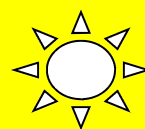


OPEN AGE



WESTMINSTER SUMMER PROGRAMME

Late July - August 2013



Supported by



City of Westminster

Open Age: Championing an Active Life for Older People for 20 years!

To **JOIN** us or for more info please call our **Main Office** on: **020 8964 1900**

TIME	MONDAY		COST	BUSES
9.15 - 10.15am	Walking to Fitness 5th & 12th Aug	Meet outside: Edward Wilson School Senior Street, London, W2 5TL On Bourne Terrace	FREE	18, 36

A great way to start the day! Enjoy new walks and improve your health!

10.00 - 11.00am	T'ai Chi No Class on: Jul 22nd, 29th BH: 26th Aug	Barbara Brosnan Court, 46 Grove End Road, NW 9NP	£1	13, 46, 82, 113, 187, 189
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Gentle exercise, relieve stress & bring on mental calm!

10.00 - 12.00pm	Haircuts (Drop In) Ongoing 29th July – 2nd Sept BH: 26th Aug	Glastonbury House Abbots Manor Estate Warwick Way SW1V 4NT	£5	C10, 11, 24
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Haircuts from Patsy. No need to book.

10.00 - 12.00pm	Coffee Morning Ongoing 29th July – 2nd Sept BH: 26th Aug	Glastonbury House Abbots Manor Estate Warwick Way SW1V 4NT	FREE Donations welcome	C10, 11, 24
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Pop in & find out what is happening, have a cup of tea & chat.
We also have occasional speakers!

TIME	MONDAY Continued		COST	BUSES
10.00 - 1.00pm	Third Age Counselling Must Book!	Hub Office, The Beethoven Centre, Third Avenue, Queen's Park, W10 4JL	FREE Donations welcome	6, 187, 316
Feeling low or anxious? Talking with a professional can help. Book confidentially on: 020 7976 6667 or 0750 987 014				
10.30 - 12.30pm	Monday 50+ Social with Speakers July 29th Aug 5th, 12th, 19th	Juniper House, Droop Street, W10 4QX (Behind Queen's Park Library) Call Gill on: 020 7266 2776 or 0751 859 2030 for info!	FREE	18, 28
A lively morning with guest speakers and a cuppa!				
11.00 - 12.00pm	T'ai Chi 5th, 12th, 19th Aug	Warwick Community Centre, 300 Harrow Road, W2 5HG No class on 26th - Bank Holiday	£1	18, 36
Relaxing exercise to improve mobility and balance. Wear comfortable shoes!				
12.00 - 1.00pm	Hub Members Summer Meeting 29th July	Glastonbury House Abbots Manor Estate Warwick Way SW1V 4NT	FREE	C10, 11, 24
Please come along! LUNCH INCLUDED!				
1.00 - 2.15pm	Steady & Stable Must Book 22nd, 29th Jul 5th Aug	London Jesus Church, Terrace Room, 83 Margaret St, W1W 8TB (entrance in Marylebone Passage) Please call Deryn on: 0208 964 1900	FREE	C2, 7, 8, 10, 25, 55, 73, 88, 98, 189, 312, 453 Tube: Oxford Circus
A fun class to help balance, reduce falls & help keep mobility!				

Open Age: Championing an Active Life for Older People for 20 Years!

