



OPEN AGE

Main office: 1 Thorpe Close, London, W10 5XL www.openage.org.uk



North Kensington Activity Programme January – March 2012

FREE MEMBERSHIP
For people over 50!
Enquiries: 020 8964 1900



LUNCH CLUB



**1.00-2.30pm First & third Monday; second & fourth Friday and
12.30-2.30pm each Sunday of the month**

2 Course Hot Meal for £4.50 (Vegetarian option available upon request)
at the Positive Age Centre, Peabody Estate, Dalgarno Way, W10 5JW

Come along and enjoy a friendly social atmosphere with games and activities if wanted!

For more information about Monday and Friday Lunches call Catherine and for information about Sunday Lunch call Simone (Monday to Friday) both on **020 8964 1900**



GATHER AND NATTER

Social group with games, cards, quizzes and talks

Every second and fourth Friday from 2.30pm-3.30pm at Positive Age Centre

For more information call Catherine on 020 8964 1900

TIME FOR ME

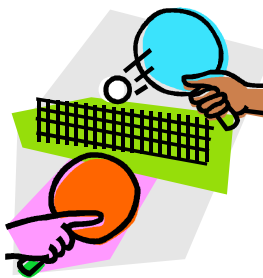
Are you looking after a family member or friend?

You can join a **FREE** programme of fun and interesting activities & trips out for unpaid carers 50+

We meet from 11am to 1pm at Open Age's Positive Age Centre, Peabody Estate, Dalgarno Way, London W10 5JW
Contact Liz Butters at Open Age on 020 8964 1900 or via eMail:

EButters@openage.org.uk
for more information

TABLE TENNIS!



New group starting at Westway Sports Centre – all levels welcome!

Every Monday 11-12
Contact Radka on 020 8964 1900

MUSIC APPRECIATION



Relaxing & interesting session to listen and learn about music from a professional musician

**STARTS: 16th January
1.30pm – 3.00pm,
at Thomas Darby Court,
133 Lancaster Road, W11
Details Page 2**

There are many MORE CHOICES each week at the Positive Age Centre, Peabody Estate, Dalgarno Way, W10 5JN
For more information call the Centre Coordinator on 020 8960 4853 or see our BLUE centre programme

Monday Choices in North Kensington

Tel: 0208 964 1900

Social & Learning Groups	Time	Place	Buses	Cost	Details
Beginners Internet & eMail	10.00-12.00 Must Book	Open Age 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	£2	For more information or to book a place on this 6 week course, call main office 020 8964 1900
Beginners French	10.00-12.00 Starts 9 th Jan	Thomas Darby Crt 133 Lancaster Rd. W11	7,23,52,70 228,295,452	£2	Enjoyable class with encouraging tutor. Please call office for more information. Closed 13 th Feb
Monday Forum (Programme on page 3)	10.30-12.30 Starts 9 th Jan	Venture Centre Wornington Road W10 (off Golborne)	23,52, 70,228, 295, 452	£1.50	Monday Forum weekly learning & social programme. Closed 13 th Feb
Table Tennis – NEW!	11.00-12.00 Starts 9 th Jan	Westway Sports Centre, 1 Crowthorne Rd	7,295,316	£1	Friendly and informal group for people of all abilities. Closed 13 th Jan
Go ON Session Class for new learners to get online	12.15-2.00 Must Book	Open Age 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	Donation Welcome	For more information or to book, call main office 020 8964 1900
Music Appreciation	1.30-3.00 Starts 16 th Jan NOT 13 th /20 th Feb	Thomas Darby Crt 133 Lancaster Rd. W11	7,23,52,70 228,295,452	£2	Popular, relaxing & interesting session to listen and learn from a professional musician!
Cai's Art Afternoon (see page 3)	1.30-3.30 Starts 9 th Jan	Venture Centre Wornington Road W10 (off Golborne)	23,52, 70,228, 295, 452	50p	Congenial art workshop with support from artist member, Cai. Closed 13 th Feb
Computer Support Session Come and practise your computer skills	2.00-6.00 Starts 9 th Jan	Open Age 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	50p per hour	No booking required. Volunteer supported. 1 hour limit per person if busy!
Wellbeing Groups	Time	Place	Buses	Cost	Details
Chair Exercise	11.30-12.30 Starts 16 th Jan	Pepper Pot 1a Thorpe Close	7,23,52,70 228,295,452	FREE	Gentle exercise in local centre. Closed 13 th & 20 th Feb
Chair Exercise	2.15-3.15 Starts 16 th Jan	Whitchurch House 3 Kingsdown Close, London W10 6SL	7,23,52,70 228,295,452	£1	Gentle exercise suitable for all with a friendly tutor. Closed 13 th & 20 th Feb

MONDAY FORUM - £1.50 & CAI'S ART AFTERNOON - 50p

A WARM WELCOME TO ALL; ENJOY LEARNING IN A SOCIAL SETTING!

