



OPEN AGE

Main office: 1 Thorpe Close W10 5XL

www.openage.org.uk



Positively Physical Winter Programme 2012 You are welcome! Come on in!

**FREE MEMBERSHIP!
OVER 170 WEEKLY ACTIVITIES
FOR PEOPLE OVER 50
ENQUIRIES: 020 8964 1900**



**ARE YOU: OVER 50?
A RESIDENT OF QUEEN'S PARK,
WESTBOURNE PARK OR HARROW ROAD?
LOOKING FOR A HEALTHIER LIFESTYLE?**

Positively Physical offers you a wide range of **FREE** weekly activities including: Walking, Yoga, Chair Exercise, Watersplash, Dancing, Monthly Social Meetings, Parties... and more to keep you physically fit and healthy!



TIMETABLE ON THE INSIDE

VOLUNTEERING:

ARE YOU OVER 50?

AND HAVE AN HOUR A WEEK TO SPARE?

OR DO YOU PREFER SOCIALISING?

Open Age is looking for people to help run social groups, lead walking groups (training provided), to help at activities and events or to do administrative duties.

If you can help, or would like more information please call **Simone on 020 8964 1900** - Thank-you!

The Positively Physical Programme is a partnership project led by Open Age with:
Kyu Yo Bu Shin; Westminster Sports Unit; Queen's Park Neighbourhood Forum; Westbourne Neighbourhood Forum and the Beethoven Centre

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





Positively Physical Winter & Spring Programme January to March 2012



<p>Walking to fitness: A great way to start the day. Enjoy new walks and improve your health.</p>	<p>Monday Starts: 9th Jan - 26th Mar Break: 13th Feb</p>	9.15-10.15am	<p>Meet outside Edward Wilson School on Bourne Terrace Buses: 18 and 36</p>
<p>Exercise to Music: (Women only) This class will improve your stamina, strength and gets you to burn calories!</p>	<p>Tuesday Starts: 10th Jan - 27th Mar Break: 14th Feb</p>	12.30-1.30pm	<p>WECH Community Centre, Chantry Close, Elgin Estate, W9 2HX (Corner of The Elephant & Castle Pub off the Harrow Road) Buses: 18 and 36</p>
<p>Chair Exercise: Seated exercise that stretches and tones the whole body</p>	<p>Tuesday Starts: 10th Jan - 27th Mar Break: 14th Feb</p>	2.00-3.00pm	<p>WECH Community Centre, Chantry Close, Elgin Estate, W9 2HX (Corner of The Elephant & Castle Pub off the Harrow Road) Buses: 18 and 36</p>
<p>Yoga: An energizing class that promotes good health for body, mind and soul</p>	<p>Tuesday Starts: 10th Jan - 27th Mar Break: 14th Feb</p>	2.30-3.30pm	<p>The Beethoven Centre, Third Avenue, Queen's Pk. Buses: 6, 187, 316</p>
<p>Salsa Dance: This class will get your bodies moving plus help with co-ordination and memory</p>	<p>Wednesday Starts: 11th Jan - 28th Mar Break: 15th Feb</p>	2.00-3.00pm	<p>Paddington Arts Centre, 32 Woodfield Rd W9 2BE Tube: Westbourne Park Buses: 18, 23, 31, 26, 328</p>
<p>Pilates: Exercises that concentrate on strengthening and toning your whole body</p>	<p>Thursday Starts: 12th Jan - 29th Mar Break: 16th Feb</p>	12.30-1.30pm	<p>Moberly Sport Centre, Kilburn Lane, W10 4AH Buses: 6, 187 & 316</p>
<p>Water Splash: Water based exercises which focus on improving stamina and strength. This class will get you burning calories</p>	<p>Friday Starts: 13th Jan - 30th Mar Break: 17th Feb</p>	12.00-1.00pm	<p>Jubilee Sports Centre, Caird Street, Queen's Pk. Buses: 18 & 28</p>
<p>Yogalates: A mixture of yoga and Pilates, strengthening and toning all muscle groups</p> <p>This class is organised by KYU-YO-BU-SHIN</p>	<p>Sunday</p> <p>This is an ongoing class. For more information, please call Mary Amayo on her mobile 07890 301 235</p>	4.00-5.00pm	<p>Academy Sports Centre, Torquay Street, Royal Oak, W2 Buses: 18 & 36</p>

NOTE: Classes will be breaking for Half Term for the week 13th to 17th February.

MONTHLY SOCIALS 2011

Group meets at St. Jude's Hall, 67 Ilbert Street, W10 4QL
(Corner of 4th Avenue and Ilbert Street)

Time: 3.00-5.00pm

Light Refreshments available!



Positively Physical Project

For more information contact Simone at Open Age 020 8964 1900

<p>Friday, 27th Jan 3.00pm</p>	<p>LEARN MORE ABOUT THE DISABILITY LIVING FOUNDATION with Philippa</p> <p>'BINGO' with Paddy</p>	<p>Please bring a prize for Bingo session</p>
<p>Friday, 24th Feb 3.00pm</p>	<p>'THE WAY WE WORK' with Maggie Tyler - Reminiscence & Local History Tutor</p> <p>'BINGO' with Paddy</p>	<p>Please bring a prize for Bingo session</p>
<p>Friday, 30th Mar 3.00pm</p>	<p>MAKE AN EASTER BONNET</p>  <p>'BINGO' with Paddy</p>	<p>Please bring a prize for Bingo session</p>



Give a helping hand - Be a Physical Activity Champion!



Open Age is recruiting volunteers to be Physical Activity Champions as part of the Positively Physical Programme.
There are **NO** age barriers.....

The Positively Physical Programme aims to support residents of 50+ in North Westminster to lead more active happier lifestyles by providing a range of activities, events and information on well-being and fitness.

- Help publicise classes and events!
- Would you like to help us organise a social group that meets once a month after an exercise class?
- If you are a keen walker we can offer you training and support to co-ordinate your own walking group...

OR just to:

<i>Meet new people</i>	<i>Make new friends</i>
<i>Give a sense of real personal achievement</i>	<i>Make a valuable contribution</i>

No qualifications!!!! Just enthusiasm and a genuine interest required!
Open Age will cover any costs involved, such as travel and training. Contributing just one or two hours per month will make a real difference!!!

For more information contact: Simone at Open Age on 020 8964 1900