TIME	MONDAY Continued	COST	BUSES
2.00 - 4.00pm Ongoing	'Advice Plus' Info Stall (In partnership with The Beethoven Centre)	The Beethoven Centre, Third Avenue, Queen's Park, W10 4JL	FREE 6, 187, 316
Various info stalls - find out what is on in YOUR area - get help & advice!			
2.30 - 3.30pm	Chi Gong Aug 5th, 12th, 19th Sept 2nd	WECH Community Centre, Chantry Close, Elgin Estate, Elgin Avenue, W9 3RS (By Elephant & Castle Pub)	£1 18, 36
Learn to align breathing, movement, healing and meditation!			
2.00 - 3.30pm Must Book	Steady & Stable	Barbara Brosnan Court 46 Grove End Rd, NW8 9NP Please call Deryn on: 0208 964 1900	FREE 13, 46, 82, 113, 187, 189 Tube: St John's Wood
A fun class to help balance, reduce falls & help keep mobility!			
3.30 - 4.30pm Ongoing	Health Trainer (In partnership with The Rain Trust) MUST BOOK!	Hub Office, The Beethoven Centre, Third Avenue, Queen's Park, W10 4JL	FREE 6, 187, 316
1-2-1 advice on health & wellbeing! Call Sarah on 07812 154 148 to BOOK!			
4.00 - 6.00pm	Monday Movie 29th July 12th Aug 2nd Sept	Glastonbury House Abbots Manor Estate Warwick Way SW1V 4NT	FREE Donations welcome C10, 11, 24
Come & see a mixture of old & new films in this relaxed group!			

FEATURED SOUTH WESTMINSTER SUMMER EVENTS



SUMMER ART MEMBERS EXHIBITION



Wednesday 29th July 2013

Time: **2 - 5pm**

Art Exhibition at Victoria Library, Buckingham Palace Road,
SW1W 9TR

All Welcome

Refreshments Provided

HEALTH FAIR @ FAMILY ACTIVITY FESTIVAL

Tuesday 6th August 2013

Time: **11.30am - 3.30pm**

Westminster Boating Base, 136 Grosvenor Road, SW1V 3AY



Also Lunchtime Activity Tasters on:

Mon 5th, Wed 7th, Thurs 8th Aug

Time: **1.30 - 2.30pm**



'MONEY MATTERS'

Wednesday 14th August 2013

Time: **12.30pm - 2.00pm**

Glastonbury House, Warwick Way, SW1V 4NT

Financial Capacity workshop for over 55's
Provided by Westminster CAB - **FREE** Lunch Provided!



PLEASE BOOK with **JESS** on: **07530 734 489**



SUMMER TEA DANCE! With entertainer JEFF SHORT

Thursday 22nd August 2013

Time: **2.00pm - 4.00pm**

Westminster Boating Base, 136 Grosvenor Road, SW1V 3AY



Tickets: **£3 on the door**

PLEASE BOOK with **JESS** on: **07530 734 489**



To mark **20 years** of Open Age
championing an active life for people over 50
- we have

produced a lovely
100% cotton shopping bag
Priced at **£3**, with proceeds going
towards Open Age activities

Available at our **Main Office** or call
020 8964 1900 to find out
where to get one!

**Open Age
Celebrating 20 years**



**Championing an Active Life
for Older People!**

**020 8964 1900
www.openage.org.uk**

Open Age: Championing an Active Life for Older People for 20 Years!

TIME	TUESDAY			
9.00 - 6.00pm	Third Age Counselling Must Book!	Glastonbury House Abbots Manor Estate Warwick Way SW1V 4NT	FREE	C10, 11, 24

Feeling low or anxious? Talking with a professional can help.
Book confidentially on: **020 7976 6667** or **07453 787 142**

10.00 - 11.15am And at 11.00 - 12.15pm Must Book	Steady & Stable 23rd, 30th Jul 6th Aug	Penfold Community Hub, 60 Penfold Street, NW8 8PJ Please call Deryn on: 0208 964 1900	FREE	7, 18, 23, 27 Tube: Edgware Rd
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A fun class to help balance, reduce falls & help keep mobility!

11.00- 1.00pm	Walking Group 30 th July – 3 rd Sept	Meet outside: Corner of Lupus Street and Grosvenor Road Please phone Jess if you are coming for the first time	FREE	24, C10, 360
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A fun, informal & friendly walking group! Walk for pleasure & health!

12.30 - 1.30pm *Women Only*	Exercise to Music 6th & 13th only	WECH Community Centre, Chantry Close, Elgin Estate, W9 3RT (corner of Elephant & Castle Pub off Harrow Rd.)	FREE	18, 36, 228
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A class to improve your stamina, strength and gets your calorie burned!