Meets: 10.30-12.30 at The Venture Centre, Wornington Road, W10 (off Golborne Road)

(5 minutes from nearest buses: 23 to Golborne Road or all buses to Ladbroke Grove/Barlby Road junction)

JANUARY

- 9 **SUPPORTING PEOPLE WITH DEMENTIA:** Talk from Open Age's in-house expert Lauraine Robinson
- 16 **DEVELOPMENTS AT THE DESIGN MUSEUM:** Sara Ayres updates us on what's happening at the Design Museum
- 23 **THE EU REFERENDUM:** Ivan Gibbons, former local politician, will talk about what's been going on in the EU
- 30 **FALLS PREVENTION:** Learn simple exercise techniques to help maintain balance and improve coordination

FEBRUARY

- 6 **HISTORY OF PARLIAMENT:** David Foster will give a talk on the history of parliament
- 13 **NO MEETING:** Half Term
- 20 **OCTAVIA HILL, SOCIAL CHANGE & THE OCTAVIA FOUNDATION:** Talk from Gillian van der Merwe
- 27 **COMPLEMENTARY THERAPIES** learn about alternative healing with Munro Health Cooperative

MARCH

- 5 **CURRENT AFFAIRS DISCUSSION** with Bob Garvin: Air your views and debate with Bob!
- 12 **PLANNING NEXT PROGRAMME AND SOCIAL MORNING:** Please bring some nibbles!
- 19 **PHOBIA AWARENESS:** talk from the psychological wellbeing team about phobias
- 26 **DIABETES TALK** with Bini from the Community Diabetes Service

CAI'S ART AFTERNOON

Meets: 1.30pm-3.30pm

COST 50p

Get your creative juices flowing! Equipment provided, support from talented member artist, Cai Martinez. Beginners welcome! An easy going afternoon, where you can create for pleasure! Teas provided but **bring a lunch snack if staying all day.**



Did you know Cai has taught this Art class since Open Age opened back in 1993? – He is now 88 and still imparts his wisdom to all who attend each week! – He is one of our many UNSUNG HEROES, and we would like to just say “thank-you” to him for his help and support!

Tuesday Choices in North Kensington

Tel: 020 8964 1900

Social & Learning Groups	Time	Place	Buses	Cost	Details
Computer Support Session Come and practise your computer skills	9.30-12.00 Starts 3 rd Jan	Open Age, 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	50p per hour	No booking required. Volunteer supported. 1 hour limit per person if busy!
Sewing Class – learn or improve your sewing skills!	10.30-12.30 Starts 3 rd Jan	2 Thorpe Close W10 5XL	7,23,52,70 228,295,452	FREE	Partnership with Midaye, Somali Development Network. Open to all over 50s.
Lip Reading Class Invaluable for anyone who is hard of hearing!	10.30-12.30 Starts 10 th Jan	2 Thorpe Close W10 5XL	7,23,52,70 228,295,452	£2	Useful for hard of hearing – very supportive, join now! (Next to Open Age main office) Closed 14 th Feb
Work Club Access new job opportunities & apply for them online	12.15-2.00 Starts 3 rd Jan	Open Age, 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	FREE	By referral from New Futures 50 Plus employment programme on: 020 8964 1900
Computer Support Session Come and practise your computer skills	2.00-4.30 Starts 3 rd Jan	Open Age 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	50p per hour	No booking required. Volunteer supported. 1 hour limit per person if busy!
Wellbeing Groups	Time	Place	Buses	Cost	Details
Yoga WOMEN ONLY CLASS	11.00am Starts 10 th Jan	Muslim Cultural Ctre, Acklam Rd	23	FREE	For more details call Radka in the Open Age main office on 020 8964 1900
Over 50s Swimming Class <i>(Run by the Leisure Centre, not Open Age)</i>	11.00-12.00 Ongoing	Kensington Leisure Centre, Walmer Road W11	7,23,52,295,316	FREE	Go to Leisure Centre to register with ID & evidence of age. Information: 020 7727 9747
Zumba Dance <i>(health warning: not for people with back or knee problems)</i>	1.30-2.30 Starts 17 th Jan	Portobello Green Fitness Centre 3-5 Thorpe Close W10 5XL	7,23,52,70 228,295,452	£2	Lively session: dance exercise to Latin music. Closed 14 th & 21 st Feb. MUST show Open Age Members card for concession!
Yoga	2.00-3.30 Starts 17 th Jan	Venture Centre Wornington Road W10	23,52,70,228, 295,452	£1.50	Relaxing exercise with expert tutor. Closed 14 th & 21 st Feb
Gym for Men 50+ MEN ONLY CLASS	6.00-7.00pm Starts 17 th Jan	Westway Sports Ctr, Crowthorn Road. W11	295, 316 4 Latimer Rd. Tube.	FREE	Just turn up at the Westway Centre and ask for the class. Closed 14 th & 21 st Feb

