

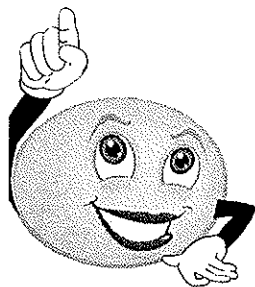
OPEN AGE

Genesis
Community

Main office: 1 Thorpe Close W10 5XL

www.openage.org.uk

Registered Charity no. 1039520



Active Citizens 50+ Brent

Perrin House, Malvern Road

South Kilburn, NW6 5QD

Buses: 6, 187 & 316

Tube: Bakerloo Line to Queens Park Station



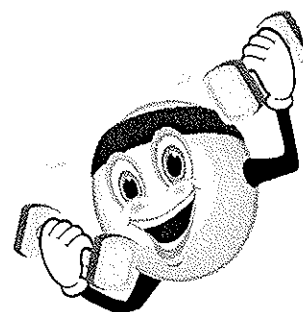
MAY- AUGUST 2010 Programme

Weekly Keep Fit Class - £1

Tuesdays 1.45 - 2.45pm

A great way to start getting fitter, improve your balance and have fun while exercising.

Keep Fit sessions are held at the Kilburn Salvation Army, 55 Chichester Rd, South Kilburn - **020 7328 1312**



May

MAKE-UP TIPS & INFORMATION

£1 a session

4th	2-4pm	Games and Bingo
11th	2-4pm	Bring along your make up kits, Blushers or Lipsticks that you have not worn for a very long time and learn how to apply it correctly.
18th	2-4pm	Quiz on the net
25th	2-4pm	Workshop - Group handling session with Bridget Crowley and Norton Asbury from Wallace Collections

June

INFORMATION & ART WORKSHOP

£1 a session

1st	2-4pm	An update on Dial A Ride service with Lewis Wright
8th	2-4pm	FUN ART
15th	2-4pm	FUN ART
22nd	2-4pm	A visit to the Royal Air Force Museum
29th	2-4pm	Social and Games



For more information, please contact Simone at Open Age on **020 8964 1900**

June

SOCIAL & WORKSHOP

£1 a session

22nd 2-4pm Find out about 'YOUTUBE'

29th 2-4pm Learn how to use your **MOBILE PHONES!** (TBC)
Please bring along your mobiles to this session

July Guest Speaker & Social

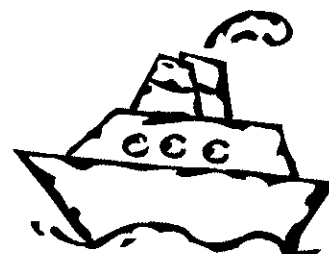
£1 a session

6th 2-4pm Transport workshop with Sian Thurgood - London Transport Museum

13th 2pm **Drama**
3pm Games and Social

20th 2pm **Drama**
3pm Games and Social

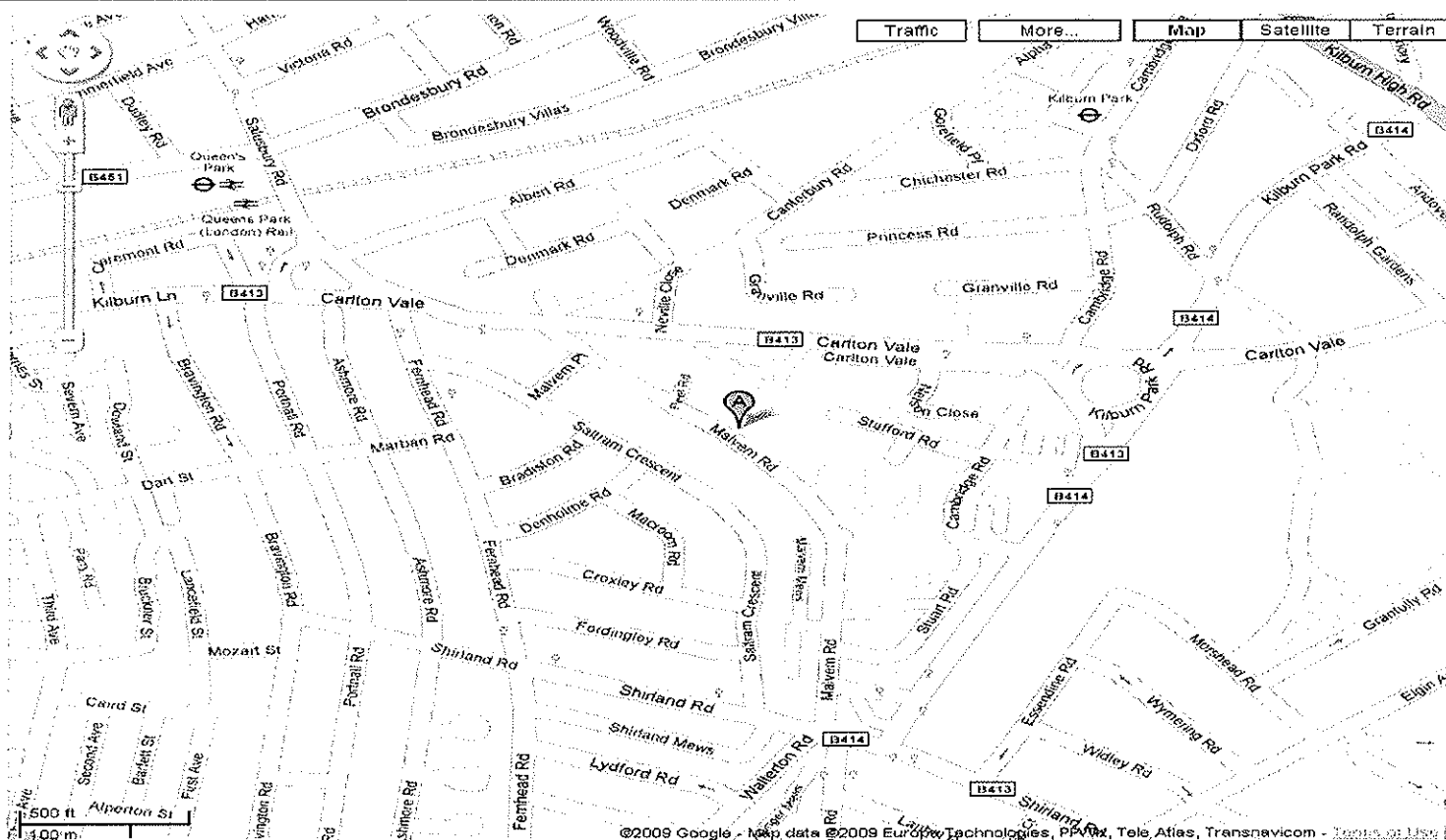
27th 2-4pm A river cruise to 'GREENWICH' from Westminster Pier. **BOOK AND PAY by Tuesday, 15th June.**
Departing 11.00 am from Baker Street station.



August

SUMMER BREAK

Have a wonderful Summer Break! See you on the 7th Sept!



Venue: Perrin House, Malvern Road, Carlton Vale
South Kilburn, NW6 5QD

Tube: Bakerloo Line to Queens Park
Buses: 6, 187 and 316

For more information, please contact Simone at Open Age on **020 8964 1900**