

Centre and Online Programme (including walks)

Summer Break Programme

(Monday 24th July – Friday 1st September 2023)

For activities running in centres and community venues, we ask that members continue to contribute to Open Age £1 per hour, unless otherwise stated. At the moment Open Age does not have the ability to take payments online, therefore we kindly ask those members who attend online activities to make a donation via our website, www.openage.org.uk or pop into **one of your nearest centres to contribute.**

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Activities at Second Half Centre (North Kensington)

Monday

TIME	CLASS	LOCATION	CONTACT
12:30 - 13:30	Exploring Geometric Shapes in Abstract Art Collage Workshop (One Off Workshop) <i>Monday 7th August</i>	Second Half Centre	020 4516 9971
13:00 - 14:00	<i>Decoupage Craft Workshop (One Off Workshop)</i> <i>Monday 21st August</i>	Second Half Centre	020 4516 9971

Tuesday

TIME	CLASS	LOCATION	CONTACT
13:00 - 14:00	Steady & Stable: Falls Prevention Exercise <i>*Until 8th August</i>	Second Half Centre	020 4516 9975
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise <i>*Until 8th August</i>	Second Half Centre	020 4516 9975
14:15 - 16:15	<i>Book Folding Workshop (One Off)</i> <i>Tuesday 15th August</i>	Second Half Centre	020 4516 9971

Wednesday

TIME	CLASS	LOCATION	CONTACT
12:30 - 13:30	Outside Edge Theatre Creative Drama and Writing Workshop For those that struggle with any form of addiction.	Second Half Centre	020 4516 9971

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	(One Off Workshop) <i>Wednesday 9th August</i>		
10:00 - 11:15	Morning Social Optical Illusion's quizzes, word search, crossword and lots of chatter <i>16th & 23rd August only</i>	Second Half Centre	020 4516 9971
14:00 - 16:00	<i>African Jewellery Making Workshop (One Off) 16th August</i>	Second Half Centre	020 4516 9971

Thursday

TIME	CLASS	LOCATION	CONTACT
10:15 - 12:15	Textile Design Workshop Designing Patterns for Printed Fabric (One Off Workshop) Thursday 10 th August	Second Half Centre	020 4516 9971
12:30 - 13:30	Chair Exercise	Second Half Centre	020 4516 9971
13:45 - 14:45	Healthy Lungs: <i>Exercise for Lung Health (for Westminster and RBKC residents)</i> Until 10 th August	Second Half Centre	020 4516 9973 tmayley-james@openage.org.uk
14:00 - 16:30	Spanish Films Hosted by Anna Czubak Dates: 3/08/2023 10/08/2023	Second Half Centre	020 4516 9971

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17/08/2023

Friday

TIME	CLASS	LOCATION	CONTACT
11:15 – 12:15	Colouring For Relaxation Come and colour some beautiful images from nature to patterns. In a relaxing environment	Second Half Centre	020 4516 9971
14:00 – 16:00	Friday Classic Films (August Only) Starting from 04/08/22	Second Half Centre	020 4516 9971

Activities at New Horizons (Chelsea)

Monday

TIME	CLASS	LOCATION	CONTACT
10:00 - 12:00	Jewellery Making (Advanced)	New Horizons	020 4516 9970
10:00 - 16:00	Third Age Counselling	New Horizons	0207 976 6667 enquiries@thirdagecounselling.com
10:30 - 12:00	Intermediate Italian with Giulio	New Horizons	020 4516 9970
13:00 - 15:30	Film Club	New Horizons	020 4516 9970
14:00 - 16:00	Social – Monday Board Games	New Horizons	020 4516 9970