2.00 - 3.00pm	Chair Exercise 6th & 13th only	WECH Community Centre, Chantry Close, Elgin Estate, W9 3RT (corner of Elephant & Castle Pub off Harrow Rd.)	FREE	18, 36, 228
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Seated exercise that stretches and tones the whole body!

TIME	TUESDAY Cont...		COST	BUSES
2.00 - 3.00pm	Yoga 6th & 13th Aug	Moberly Sports Centre, Kilburn Lane, W10 4AH	FREE	6, 18, 52, 187, 316

An energising class that promotes good health for body, mind and soul!

2.30 - 3.30pm Monthly	The 'Round Table' 'Think Tank' Aug 6th	Hub Office, The Beethoven Centre, Third Avenue, Queen's Park, W10 4JL	FREE	6, 187, 316
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For people living in Queen's Park & Harrow Road - discuss what YOU want in your area! Call **Gill** on: **020 7266 2776** for details

3.30 - 5.00pm Break on Aug 13th	Mixed Age Shared Reading Group	Queen's Park Library, 666 Harrow Road, W10 4NE (In partnership with Westminster Libraries)	FREE	18, 28
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Read short stories, poems, novels & plays, then discuss them over a cuppa. Mixed age group!

TIME	WEDNESDAY			
1 hour sessions all day	Third Age Counselling Must Book!	Brunel Mini Hub Housing Office, 1 Sunderland House, Brunel Estate, W2 5UX	FREE	7, 28, 31, 70, 328

Feeling low or anxious? Talking with a professional can help. Book confidentially on: **020 7976 6667**

10.00-12.00pm Ongoing	Knitting Group July 31st Aug 7th, 14th, 21st, 28th	Glastonbury House Abbots Manor Estate Warwick Way SW1V 4NT	FREE	C10, 11, 24
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The group has knitted for charities and hospitals & has been involved in many exciting projects. Come along & get involved!

Open Age: Championing an Active Life for Older People for 20 Years!

TWO NEW OPEN AGE ACTIVITIES FOR WESTMINSTER 50+ RESIDENTS!

Westminster Lunch Clubs

There are 3 new lunch clubs in the Open Age hub areas of Westminster!

- We meet once a week to visit a local restaurant, pub or café
- Each place offers a two course meal at a subsidised rate of **£4.50**
(not including drinks)
- The lunch clubs will be meeting every week over the summer period
- The individual lunch clubs are as follows:

Queens Park Harrow Road Hub - meets every **Monday - 12pm** at
Ernest Harriss House, 61 Elgin Avenue W9 2BX

• **Westbourne Hub** - meets every **Tuesday - 12pm** at the
Stowe Centre, 258 Harrow Road, W2 5ES

• **Churchill Hub** - meets every **Wednesday - 12pm** at
Pimlico Library, Lupus Street, SW1V 3AT

Open to Westminster residents only. Ten places per lunch club so



BOOKING IS ESSENTIAL!



Westminster Weekly Trips – Every Thursday

Every Thursday a group of up to **15 people** will visit a variety of places across London and the surrounding areas for half day trips.

We will be using London transport to get around and visit, museums, galleries, parks and open spaces and other places of interest, **some** of these will be **free** of charge, **others** will need to be **paid** for.

The Trips Club will be meeting every **Thursday** throughout August and will meet at each of the three hubs on rotation.

There will also be a larger coach trip to the sea-side.

Open to Westminster residents only. Fifteen places per trip so

BOOKING IS ESSENTIAL!



For more information or to **BOOK**, please call **ASHLEY** on:

0208 964 1900 or **07572 485 039**

TIME	WEDNESDAY Cont...		COST	BUSES
10.00 - 11.30am	Music for All July 31st Aug 7th, 14th, 21st	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	£1.50	6, 31, 36, 187, 228, 328, 414

A morning for music lovers! Listen, learn, enjoy & explore old and new tunes!

