



# OPEN AGE

Main office: 1 Thorpe Close, London, W10 5XL [www.openage.org.uk](http://www.openage.org.uk)



## Central & South Kensington January – March 2012

**FREE MEMBERSHIP**  
Over 170 Weekly Activities!  
For people over 50!  
Enquiries: 020 8964 1900



For activities in Chelsea please call the **New Horizons Centre**  
**020 7590 8970**

*a consortium led by Open Age with Age Concern Kensington & Chelsea incorporating 60 Plus and the Guinness Trust.*

### OPEN AGE BIG DANCE!

**Practice Sessions take place last Saturday of each month from 25<sup>th</sup> February**

Take part in this national festival of dance to celebrate the  
dancing talent of older people!

at Academy Sport Centre, Torquay Street, W2 5EZ

**Mixed Intergenerational Zumba & Ballroom**

**Performance will take place on Monday 9<sup>th</sup> July!**

2.00-5.00pm

Tube: Royal Oak; Buses: 18 or 36

Call Jemma to book: 020 8964 1900

***Having difficulty getting out and about, and want  
help finding the right activity to attend?***



**HELP IS AT HAND**

**CALL OUR NORTH KENSINGTON LINK UP SERVICE**

*Our special Link Up worker can help you choose from your  
own home and will help with finding & organising transport!*

**Call 020 8964 1900 Monday to Friday and ask for Lauraine**

**FREE CONCERT**  
**Starts at 3.00pm**

45 Minutes of Music

**26<sup>th</sup> January**

**15<sup>th</sup> March**

**26<sup>th</sup> April**

Holy Trinity Brompton  
Church

Onslow Square  
London SW7 3NX

Music, Tea & Sandwiches

### **Time for Me ....**

***Are you looking after a friend or relative as an unpaid carer?***

Time for Me is a leisure and activities project for carers who are 50+ and who live in the Royal Borough of Kensington & Chelsea – For more information or a programme please call **Judy at New Horizons on 020 7590 8970**



## Monday Choices in Central and South Kensington

Tel: 020 8964 1900

Social & Learning	Time	Place	Buses	Cost	Details
Kensington Activity Group	10.00-12.00	In the Meeting Room under the Central Library, Phillimore Walk, W8 7RX	C1, 9, 10, 27, 28, 49, 52, 70, 328, 452 Tube: High Street Kensington	£1.50	<b>Starting: 9<sup>th</sup> January</b> Friendly self run social group with a weekly talk or performance. See back page for detailed programme
<b>Wellbeing</b>					
Chair Exercise	12.00-1.00	In the Meeting Room under the Central Library, Phillimore Walk, W8 7RX	C1, 9, 10, 27, 28, 49, 52, 70, 328, 452 Tube: High Street Kensington	£1.00	<b>Starting: 16<sup>th</sup> January</b> <b>Half term: 13<sup>th</sup> &amp; 20<sup>th</sup> February</b> Gym in a chair. Fun exercise session for all levels

## Tuesday Choices in Central and South Kensington

Tel: 020 8964 1900

Social & Learning	Time	Place	Buses	Cost	Details
Creative Writing	10.00-12.00	Meeting Room at Brompton Library, 210 Old Brompton Rd, SW5 0BS	C1, C3, 74, 328, 430 Tube: Earl's Court	£2.00	<b>Starting: 10<sup>th</sup> January</b> <b>Half term: 14<sup>th</sup> February</b> Want to learn how to start writing a story or how to note down your memories! The class for you!
Spanish for Beginners	2.00-4.00	To Be Confirmed. For more information call: <b>SWATI on 020 8964 1900</b>	TBC	£2.00	<b>Starting: TBC</b> Come and have a go at beginner's conversational Spanish
Beginners Internet and Email	2.00-4.00	Computer Room at Brompton Library, 210 Old Brompton Rd, SW5 0BS	C1, C3, 74, 328, 430 Tube: Earl's Court	£2.00	For more information about this 6 week course and to book a place; call our main office on 020 8964 1900

## Wednesday Choices in Central and South Kensington

Tel: 020 8964 1900

Wellbeing	Time	Place	Buses	Cost	Details
<b>Zumba</b> <i>NOTE: Not good for people with Knee or Lower back Issues</i>	2.30-3.30	In the Meeting Room under the Central Library, Phillimore Walk, W8 7RX	C1, 9, 10, 27, 28, 49, 52, 70, 328, 452 Tube: High Street Kensington	£1.00	<b>Starting: 11<sup>th</sup> January</b> <b>Half term: 15<sup>th</sup> &amp; 22<sup>nd</sup> February</b> Build up your energy levels in this Latin Dance inspired class!

