



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



January - April 2012 Programme

KEEP FIT - Mondays 9.30 to 10.30am - £1

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



January

GENERAL INFORMATION

£1 per session

9th	9.30-10.30 10.45-12.30	KEEP FIT Welcome back SOCIAL & GAMES (Please bring nibbles!)
16th	9.30-10.30 10.45-12.30	KEEP FIT GET PREPARED FOR THE DIGITAL SWITCHOVER! - Learn more from Liam McKay from the BBC
23rd	9.30-10.30 11.00	KEEP FIT LEARN ABOUT AMY JOHNSON - Talk by David Keen from the Royal Air Force. Group meeting at the RAF Museum
30th	9.30-10.30 10.45-12.30	KEEP FIT GAMES & BINGO

February

GUEST SPEAKERS

£1 per session

6th	9.30-10.30 10.45-12.30	KEEP FIT WHITEHALL PALACE and the BANQUETING HOUSE - history talk from Sutherland Forsyth Outreach Community Officer for Adults Historic Royal Palaces
13th	9.30-10.30 10.45-12.30	KEEP FIT 'VALENTINE'S LUNCH' Find out more at the group!
20th	9.30-10.30 10.45-12.30	KEEP FIT WALLIS SIMPSON & EDWARD VIII - history talk from Sutherland Forsyth Outreach Community Officer
27th	9.30-10.30 10.45-12.30	KEEP FIT GAMES & BINGO

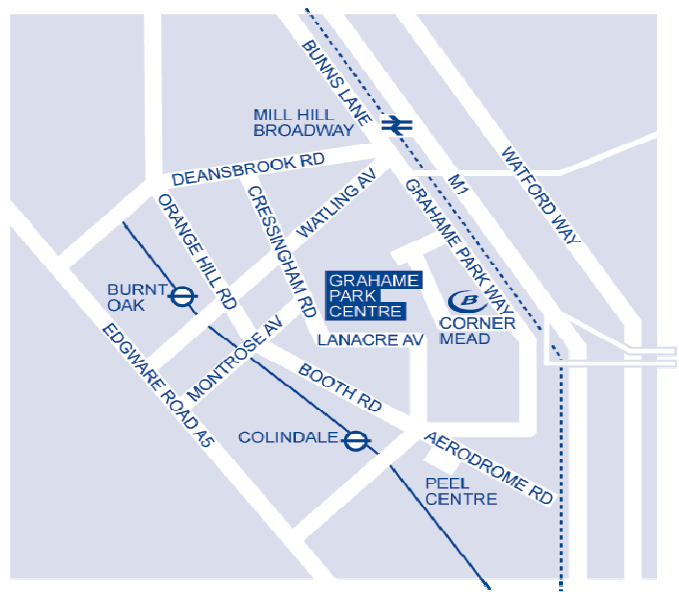
For more information, please contact Simone at Open Age on **020 8964 1900**

March **SPEAKER & ARTS** £1 per session

5th	9.30-10.30 10.45-12.30	KEEP FIT VISIT TO THE BARNET MUSEUM & ARCHIVE CENTRE with Yasim Webb. Find out more at the group!
12th	9.30-10.30 10.45-12.30	KEEP FIT Learn more about HEARING LOSS with Carolyn Frost - Talk to be confirmed!
19th	9.30-10.30 10.45-12.30	KEEP FIT CREATIVE TIME with Ada
26th	9.30-10.30 10.45-12.30	KEEP FIT Easter Social followed by BINGO!

April **GAMES AND SOCIALS** £1 per session

2nd & 9th		EASTER BREAK
16th	9.30-10.30 10.45-12.30	KEEP FIT THE GHOST OF BARNET talk from Hugh Petrie, Local Heritage Officer for Barnet
23rd	9.30-10.30 10.45-12.30	KEEP FIT VISIT TO THE BRITISH FILM INSTITUTE - To be confirmed!
30th	9.30-10.30 10.45-12.30	KEEP FIT GAMES & BINGO



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**