10.00 - 12.00pm	Card Making Social July 31st Aug 7th, 14th, 21st, 28th	Portgate Hall, 19 Portgate Close, W9 3DL (Off Ashmore Road, 3rd right from Harrow Road end)	£2.00	6, 18, 28, 31, 36, 228, 328, 414
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Come along and have some fun making greeting cards over a cuppa!

1.00 - 12.00pm	Knitting/ Crafts/ Social	Portgate Hall, 19 Portgate Close, W9 3DL	FREE	6, 18, 28, 31, 36, 228, 328, 414
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Bring your knitting or craft - work along & join us for a natter & cuppa!

1.00 - 2.30pm	Steady & Stable 24th, 31st July 7th Aug	Portgate Community Hall, 19 Portgate Close, Lydford Estate, W9 3DL Please call Deryn on: 0208 964 1900	FREE	6, 18, 28, 31, 36, 228, 328, 414
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A fun class to help balance, reduce falls & help keep mobility!

2.00 - 4.00pm	Information & Advice Provided by Age Concern (English speakers)	Glastonbury House Abbots Manor Estate Warwick Way SW1V 4NT	FREE	C10, 11, 24
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Information, Advice & Guidance for English Speakers.
Or call Age Concern direct on **020 3004 5617**

Open Age: Championing an Active Life for Older People for 20 Years!

TIME	WEDNESDAY Cont...		COST	BUSES
2.00 - 3.00pm	Chair Exercise to Music July 31st Aug 7th, 14th Sept 4th	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	£1	6, 31, 36, 187, 228, 328, 414
Great music, lively & popular class for ALL abilities!				

2.00 - 4.00pm NEW!	Current Affairs Aug 21st, 28th Sept 4th	Hub Office, The Beethoven Centre, Third Avenue, Queen's Park, W10 4JL	£2.00	6, 187, 316
Discuss what's what and put the world to rights with Pete!				

2.00 - 4.00pm	Wednesday 50+ Social with Speakers July 31st Aug 7th, 14th 21st, 28th	Juniper House, Droop Street, W10 4QX (Behind Queen's Park Library) Call Gill on: 020 7266 2776 or 0751 859 2030 for info!	FREE	18, 28
A lively afternoon with guest speakers and a cuppa!				

TIME	THURSDAY			
10.00 - 12.00pm Ongoing	Advice Drop in from Age Concern	Hub Office, The Beethoven Centre, Third Avenue, Queen's Park, W10 4JL	FREE	6, 187, 316
Drop in to see Susan from Age Concern for advice on benefits etc!				

10.00- 1.00pm 1 st Aug – 5 th Sept	1:1 Health Trainer Sessions In Association with The Rayne Trust	Glastonbury House Abbots Manor Estate Warwick Way SW1V 4NT	FREE	C10, 11, 24
Confidential support to help you improve your health & balance your lifestyle. Call The Rayne Trust on 020 8964 2727 for an appointment				



OPEN AGE



Picnic in the Park



FREE!

2013

THURSDAY 5th SEPTEMBER
PADDINGTON RECREATION GROUND
Randolph Avenue, Maida Vale, W9 1PD
11am to 4pm

ALL OVER 50's WELCOME!

Bring your own Picnic or purchase in Park Cafe!

- | | |
|--------------------------------|-------------------------------------|
| Outdoor sports! | Bowls, tennis, table tennis! |
| Art & other crafts! | Steady & Stable! |
| Chi-Gong! | Fun Dance ! |

Laughter Therapy!



TIME	THURSDAY Cont...			
10.30-12.30pm 1st Aug – 5th Sept	Computer Drop In	Glastonbury House Abbots Manor Estate Warwick Way SW1V 4NT	FREE	C10, 11, 24
A chance to practise your computer skills, check your emails or get some guidance. No need to book.				