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Tuesday

TIME	CLASS	LOCATION	CONTACT
10:00 - 12:00	Italian Conversation (Advanced)	New Horizons	020 4516 9970
10:00 - 16:00	Third Age Counselling	New Horizons	0207 976 6667 enquiries@thirdagecounselling.com
11:00 - 12:00	Royal Albert Hall Songbook <i>*1st August only</i>	New Horizons	020 4516 9970
11:00 - 13:00	Memory Café <i>*25th July and 22nd August only</i>	New Horizons	0203 143 8878
13:00 - 16:00	Bridge Club (Advanced)	Ixworth Place	020 4516 9970

Wednesday

TIME	CLASS	LOCATION	CONTACT
09:45 - 10:45	Steady & Stable: Falls Prevention Exercise <i>*Until 9th August</i>	New Horizons	020 4516 9975
10:00 - 16:00	Third Age Counselling	New Horizons	0207 976 6667 enquiries@thirdagecounselling.com
10:50 - 11:50	Steady & Stable: Falls Prevention Exercise <i>*Until 9th August</i>	New Horizons	020 4516 9975
11:00 - 13:00	Open Age Members' Newsletter Group	New Horizons	020 4516 9970

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12:00 - 13:00	Osteo Blast: Exercise for Bone Health (<i>for Westminster and RBKC residents</i>) <i>*until 16th August</i>	New Horizons	020 4516 9973 tmayley-james@openage.org.uk
13:15 - 14:15	Chair Exercise <i>*no class 30th August</i>	New Horizons	020 4516 9970
14:15 - 16:15	Quiz <i>*no class 30th August</i>	New Horizons	020 4516 9970
14:30 - 16:00	Singing Summer Social <i>*no class 30th August</i>	New Horizons	020 4516 9970

Thursday

TIME	CLASS	LOCATION	CONTACT
10:00 - 16:00	Third Age Counselling	New Horizons	0207 976 6667 enquiries@thirdagecounselling.com
12:00 - 14:00	Supported IT Drop In <i>*until 17th August</i>	New Horizons	020 4516 9970
12:10 - 13:10	Chi Gong on video	New Horizons	020 4516 9970
14:15 - 15:15	NHS: Falls Prevention	New Horizons	0208 102 5494
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise <i>*Until 10th August</i>	The Community Hub	020 4516 9975
14:30 - 16:30	One You Clinic: Healthy Lifestyle, Weight Loss & Exercise programme	New Horizons	0203 434 2500

Friday

TIME	CLASS	LOCATION	CONTACT
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10:00 - 16:00	Third Age Counselling	New Horizons	0207 976 6667 enquiries@thirdagecounselling.com
11:00 - 12:00	Zumba <i>*28th July only</i>	New Horizons	020 4516 9970
12:15 - 13:15	Pilates <i>*28th July only</i>	New Horizons	020 4516 9970
13:30 - 14:30	Chi Gong <i>*until 11th August</i>	New Horizons	020 4516 9970
15:00 - 16:00	Open Space <i>*28th July and 25th August</i>	New Horizons	020 4516 9970

Activities in North Westminster

Monday

TIME	CLASS	LOCATION	CONTACT
10:00 - 12:00	Bowls <i>*7th August</i>	Paddington Sports Club	No booking needed
10:00 - 11:00	Osteo Blast: <i>Exercise for Healthy Bones (for Westminster and RBKC residents)</i> <i>*Until 7th August</i>	Seymour Leisure Centre	020 4516 9973 tmayley-james@openage.org.uk
10:00 - 12:00	Walking Cricket <i>24th July – Lord's (15:00-17:00)</i> <i>31st July – RP</i> <i>7th August- Lord's</i> <i>14TH August- RP</i> <i>21st August- Lord's</i>	Lords Cricket Ground / Regents Park (RP)	No booking needed
11:00 - 13:00	Sketching at Regents Park Join us for a weekly relaxed sketching and watercolours at Regent's Park. Please bring sketchbook, materials and pack lunch. £1.50 <i>*Starts 31st of July</i>	Outside Avenues centre at 11 or at Regent's Park station Bus Stop (A) at 11:20	020 3713 8737 Mlaurent@openage.org.uk
11:00 - 12:00	Zumba Gold £3.75	Westminster Academy (outside)	020 4516 9974