## Thursday Choices in Central and South Kensington

Tel: 020 8964 1900

Wellbeing	Time	Place	Buses	Cost	Details
<b>Zumba</b> <i>NOTE: Not good for people with Knee or Lower back Issues</i>	11.00-12.00	Mary Smith Court, Ground Floor Lounge, 23 Trebovir Road, SW5 9NF	C1, C3, 74, 328 Tube: Earl's Court	£1.00	<b>Starting: 12<sup>th</sup> January</b> <b>Half term: 16<sup>th</sup> &amp; 23<sup>rd</sup> February</b> Dance exercise to Latin music

## Friday Choices in Central and South Kensington

Tel: 020 8964 1900

Social & Learning	Time	Place	Buses	Cost	Details
<b>Digital Photography</b>	10.00-12.00	Computer Room at Brompton Library, 210 Old Brompton Rd, SW5 0BS	C1, C3, 74, 328, 430 Tube: Earl's Court	£2.00	For more information or to book a place on this 6 week course call our main office Mon – Fri on 020 8964 1900
<b>Singing for All</b>	11.00-1.00	Kensington United Reformed Church, Allen St, W8 6BL	C C1, 9, 10, 27, 28, 49, 52, 70, 328, 452 Tube: High Street Kensington	£2.00	<b>Starting: 13<sup>th</sup> January</b> <b>Half term: 17<sup>th</sup> February</b> Join this fun class for all levels! Exercise your lungs and improve your breathing techniques

## Saturday Choices in Central and South Kensington

Tel: 020 8964 1900

Social & Learning	Time	Place	Buses	Cost	Details
<b>Beginners Internet and Email</b>	12.00-2.00	Computer Room at Brompton Library, 210 Old Brompton Rd, SW5	C1, C3, 74, 328, 430 Tube: Earl's Court	£2.00	For more information or to book; call our main office Mon – Fri on 020 8964 1900

# WINTER PROGRAMME: JANUARY TO MARCH 2012

## KENSINGTON ACTIVITY GROUP

Cost: £1.50

Every Monday 10.00 am - 12.00 noon

Venue: The Meeting Room under the Central Library,  
Phillimore Walk, W8 7RX

Buses C1, 9, 10, 27, 28, 49, 52, 70, 328, 452

Tube: High Street Kensington

### January

- 9<sup>th</sup> Dave Welch: Talk on History  
16<sup>th</sup> Greta with poetry - bring a poem  
23<sup>th</sup> Philomena: Talk on Police  
30<sup>th</sup> Welcome Laretta:  
Musical memories

### February

- 6<sup>th</sup> Paul Scott: Talk on Salvation Army  
with slides  
13<sup>th</sup> Patricia McDermott: Nursing  
Experiences  
20<sup>th</sup> Jeanetta on Hearing Dogs  
27<sup>th</sup> Ernest Flesh: Talk with Slides

### March

- 5<sup>th</sup> Josie Jenkins: talk with Slides  
12<sup>th</sup> Dimity: Talk with Slides  
19<sup>th</sup> Noel Lynch: Talk on Auctions  
26<sup>th</sup> Jennifer Rogers on her World Tour



## Kensington Activity Group .....

Expand your interests with weekly talks or performances around various themes and meet new people over a cup of tea!

For more information: **Call Open Age on 020 8964 1900**

### OPEN AGE SUPPORT & SPONSORSHIP

It is a challenge for Open Age to balance its budget each year. If you have contacts with companies looking for charities to support, know grandchildren or others who want to Run a Marathon or Jump out of an Aeroplane and do not know who to raise money for, or you would like information on any of the following please call Robert on 020 8964 1900 .....

Gift Aid Donations, Celebrating a Milestone in Your Life, Legacies, In Memory Donations, Tribute Giving, Collecting Tins, Fundraising, Sponsorship Events, Charity of the Year or Corporate Support

*Together we can provide you with more!*

## FREE FACILITATED GROUP ACTIVITIES OVER THE PHONE FOR OVER 50's LIVING IN KENSINGTON & CHELSEA

Callers will be part of a small group that enjoys discussing topics such as current affairs, films or healthcare. Topics are chosen by the group and facilitated by a staff member!



**Call Robert Silver for more information on 020 8964 1900**