12.00 - 1.00pm	Stretch & Revive	Warwick Community Centre, 300 Harrow Road, W2 5HG Gentle Chair Yoga	£1	18, 36
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Stretch & relax with this gentle yoga class that focuses on breathing & well being

12.00 - 3.15pm Ongoing	Upper-deckers	Westminster Boating Base 136 Grosvenor Road SW1V 3AY	FREE	24
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Water based activities for the over 50s: Sailing, Kayaking and Power Boating!
Some indoor activities also provided by Open Age

12.30 - 1.30pm	Pilates 1st, 8th 15th Aug	Moberly Sports Centre, Kilburn Lane, W10 4AH	FREE	6, 18, 52, 187, 316
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Exercises that concentrate on strengthening and toning your whole body.

2.45 - 4.00pm Must Book	Steady & Stable 25th July 1st, 8th Aug	Glastonbury House Abbots Manor Estate Warwick Way, SW1V 4NT Please call Deryn on: 0208 964 1900	FREE	C10, 11, 24
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A fun class to help balance, reduce falls & help keep mobility!

3.30 - 4.30pm	Chair Yoga Chair Based!	Juniper House, Droop Street, W10 4QX (Behind Queen's Park Library)	FREE	18, 28
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This involves moving & releasing tension in joints; breathing exercises & relaxation!

TIME	THURSDAY Continued			
5.00 - 6.00pm	Boules, Badminton, Table Tennis & more!	Academy Sports Centre, 255 Harrow Road, W2 5EZ	£1	18, 36

Popular mixed game & sports session - great fun with various sports - informal!

TIME	FRIDAY			
10.00 - 12.00pm 2 nd – 30 th August	Summer Coffee Morning & Computer Drop In	Glastonbury House Abbots Manor Estate Warwick Way SW1V 4NT	FREE	C10, 11, 24

If you're at a loose end over Summer, pop in for a cup of tea or coffee. Some laptops available if you need help over the Summer or if you need help or advice with your mobile phone

10.00 - 12pm Aug 2 nd 9 th , 16 th , 23 rd , 30 th	Social with Board Games: Scrabble, Chess, Dominos & More!	Emmanuel Church, 398E Harrow Road, W9 3NA	£1	18,28, 228
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Come try your luck at Scrabble, Dominos & more in a relaxed atmosphere!

10.00 - 12.00pm Ongoing	Coffee Morning!	Emmanuel Church, 389E Harrow Road, W9 3NA	FREE	18, 28, 228
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Come for a chat, meet new people and have a cuppa!

10.00 - 11.00am Aug 2 nd , 9 th , 16 th Sep 6 th	Chair Exercise to Music Now open to Men & Women!	WECH Community Centre, Chantry Close, Elgin Estate, W9 3RT (corner of Elephant & Castle Pub off Harrow Rd.)	£1	18, 36
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Great music, lively and popular class for **ALL** abilities!

TIME	FRIDAY Continued			
12.00 - 1.00pm	Watersplash 2nd, 9th, 16th Aug	Jubilee Sports Centre, Caird Street, Queen's Park, W10 4RR	FREE	18, 28, 228

Water based exercises which focus on improving stamina & strength.

1 hour sessions all day	Third Age Counselling Must Book!	Brunel Mini Hub Housing Office, 1 Sunderland House, Brunel Estate, W2 5UX	FREE	7, 28, 31, 70, 328
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Feeling low or anxious? Talking with a professional can help.
Book confidentially on: **020 7976 6667**

Time for Me ...

Is a programme for people who look after a family member or friend as an unpaid carer. It offers support from like minded people in a similar situation, advice and the opportunity to have some fun!

The group is user driven and has trips out, relaxation sessions and talks on Wednesday & Thursday!

For more information call **Keeley** on **020 8964 1900**



Please Save us your 20p's

Open Age is celebrating 20 years of pioneering an active life for people aged from 50 to 105!

We are giving ourselves a target to raise £20,000 through this initiative. If each of our 3,000+ members raised £20 we would achieve £60,000 in total - please see what you can achieve.