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11:30 - 12:30	Steady & Stable: Falls Prevention Exercise <i>*Until 7th August</i>	Liberal Jewish Synagogue	020 4516 9975
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Tuesday

No activities

Wednesday

TIME	CLASS	LOCATION	CONTACT
11:15 - 12:15	Steady & Stable: Falls Prevention Exercise <i>*Until 9th August</i>	Emmanuel Church	020 4516 9975
12:30 - 13:30	Steady & Stable: Falls Prevention Exercise <i>*Until 9th August</i>	Emmanuel Church	020 4516 9975

Thursday

TIME	CLASS	LOCATION	CONTACT
13:00 - 14:00	Walking Football	The Hub, Regents Park	No booking needed
13:30 - 14:30	Steady & Stable: Falls Prevention Exercise <i>*Until 9th August</i>	Penfold Community Hub	020 4516 9975

Activities in St Margaret's (South Westminster)

Monday



TIME	CLASS	LOCATION	CONTACT
10.00 - 12.00	Play Reading with Hannah	St Margaret's	020 4516 9969
12:00 - 13:00	Social Singing	St Margaret's	020 4516 9969
14:00 - 15:00	Quiz Quiz Quiz	St Margaret's	020 4516 9969

Tuesday

TIME	CLASS	LOCATION	CONTACT
10:00 - 11:30	Crafts and Art Social Morning	St Margaret's	020 4516 9969
11:30 - 14:00	Bingo and Brunch £1 per card (6 Games)	St Margaret's	020 4516 9969
15:00 - 16:30	Summer Mystery walks from St Margarets	St Margaret's	020 4516 9969

Wednesday

TIME	CLASS	LOCATION	CONTACT
11.00 - 13.00	Lunch Club £3	St Margaret's	020 4516 9969
14:00 - 16:00	Help Drop in session	St Margaret's	020 4516 9969

Thursday

TIME	CLASS	LOCATION	CONTACT
10:00 - 12:00	IT Drop in	St Margaret's	020 4516 9969
10:30 - 11:30	Steady & Stable: Falls Prevention Exercise <i>*Until 10th August</i>	Victoria Medical Centre	020 4516 9975
11:00 - 13:00	Know What You Are Eating <i>*First Thursday of every month</i>	St Margaret's	020 4516 9969
14:00 - 16:00	Unsupported Art Session	St Margaret's	020 4516 9969

Friday

TIME	CLASS	LOCATION	CONTACT
10.00 - 11.30	Line Dancing taster no tutor	St Margaret's	020 4516 9969
11:30 - 13:30	Table Tennis	St Margaret's	020 4516 9969
13:30 - 15:30	Games and Crafts Afternoon	St Margaret's	020 4516 9969

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Activities in Hammersmith & Fulham

Monday

TIME	CLASS	LOCATION	CONTACT
10:30 - 11:30	Steady & Stable: Falls Prevention Exercise <i>*Until 7th August</i>	White City Community Centre	020 4516 9975
11:45 - 12:45	Steady & Stable: Falls Prevention Exercise <i>*Until 7th August</i>	White City Community Centre	020 4516 9975
14:00 - 15:00	Nordic Walking	Normand Park (meet at The Community hub)	020 4516 9974

Tuesday

TIME	CLASS	LOCATION	CONTACT
10:00 - 11:00	Steady & Stable: Falls Prevention Exercise <i>*Until 8th August</i>	Bishop Creighton House	020 4516 9975
11:00 - 12:00	Steady & Stable: Falls Prevention Exercise <i>*Until 8th August</i>	Bishop Creighton House	020 4516 9975

Wednesday

TIME	CLASS	LOCATION	CONTACT
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise <i>*Until 10th August</i>	The Community Hub	020 4516 9975

