



OPEN AG



MEN'S GROUP: Jan—Mar 2012



Friday 6th January: VISIT TO HOGARTH'S HOUSE

We will visit artist William Hogarth's house (built in 1700) in Chiswick.
Meet at 1 Thorpe Close at 10.45am

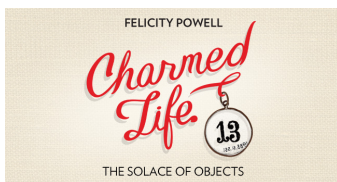
Friday 20th January: DISABILITY LIVING FOUNDATION TRIP

Visit to DLF to explore the gadgets and devices that can make YOUR life easier!
Meet at 1 Thorpe Close at 11.00am

Friday 3rd February: STRESS MANAGEMENT

Advice & information about techniques to manage stress & improve relaxation, including reflexology.

Held at: 1 Thorpe Close at 11am



Friday 17th February: WELLCOME TRUST VISIT

Explore the history of Miracles & Charms through collections, images, news reports, photographs, devotional artefacts, film and interviews. **Meet at: 1 Thorpe Close at 10.30am**

Friday 2nd March: TALK ON COMPLEMENTARY MEDICINE

Munro Health Cooperative Speakers will talk about complementary medicine
Held at: 1 Thorpe Close at 11am

THURSDAY 15th March: KENSINGTON PALACE VISIT

An exclusive preview of the newly refurbished State Apartments!
Meet at 1 Thorpe Close 1.00pm



Friday 30th March: SCIENCE MUSEUM

Trip to Science Museum to learn all about Electronic Music, from the sound experiments of the 1950's through to the digital revolution of today

Meet at: 1 Thorpe Close at 1.30pm

**TRIPS ARE FREE! The Men's Group meets 1st & 3rd Friday of each month.
You MUST BOOK a place BEFORE THE TRIP!**

Call Catherine on 020 8964 1900 or eMail her at: cpymar@openage.org.uk.

Please also let her know, in advance, if you have special transport needs.

Don't forget your FREEDOM PASS and PACKED LUNCH!