Any amount would be much appreciated as everything we do improves health and wellbeing!

Registered Charity No 1039520

Call **020 8964 1900** for more details!



TIME	SATURDAY				
9.00 - 6.00pm	Third Age Counselling (Arabic Speaking)	Glastonbury House Abbots Manor Estate Warwick Way SW1V 4NT	FREE	C10, 11, 24	
Free confidential counselling (Arabic speaker available) Run by Third Age Counselling Call Mona on 07825 050 880 or Adam on 07738 904 294 to BOOK					

11.00 - 12.00pm	Keep Fit/ Get Strong	Academy Sports Centre, 255 Harrow Road, W2 5EZ	£1	18, 36	
Come get fit & strong with cardiovascular aerobic exercise!					

12.00 - 1.00	Stretch & Relax	Academy Sports Centre, 255 Harrow Road, W2 5EZ	£1	18, 36	
Stretching and relaxation exercises - helps you gently get fit & focus!					

1.00 - 3.00pm	Saturday Social Shake Up	St Augustine's Hall, Oxford Road, London, NW6 5SN	£2	6, 16, 31, 36, 98, 187, 228, 316, 328, 332, 414	
Assorted ball games, try them all! Our friendly tutor will show you how!					

TIME	SUNDAY				
2.00 - 4.00pm	Ballroom & Latin Dance	Academy Sports Centre, 255 Harrow Road, W2 5EZ	£2	18, 36	
Tea dance with refreshments provided - strut your stuff!					

4.00 - 5.00pm	Yogaltes	Academy Sports Centre, 255 Harrow Road, W2 5EZ	£1	18, 36	
Stretch & tone muscle groups & relax! Not organised by Open Age, please call Mary Amayo on: 07890 301 235					

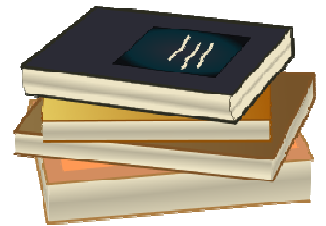
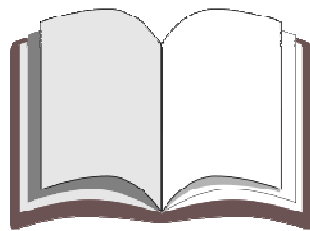
Open Age: Championing an Active Life for Older People for 20 Years!

Westminster Hubs Book Club & Phone Club! Socialise from your armchair!

Socialise with others over the telephone for **FREE!**
(We pay for the call!) **Robert Silver**

co-ordinates a lively weekly chat & activities across the wires for those who are unable to get out and about who would enjoy the company of like-minded people. Get in touch if you would like to join in!

Ring **Robert Silver: 020 8964 1900** for more information!



Open Age Main Office:

**1 Thorpe Close
London
W10 5XL**

Tel: 020 8964 1900

eMail: Mail@OpenAge.org.uk

Website: www.openage.org.uk

Registered Charity Number 1039520



Other Main Westminster Centres:

Open Age Churchill Ward Hub
**Churchill Gardens Hall, Churchill Gardens
Estate, (Off Lupus Street), London SW1V 3AL**
(020 7976 6354 or 07530 734 489)



**Open Age Westbourne or Queen's Park & Harrow Road
Westminster Ward Hubs**

Call 020 8964 1900 for more information



50+

You are cordially invited to

50+

**THE
OPEN AGE 1920's PARTY
to**

CELEBRATE 20 YEARS!

Open Age Members Only - Call us for FREE MEMBERSHIP!



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WEDS 7th August 2013

**Porchester Hall, Porchester Rd,
London, W2 5HS**

5 - 7.30pm

**Live Music Band!
Come in 1920's attire!
Light Refreshments!**

**COST
£2**

**LIMITED
SPACES!
BOOKING
ESSENTIAL!**



Please BOOK on: 020 8964 1900

Open Age: Championing an Active Life for Older People for 20 Years!