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Thursday

No activities

Friday

TIME	CLASS	LOCATION	CONTACT
11:00 - 12:00	Nordic Walking	Normand Park (meet at The Community Hub)	020 4516 9974

Online Activities & Phone Groups

Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10.00 – 16.30 Monday 31 st July ONLY	One off Oral History online workshops with Soho Poly This is an amazing opportunity to explore, in detail the professional techniques used in conducting oral histories as practised by the Oral History Society	Zoom	bookings@openage.org .uk
11:00 - 12:00	Monday Phone Group <i>*7th Aug only</i>	Phone Group	020 3713 8736
10:00 - 11:00	Osteo Blast: <i>Exercise for Healthy Bones (for Westminster and RBKC residents)</i> <i>*Until 8th August</i>	Zoom	020 4516 9973 tmayley- james@openage.org.uk
10:30 - 11:30	Steady & Stable: Falls Prevention Exercise <i>*Until 10th August</i>	Zoom	020 4516 9975

Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 11:30	Healthy Lungs: <i>Exercise for Lung Health (for Westminster and RBKC residents)</i> <i>*Until 8th August</i>	Zoom	020 4516 9973 tmayley-james@openage.org.uk

Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
11.00 - 12.00	Shared Reading (with Ewa) <i>*9th Aug only</i>	Zoom	020 3713 8736
14:00 - 15:00	Chair Exercise	Zoom	physicalactivitybookings@openage.org.uk
14:30 - 15:30	Campden Ward Group <i>*9th Aug only</i>	Phone Group	020 3713 8736

Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10.00 – 16.30 Thursday 27 th July ONLY	One off Oral History online workshops with Soho Poly This is an amazing opportunity to explore, in detail the professional techniques used in conducting oral histories as practised by the Oral History Society	Zoom	bookings@openage.org.uk
14:00 - 15:00	Shared Reading (with Ewa) <i>*9th Aug only</i>	Phone Group	020 3713 8736
14:00 - 16:00	Time for Me Carers: Relaxation / 3.30pm Self Facial Massage Class <i>*monthly</i>	Zoom	020 4516 9976 carerstimeforme@openage.org.uk

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16:00 - 17:00	Topical Hour <i>*10th Aug only</i>	Phone Group	020 3713 8736
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Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 11:30	Monthly Quiz (TBC)	Zoom	bookings@openage.org.uk
11:00 - 13:00	Time for Me Carers: activities (including yoga, relaxation, Chi Kung, writing, talks)	Zoom & Phone	0204 516 9976 carerstimeforme@openage.org.uk
13:30 - 14:30	Friday Social Quiz	Phone Group	07741 656 478
14:00 - 15.00	Online Karaoke with Hannah	Zoom	bookings@openage.org.uk

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THE
CHELSEA
THEATRE

Walks

DETAILS Date / Time / Cost	Walk	Borough	Meeting Point	Details
Every Tuesday 15:00 - 16:30	Hannah's Mystery walks	South Westminster and Chelsea	St Margaret's Activity Centre Pimlico	Join us for a surprise walk each Tuesday, all abilities welcomed, all walks will be no longer than a mile and a half and will vary on location and theme. If interested contact Hannah on: 07530734489
Friday 18 th August 12:00	Natural History Museum Wildlife Gardens Walk	RBKC	New Horizons	Why not join us for a lovely walk from Open Age New Horizons Centre over to the Natural History Museum to enjoy their beautiful Wildlife Gardens. If interested contact Hannah on: 07530734489
Wednesday 9 th August 11am Free	Capital Ring Walk: Hackney Wick to Beckton	Hackney	Hackney Wick Station (Overground)	This walk is 5.2 miles, it passes the Queen Elizabeth Olympic Park. Much of the walk is on a traffic-free, firm level path. There are some gentle slopes and some steps, often with adjacent ramps. The walk goes alongside Lee Navigation to Old Ford Lock, onto the Greenway, past the wonderful Abbey Mills Pumping Station and ends in Beckton District Park. Pubs and cafés can be found on or near the Greenway and at Hackney Wick. To book please contact Armand on: 07799369741