Wednesday Choices in North Kensington

Tel: 020 8964 1900

Social & Learning Groups	Time	Place	Buses	Cost	
Computer Support Session Come and practise your computer skills	10.00-12.00 Starts 4 th Jan	Open Age 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	50p per hour	No booking required. Volunteer supported. 1 hour limit per person if busy!
Work Club Access new job opportunities & apply for them online	12.15-2.00 Starts 4 th Jan	Open Age 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	FREE	By referral from New Futures 50 Plus employment programme on: 020 8964 1900
Beginners Internet and eMail	2.00-4.00 Must Book	Open Age 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	£2	For more information or to book a place on the 6 week course call 020 8964 1900
Art for All	2.00-4.00 Starts 11 th Jan	Thomas Darby Crt 133 Lancaster Rd. W11	7,23,52,70 228,295,452	£2	Come and join this friendly art class (previously at Epics). Closed 15 th Feb
Wellbeing Groups	Time	Place	Buses	Cost	Details
Keep Fit WOMEN ONLY CLASS	12.00-1.00 Starts 11 th Jan	Canalside House, Canal Close. W10 (on corner by Sainsbury's)	All bus routes to Sainsbury's at Ladbrooke Grove	FREE	Organised in partnership with Hodan Somali Community - all local older women welcome!

Thursday Choices in North Kensington

Tel: 020 8964 1900

Social & Learning Groups	Time	Place	Buses	Cost	
TRIPS AROUND LONDON Organised by members	See Trips Programme	Usually depart from 1 Thorpe Cl.	7,23,52,70 228,295,452	varied	See Members' Trips Programme Volunteer Escorts on most trips.
Intermediate French: Volunteer led	10.00-12.00 Starts 12 th Jan	Thomas Darby Crt. 133 Lancaster Road W11	7,23,52,70 228,295,452	£1.50	Enjoyable class with encouraging tutor. Please call for more information. Closed 16 th Feb
Basic Computer Skills for Employment	10.00-12.00 Must Book	Open Age 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	FREE	By referral from New Futures 50 Plus Employment Programme on: 020 8964 1900
Microsoft Office Suite for Employment: Intermediate course learn how to use Word, Excel, PowerPoint and Publisher	1.00-3.00 Must Book	Open Age 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	FREE	By referral from New Futures 50 Plus Employment Programme on: 020 8964 1900

MEMBERS MONTHLY MEETING SOCIAL WITH INFORMATION & Raffle –please bring a gift!	2.00-4.00 Last Thursday each month)	Thomas Darby Crt.133 Lancaster Road W11	7,23,52,70 228,295,452	50p raffle & £1 for Sep social	Lively afternoon where you can meet others, air ideas & keep informed! Refreshments too!
Work Club: Access new job opportunities & apply for them online	3.00-5.00 Starts 5 th Jan	Open Age 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	FREE	By referral from New Futures 50 Plus employment programme on: 020 8964 1900
Wellbeing Groups					
Over 50s Swimming Class <i>(Run by the Leisure Centre, not Open Age)</i>	11.00-12.00 Ongoing	Kensington Leisure Centre, Walmer Road W11	7,23,52,295,316	FREE	Go to Leisure Centre to register with ID & evidence of age. Information: 020 7727 9747
Gentle T'ai Chi	3.30-4.30 Starts 12 th Jan	Alan Morkill Hse, 88 St Mark's Road (opposite park)	7, 316	£1.00	For less active older people. Enq: 020 8964 1900. Closed 16 th & 23 rd Feb

