



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 Queen's Park Station



January - April 2012 Programme

Weekly Keep Fit Class - £1

Tuesdays 1.45 - 2.45 pm

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**

The Keep Fit class will be breaking for Half Term on 14th February, and 3rd & 10th April for the Easter Holidays

January

SOCIAL & INFORMATION

£1 a session

10th 2-4pm

Welcome back Social and Games (**Please bring nibbles!**)

17th 2-4pm

Speaker - **To be confirmed**

24th 2-4pm

'**GOOD DENTAL PRACTICE**' - Talk with Yogini from Brent PCT

31st 2-4pm

VISIT TO THE DISABLED LIVING FOUNDATION - 380 Harrow Road

February

SOCIAL & INFORMATION

£1 a session

7th 2-4pm

'**PRE-VALENTINE'S LUNCH**' Find out more at the group!

14th 2-4pm

HALF TERM BREAK! Back at Perrin House on 21st Feb.

21st 2-4pm

GROUP PLANNING SESSION - Help plan future group activities!

28th 2-4pm

GET PREPARED FOR THE DIGITAL SWITCHOVER! - Learn more from Liam McKay - **BBC**

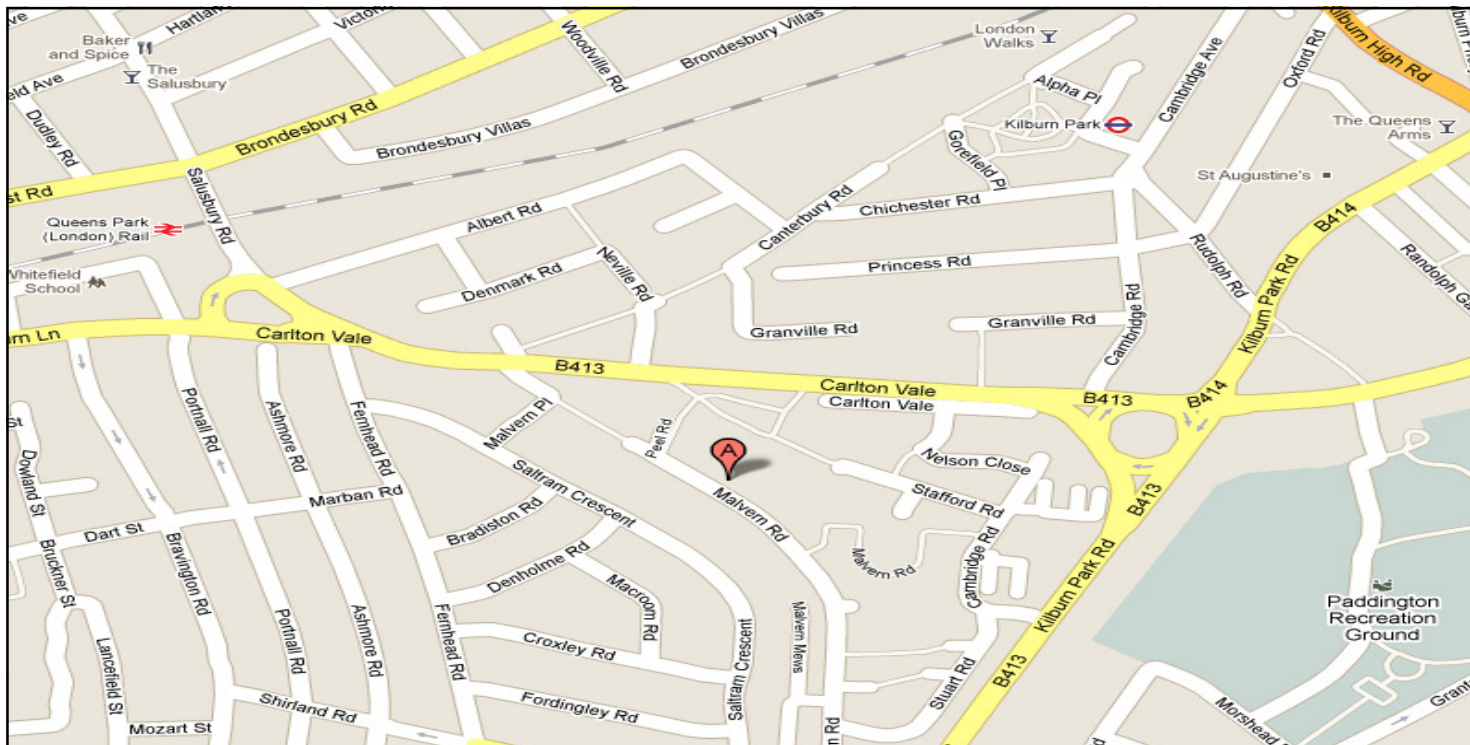
For more information, please contact Simone at Open Age on **020 8964 1900**

March **Guest Speakers & Social** £1 a session

6th	2-4pm	HISTORY OF HENRY VIII - talk from Sutherland Forsyth - Outreach Community Officer for Adults Historic Royal Palaces
13th	2-4pm	SOCIAL & GAMES WITH RAFFLE
20th	2-4pm	HERBAL HOME REMEDIES II - Talk from Joy Gregory
27th	2-4pm	PRE-EASTER SOCIAL & GAMES

April **Guest Speaker & Social** £1 a session

3rd & 10th		EASTER BREAK
17th	2-4pm	DARE TO DREAM COMPANY OF ELDERS - Performance Group
24th	2-4pm	SOCIAL & GAMES



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**