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<p>15th of August 10:00 – 12:00 Suggested donation of £3</p>	<p>Open Age Mile 2023 1 mile Walk</p>	<p>Paddington Recreation Ground North Westminster</p>	<p>Paddington Recreation Ground W9 1PF - Band Stand</p>	<p>Join us in celebrating our charity's 30th anniversary with a fun, relaxed walking event and fundraiser.</p> <p>We will be taking a leisurely stroll three times around the park's green, totalling a mile. This is a great opportunity for people of all abilities to participate.</p> <p>For more information or to register for the walk please contact Emese on fundraising@openage.org.uk or 07818 583 411</p>
<p>Wednesday 23rd August 11am Free</p>	<p>Capital Ring Walk: Wimbledon to Richmond</p>	<p>Merton Richmond Upon Thames</p>	<p>Wimbledon Park Station (District Line)</p>	<p>This walk is 7.3 miles, one of the longer walks of all the ring walks. This scenic walk passes through Wimbledon Park, Wimbledon Common, Richmond Park and Richmond.</p> <p>It has some steep ups and downs, mainly on rough tracks or paths and grass. There is some pavement walking.</p> <p>There are pubs, cafes and toilets along the way at. To book please email Armand on: 07799369741</p>
<p>Friday 1st September 12pm</p>	<p>History and Poetry walk of Churchill Gardens</p>	<p>Westminster</p>	<p>St Margaret's</p>	<p>Come along for a walk entwined with local History and Poetry, learning all about Churchill Gardens as well as the blocks named after poets. An opportunity to learn about Churchill Gardens as well as meeting up with old and new friends on a wander through time and poetry.</p>

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				If interested contact Hannah on: 07530734489
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Activities outside of Open Age

- **THERAPIES:**

Shiatsu and Reflexology therapies are available on alternate Fridays between 10.00 am and 4.00 pm 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 10:00am and 4:00pm at Anchor Court, 2 Carey Place.

To book call:

Rima Alsouss – 07944 502950

- **REGENT STREET CINEMA** **Regency Seniors - Monday Matinees for the over 55s**
only £5 per ticket

You can book the films here:

<https://www.regentstreetcinema.com/regency-seniors/>

Or contact the cinema directly between 5.00pm and 10.00pm on 020 7911 5050.
 307 Regent St, London W1B 2HW

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 AND CHELSEA**



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 North West London
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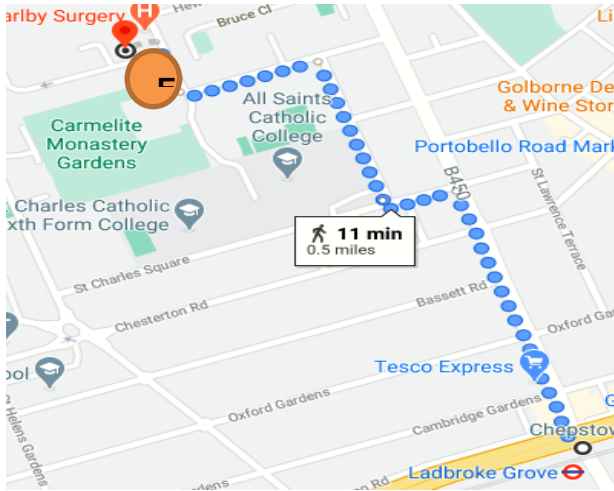