Friday Choices in North Kensington

Tel: 020 8964 1900

Social & Learning Groups	Time	Place	Buses	Cost	
MEN'S GROUP ACTIVITIES Ask at main office for more details	Varied times, alternate weeks.	Open Age 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	FREE	For more details call main office 020 8964 1900. Or pop in and ask for programme & information.
Find out How to ..? Where to ..? What to ..? using a computer: We help YOU find the answers!	11.00-12.00 Must Book	Open Age 1 Thorpe Close W10 5XL	7,23,52,70 228,295,452	£1	For more information or to book a place call 020 8964 1900
TIME FOR ME, Carers' Project For people over 50 in North Kensington who look after a family member or friend.	11.00-1.00 ASK for a detailed programme	Positive Age Centre, Peabody Estate, Dalgarno Way, W10	7,70,316	FREE	A diverse programme of fun & interesting FREE activities & trips that respond to members needs ENQ: Liz Butters 020 8964 1900
Conversational French Intermediate to Advanced levels	1.15-3.15 Starts 13 th Jan	1 Thorpe Close London W10 5XL	7,23,52,70 228,295,452	£1.50	Volunteer led group, sociable language practise!
Wellbeing Groups					
Pilates	10.20-11.20 Starts 13 th Jan	Portobello Green Fitness Centre 3-5 Thorpe Close W10 5XL	7,23,52,70 228,295,452	£2	Closed 17 th & 24 st Feb. MUST show Open Age Membership card for concession!

Zumba on Chairs	10.30-11.30 Starts 13th Jan	Venture Centre Wornington Rd	23,52,70,228, 295,452	£1	Gentle Chair Exercise with a Latin Twist
Breathing Yoga with Sat	12.30-2.30 Starts 13th Jan	Portobello Green Fitness Centre 3-5 Thorpe Close W10 5XL	7,23,52,70 228,295,452	£2	MUST show Open Age Membership card for concession!
Did you know Sat was runner up for the Active Westminster 'Active Volunteer Award' in November from 420 nominations? One of our many UNSUNG HEROES, this time around we would like to just say "thank-you" to her for her help and support!					
Line Dancing	1.00-2.30 Starts 13th Jan	Venture Centre Wornington Rd	23,52,70,228, 295,452	£1.50	Lively Sociable Dance Session, a great way to end the week! Closed 17 th & 24 th Feb

WANT TO SOCIALISE, BUT CAN'T GET OUT EASILY? Try our FREE 'TELEPHONE SOCIAL' Activity Sessions! Stimulating & entertaining group discussions over the phone chaired by our cheerful co-ordinator Lauraine – your phone bill will NOT be affected!

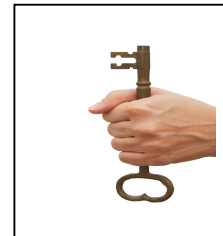
To learn more call Lauraine at the Open Age Office on 020 8964 1900 and she will call you back and explain how it works!



WANT MORE INFORMATION ON OPEN AGE ACTIVITIES?

CALL: 020 8964 1900 or visit our drop in office under The Westway by Ladbroke Grove Tube and ask for:

- Simon:** for Connecting Carers - signposting carers to services
- Catherine:** for Link Up, Gather & Natter & Men's Group
- Liz:** for North Kensington Carers over 50
- Radka:** for Leisure Centres & Exercise Classes
- Swati:** for Adult Learning & Computers
- Mary:** for the Work Club
- Office:** Administration & Volunteering Enquiries



Co-ordinator Positive Age Centre (Jane) - DIRECT LINE: 020 8960 4853

Want help finding & attending the right activity?

HELP IS AT HAND, CALL ON OUR NORTH KENSINGTON LINK UP SERVICE

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

Ask for Catherine

020 8964 1900

Monday – Friday