



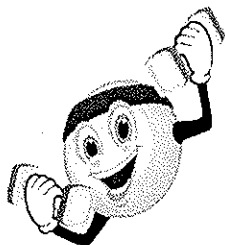
# OPEN AGE Genesis Community

Main office: 1 Thorpe Close W10 5XL

www.openage.org.uk

Registered Charity no. 1039520

Independent Living Group



**Active Citizens 50+ Barnet**  
 Grahame Park Community Centre, The Concourse  
 Grahame Park, NW9 5UX  
 Buses: 204 & 303  
 Tube: Northern Line to Colindale



## May - August 2010 Programme

### Keep Fit Class - FREE

Mondays 9.45-10.45am

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

Line Dancing Class 10.30 -11.30am - £1.50



### May

### QUIZZES & GENERAL INFORMATION

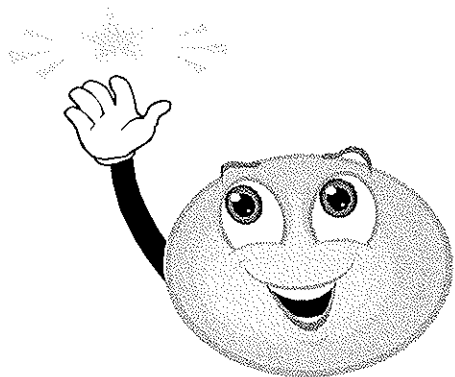
3rd		BANK HOLIDAY
10th	11-1pm	Drama Quiz and Games
17th	11-1pm	An update on Dial A Ride service with Lewis Wright
24th	11am	A talk on PICK POCKETING with Paul Hammond - Community Police Officer
	12pm	Quiz and Games
30th		BANK HOLIDAY

### June

### HEALTHY EATING TIPS & GUEST SPEAKERS

7th	11-1pm	Healthy Eating tips with Vivian a retired Dietician of Barnet PCT
14th	11-1pm	<b>Newspaper Library visit.</b> This is your chance to become a member and research on any article of interest to you!
21st	11am	Group Planning Session
	12pm	Quiz and Games
28th	11-1pm	<b>PICNIC IN THE PARK! (KENWOOD HOUSE)</b>

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

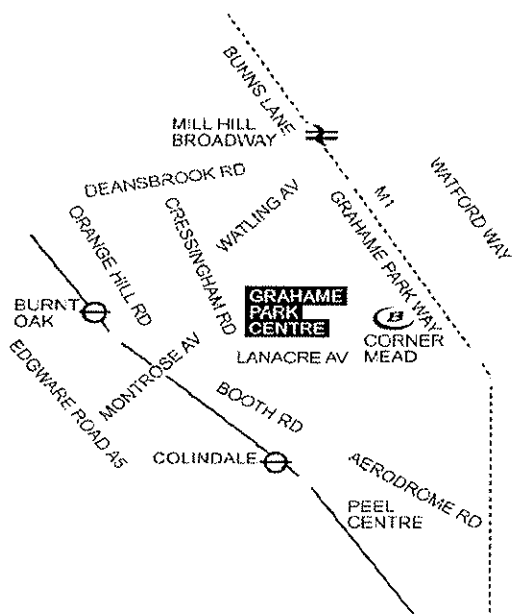


## July GUEST SPEAKER & TEA DANCE

5th	11-1pm	Local New! Intergenerational project with the Community Focus group by Katrina
12th	11-1.30pm	A visit to the Wallace Collections. This will be a guided tour with Catherine Chastney. <b>Please bring your lunches!</b>
19th	11am 12pm	Social and Games A group handling session with Maureen Mckarkiel - V & A Museum
26th	11-1pm	<b>SUMMER TEA DANCE</b> Dress in black and white (Please bring nibbles!)

## August **SUMMER BREAK**

***Have a wonderful Summer Break! See you on the 6th September!***



**Venue:** Grahame Park Community Centre, The Concourse (Quakers Concourse),  
Grahame Park, NW9 5UX  
Tube: North Line to Colindale    Buses: 204 and 303

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