h&f
 hammersmith & fulham

THE
CHELSEA
 THEATRE

Locations of Open Age centres

St Charles Centre for Health & Wellbeing – Second Half Centre

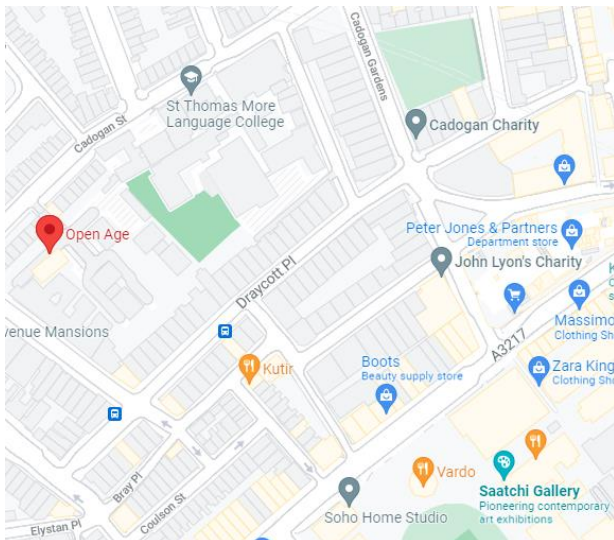


Exmoor Street
London W10 6DZ
Borough - Kensington and Chelsea (North)

Telephone: 020 4516 9971

email: acarrington@openage.org.uk

Second Half Centre can be found to the left at main hospital reception

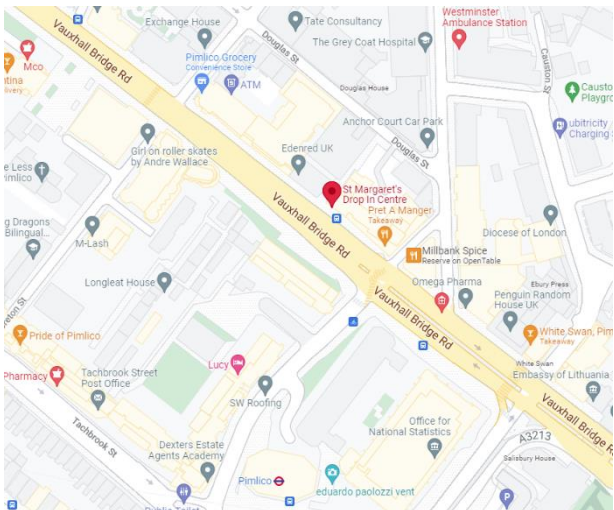


Open Age - New Horizons

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

1 Carey Place
London
SW1V 2RT
Borough – Westminster (South)

Telephone: 020 4516 9969

email: hmunns@openage.org.uk

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Locations of Community Venues (in alphabetical order)

COMMUNITY VENUE NAME	ADDRESS	POSTCODE	BOROUGH
Bishop Creighton House	374-380 Lillie Road	SW6 7PH	H&F
Community Hub	14 Aisgill Ave	W14 9NF	H&F
Emmanuel Church	389E Harrow Road	W9 3NA	Westminster
Ixworth Place Community Centre	2 Kimbolton Row, Samuel Lewis Trust Dwelling	SW3 6RQ	South RBKC
Liberal Jewish Synagogue	28 St John's Wood Rd	NW8 7HA	North Westminster
Lords Cricket Ground	St John's Wood Road	NW8 8QN	Westminster
Normand Park	84 Bramber Rd, London	W14 9PB	H&F
Paddington Sports Club	Castellain Road	W9 1HQ	North Westminster
Penfold Community Hub	60 Penfold St	NW8 8PJ	North Westminster
Reed Centre, The	28 Convent Gardens	W11 1NJ	North RBKC
Regents Park (The Hub)	Regent's Park Road	NW1 4NU	Westminster
Seymour Leisure Centre	Seymour Place	W1H 5TJ	North Westminster
Victoria Medical Centre	29 Upper Tachbrook Street	SW1V 1SN	South Westminster
Westminster Academy	255 Harrow Rd	W2 5EZ	North Westminster
White City Community Centre	India Way	W12 7QT	H&F

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