: Falls Prevention Exercise	White City Community Centre	020 4516 9975

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
12:00 – 13:30	Still Life & Drawing	Edward Woods Community Centre	No bookings needed
13:30 - 14:30	Dance Exercise	The Community Hub	No bookings needed
14:00 – 15:00	Chair Exercise	Age UK	No bookings needed

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 – 12:00	Walk & Chat *3 April only	Earl's Court, Brompton and Baron's Court	020 4516 9974
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	Community Hub	No booking needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	Community Hub	020 4516 9975

Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
11:00 - 12:00	Pilates	Community Hub	No booking needed
12:30 - 13:30	Pilates (£2)	St Andrew's Church	No booking needed

Online Activities & Phone Groups

Bookings for online classes are now made via the member portal. If you are new to online classes and want to find out more, please speak to a member of staff

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Osteo Blast: Exercise for Healthy Bones	Zoom	via the Member Portal

	(for Westminster and RBKC residents)		
11:15 - 12:15	Healthy Lungs: <i>Exercise for Lung Health</i> (for Westminster and RBKC residents)	Zoom	via the Member Portal
11:00 - 12:00	Monday Phone Group	Phone Group	020 3713 8736
11:00 - 12:30	Shared Reading (with Ghada)	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>Ends Monday 24th June</i>	Zoom	via the Member Portal
15:00 – 17:00	Art & Mindfulness <i>1st & 8th July only. Attendance at both sessions recommended</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: How Ultra-processed Foods affect our diet and health *23rd April*	Zoom	via the Member Portal
11:00 - 12:30	Open Science: <i>in partnership with Imperial College, London</i> Talks take place monthly, where possible. For details of further talks this term, please see our weekly emails	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</i>) See weekly newsletter for more details	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: 1st & 3rd Wednesday)	Zoom	07437913154 carerstimeforme@openage.org.uk
11:00 - 12:00	Shared Reading (with Ewa)	Zoom	020 3713 8736

11:00 - 12:30	Greek Mythology & Ancient Stories (with Ghada)	Zoom	via the Member Portal
13:00 - 15:00	Italian - Next Step 2 (need approx. 180 hours of prior tuition) *starts 24th April ACL	Zoom	020 4516 9972 aclbookings@openage.org.uk
14:00 - 15:00	Chair Exercise	Zoom	via the Member Portal
14:30 - 15:30	Campden Ward Social Group	Phone Group	020 3713 8736
16:00 - 17:45	Meditation & Mindfulness (Non-Beginner) *starts 24th April ACL	Zoom	020 4516 9972 aclbookings@openage.org.uk

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
11:00 - 12:00	The Archaeology of Ancient Greece & Near East (fortnightly)	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 (with Ewa)	Phone Group	020 3713 8736
15:30 - 16:30	Conversational French	Zoom	via the Member Portal
16:00 - 17:00	Topical Hour	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 (First Friday of each month)	Zoom	via the Member Portal
10:30 - 11:30	Philosophy	Zoom	via the Member Portal
13:00 - 14:00	History of Art (fortnightly – contact Second Half centre for dates)	Zoom	via the Member Portal
13:30 - 14:30	Friday Social Quiz	Phone Group	07741 656 478
14:30 - 15:30	Step Up from Steady	Zoom	via the Member Portal

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 on alternate Fridays between 10am and 4pm 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 080 969
- Paula Kent, Shiatsu Massage - 07715 512 703

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

MONDAY MATINEES

**REGENT
STREET
CINEMA**

- £5 per ticket
 - 307 Regent St, London, W1B 2HW
 - You can book the films here:
<https://www.regentstreetcinema.com>
 - Or doors open at 12.30pm to buy tickets (card only)
- Any queries contact the cinema directly on 020 7911 5050

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

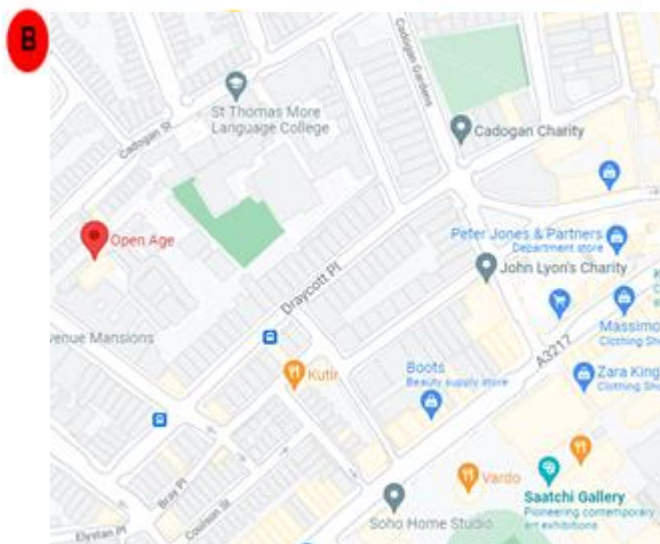


Open Age – Avenues

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

Telephone: 020 3713 8737

Email: mlaurent@openage.org.uk



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
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
Holland Park	Ilchester Place	W8 6LU	North Ken
Ixworth Place Community Centre	2 Kimbolton Row, Samuel Lewis Trust Dwelling	SW3 6RQ	South RBKC
Liberal Jewish Synagogue	28 St John's Wood Road	NW8 7HA	North Westminster
Lords Cricket Ground	St John's Wood Road	NW8 8QN	Westminster
Little Venice Sports Centre	10 Crompton Street	W2 1ND	Westminster
Mary Smith Court	17-23 Trebovir Road	SW5 9NF	South 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	Westminster
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	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 Westminster
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:

