



OPEN AGE

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



Queen's Park & Harrow Road Wards Hub

FREE MEMBERSHIP - For over 50'S!
Enquiries: 020 8964 1900

JANUARY TO MARCH 2012

OPEN AGE HUB ACTIVITIES FOR THE OVER 50s!!

We have lots of exciting new activities for the New Year within Queen's Park and Harrow Road Wards including:

Arts & Crafts; Jewellery Making; Zumba Gold; T'ai Chi; Chi Gong; 'Get to know your local history'; Lip Reading; Chair Exercise; Shared Reading and Zumba in a Chair



Are you interested in participating in any of the following activities?

Planning Group for Queen's Park & Harrow Road Ward Hub

Laughter Yoga

Being in a Choir

Being in a Rock Band

Being in a Theatre Group

Or if you have additional ideas for activities please talk to Gill on 020 8964 1900 – she's fun and friendly!



NOTE: Regular activities run from 9th January to 30th March 2012 before the Easter Break!

Monday Choices

More Information Call: 020 8964 1900

Social & Learning	Time	Place	Buses	Cost	Details
Monday 50+ social with speakers and trips (see details below)	10.30 - 12.30 Starts: Jan 9 th	Juniper House Droop Street, W10 4QX Behind Queen's Park Library	18, 28, 52, 316, 452	£2	Open to all over 50's! A lively morning with invited speakers & trips out. New members very Welcome
Beginners Internet and eMail	11.30 - 1.30	Queen's Park Library, 666 Harrow Road London W10 4NE	18, 28, 52, 316, 452	£2	For more information or to book on this 6 week introductory course, please call the Open Age main office on 020 8964 1900
'Advice Plus' Information Stall	2.00 – 4.00 Starts: Jan 9 th	The Beethoven Centre, Third Avenue, Queen's Park, W10 4JL	6, 187, 316	FREE	Open Age & Other Services Information Stall. A chance to find out what is going on in the area & seek advice from a range of organisations

MONDAY 50 + SOCIAL WITH SPEAKERS AND TRIPS:

Time: 10.30 am – 12.30 pm

- Jan 9th: Talk about the Houses of Parliament
- Jan 16th: Planning where to go on trips – come and give the group your ideas!
- Jan 23rd: Talk about Queen Victoria
- Jan 30th: Trip

- Feb 6th: Trip
- Feb 13th: Talk about Bowel Cancer
- Feb 20th: Talk from the Alzheimer's Society
- Feb 27th: Talk about another historical figure

- March 5th: Wii: 'Who wants to be a millionaire?' / planning for summer activities
- March 12th: Talk by Parkinson's UK
- March 19th: 'Audiology': all about hearing (bring your hearing aid along and get it checked!)
- March 26th: Craft Session: Card Making

Tuesday Choices

More Information Call: 020 8964 1900

Social & Learning	Time	Place	Buses	Cost	Details
NEW Arts & Craft	10.30 - 12.30 Starts: Jan 10 th	The Large Meeting Room, Beethoven Ctr, Third Avenue, Queen's Park, W10 4JL	6, 187, 316	£2	An opportunity to try out your artistic talents and meet new people... not to be missed!!
NEW Lip Reading Class (Must book a place by 13 th January)	1.30 - 3.30 Starts: Jan 17 th Ends: Mar 20 th	The Large Meeting Room, Beethoven Ctr, Third Avenue, Queen's Park, W10 4JL	6, 187, 316	£2	This is a 10 week 'taster' course for those who want to understand & learn to communicate through lip reading. Ideal for anyone who has or knows someone with a hearing loss. MUST BOOK! call Open Age on 020 8964 1900
Shared Reading Group (in partnership with Westminster Libraries)	3.30 - 5.00 Starts: Jan 10 th	Queen's Park Library: 666 Harrow Road, London W10 4NE	18, 28, 52, 316, 452	FREE	A great opportunity to read short stories, poems, novels & plays together & discuss over a cuppa & biscuit! No need to read aloud or join in the discussion, just come & listen!
Wellbeing	Time	Place	Buses	Cost	Details
Exercise to Music* (Women only)	12.30 - 1.30 Starts: Jan 10 th Break: Feb 14 th Ends: Mar 27 th	WECH Community Centre, Athens Gardens, Elgin Estate, Elgin Ave, W9 3RZ (corner by Elephant & Castle)	18, 36	FREE	This class for women over 50 in Harrow Road, Westbourne & Queen's Park Wards. It will improve your stamina & strength as well as get you to burn some calories!
NEW 'Zumba Gold'	1.30 - 2.30 Starts: Jan 10 th	The Studio, Moberly Sport Centre, Kilburn Lane, W10 4AH	6, 187, 316	£1	Zumba at a slower pace! (Zumba Gold aims to avoid any movement which strains knees or hips)
Music for All	1.30 - 3.00 Starts: Jan 10 th	Ernest Harriss House 61 Elgin Avenue W9 2BX	6, 31, 36, 187, 228, 328, 414	£1.50	An afternoon for all music lovers! Listen, learn enjoy, and explore your old favourite tunes and discover some new ones!
Chair Exercise*	2.00 - 3.00 Starts: Jan 10 th Break: Feb 14 th Ends: Mar 27 th	WECH Community Centre, Athens Gardens, Elgin Estate, Elgin Ave, W9 3RZ (corner by Elephant & Castle)	18, 36	FREE	Seated exercise that stretches and tones the whole body

Yoga*	2.30 - 3.30 Starts: Jan 10 th Break: Feb 14 th Ends: Mar 27 th	The Beethoven Centre Third Avenue, Queen's Park W10 4JL	6, 187, 316	FREE	This energising class for the over 50's in Harrow Road, Westbourne & Queen's Park Wards promotes good health for body, mind & soul!
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Wednesday Choices

More Information Call: 020 8964 1900

Social & Learning	Time	Place	Buses	Cost	Details
Time for Me: Activities & relaxation for Unpaid Carers	1.30 - 3.30 Contact Open Age for dates	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187, 189	FREE	Time off from caring: socialise, relax, take part in the FUN activity programme. Enquiries: 020 8964 1900
NEW Jewellery making	1.30 - 3.30 Starts: Jan 11 th	The Large Meeting Room, Beethoven Ctr, Third Avenue, Queen's Park, W10 4JL	6, 187, 316	£2	Come along to learn how to design & create your own necklaces and bracelets! Great for presents for yourself, friends or family!
Wednesday 50+ Social with speakers Weekly except 1 st Wed of each month	2.00 - 4.00 Starts: Jan 11 th	Juniper House Droop Street, W10 4QX (Behind Queen's Park Library)	18, 28, 52, 316, 452	£2	Lively, welcoming social group with invited speakers and refreshments. See programme below
W9 Social Group	2.00 - 4.00 11 th Jan 1 st Feb 7 th Mar	Rayne House, 170 Delaware Road, W9 2LW (next to BBC Music Studios)	6, 187, 414	£2	FIRST WEDNESDAY OF EACH MONTH Social afternoon with a variety of Guest Speakers, plus Raffle & afternoon tea. (Please bring a raffle contribution)
Wellbeing	Time	Place	Buses	Cost	Details
Chair Exercise to Music	2.00 - 3.00 Starts: Jan 11 th	Ernest Harriss House 61 Elgin Avenue W9 2BX	6, 31, 36, 187, 228, 328, 414	£1	Great music, lively and popular class for ALL abilities!



WEDNESDAY OVER 50'S PROGRAMME AT JUNIPER HOUSE: Time: 2.00 pm – 4.00 pm

- Jan 11th: Going to W9 Group at Rayne House – see box to the right
 Jan 18th: Discussion about hospital discharge and transport with Advocacy plus
 Jan 25th: Wii: 'Who wants to be a millionaire?' / planning for summer activities
 Feb 8th: 'Health Information in Libraries, more to it than you think!'
 Feb 15th: 'TV Digital change over' explained by the BBC
 Feb 22nd: Talk about the Houses of Parliament
 Feb 29th: Talk about Alzheimer's Society
 Mar 14th: Social
 Mar 21st: Audiology talk: all about hearing (bring your hearing aid along to get checked!)
 Mar 28th: Card making

WEDNESDAY'S W9 MONTHLY SOCIAL GROUP

- Jan 11th: **Who wants to be a Millionaire?** Interactive brain teaser team game run by Maureen
 Feb 1st: **Maritime History**, Stories of the Sea from Thomas
 Mar 7th: **Supporting People with Dementia**, Talk from Lauraine
Held at: Rayne House 2.00-4.00

Thursday Choices

More Information Call: 020 8964 1900

Social & Learning	Time	Place	Buses	Cost	Details
Singing for All	10.00 - 12.00 Starts: Jan 12 th	Ernest Harriss House 61 Elgin Avenue W9 2BX	6, 31, 36, 187, 228, 328, 414	£2	Led by a professional singer. Friendly class where you can enjoy singing & learn how to develop your voice. Beginners welcome!
Get to know the history of your area	10.30 - 12.30 Starts: Jan 19 th	Emmanuel Church Hall, 389E Harrow Road, W9 3NA	18, 28, 228	£2	A fantastic opportunity to hear about local history and also to reminisce. PLEASE NOTE, this runs on alternate weeks!
Jamaican History with Simone	3.00 - 4.30	WECH Community Centre, Athens Gardens, Elgin Estate, Elgin Ave, W9 3RZ (corner by Elephant & Castle)	18,36	FREE	To be confirmed after consultation with Members. (please contact Simone at Open Age for more details on 020 8964 1900)
Wellbeing	Time	Place	Buses	Cost	Details
NEW Chi Gong	10.00 - 11.00 Starts: Jan 12 th	WECH Community Centre, Athens Gardens, Elgin Estate, Elgin Ave, W9 3RZ (corner by Elephant & Castle)	18, 36	£1	This session will teach you to align breathing, movement and awareness for exercise, healing & meditation. Involves rhythmic breathing coordinated with slow stylised repetition of fluid movements with a calm peaceful mind.

Chair Exercise	11.30 - 12.30 Starts: Jan 12 th	Barbara Brosnan Court, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187, 189	£1	Gentle top to toe hour of exercise to music. Tone up and get fitter whilst having fun!
Pilates*	12.30 - 1.30 Starts: Jan 12 th Break: Feb 16 th Ends: Mar 29 th	Moberly Sports Centre Kilburn Lane, W10 4AH	6, 187, 316	FREE	Exercises that concentrate on strengthening & toning your whole body. For the over 50's in Harrow Road, Westbourne & Queen's Park Wards
NEW Chair Zumba	1.30 - 2.30 Starts: Jan 12 th	Ernest Harriss House 61 Elgin Avenue W9 2BX	6, 31, 36, 187, 228, 328, 414	£1	Zumba whilst seated! You will reap the benefits of upper and lower body toning. Come along and give it a try!

Friday Choices

More Information Call: 020 8964 1900

Social & Learning	Time	Place	Buses	Cost	Details
Positively Physical Monthly Social* For over 50s in Harrow Road, Westbourne & Queen's Park Wards	3.00-5.00 Dates: 27 th Jan 24 th Feb 30 th Mar	St Jude's Hall, Ilbert Street, W10 4QL (corner of 4 th Avenue)	18, 28, 228	FREE	LAST FRIDAY OF EACH MONTH. Lively social with Special Speakers, fun sessions bingo & more! Ring Simone at Open Age for more information. (Please bring a prize for the BINGO!)
Wellbeing	Time	Place	Buses	Cost	Details
Water Splash*	12.00 - 1.00 Starts: Jan 13 th Break: Feb 17 th Ends: Mar 30 th	Jubilee Sports Centre Caird Street, Queen's Park, W10 4RR	18, 28	FREE	Water based exercises which focus on improving stamina & strength for the over 50's in Harrow Road, Westbourne & Queen's Park Wards
NEW Chair exercise to music	2.00 - 3.00 Starts: Jan 13 th	Disabled Living Foundtn. 380-384 Harrow Road London W9 2HU	18, 36	£1	Expert tutor and lively class! Stretches & tones the whole body whilst seated!
T'ai Chi	2.00 - 3.00 Starts: Jan 13 th	Juniper House Droop Street, W10 4QX (Behind Queen's Park Library)	18, 28, 52, 316, 452	£1	Gentle Exercise, great for relieving stress & bringing about mental calm with the associated health benefits!



IN ADDITION! DATES FOR YOUR DIARIES

Thursday January 19th (11.00 - 12.30): **COOK AND EAT** with Debbie Fearnley (Health Hub Co-ordinator) at St Jude's Community Hall, 67 Ilbert Street, Queen's Park Estate, W10 4QL. Learn how to make tasty and nutritious meals which don't cost the earth! Please contact Gill at Open Age to **Book your place by January 12th: FREE**

Wednesdays, January 18th / 25th (10.30 - 1.30): **SILK SCREEN CARD MAKING** (in partnership with The London Print Studios) at The London Print Studios, Harrow Road. **ONLY FOR QUEEN'S PARK / HARROW ROAD WARD RESIDENTS!** Please contact Gill at Open Age to **book your place by January 11th: FREE**

Wednesday, March 7th (2.00 – 4.00): **SPRING TEA DANCE** (in partnership with City West Homes) at St Jude's Community Hall, 67 Ilbert Street, Queen's Park Estate, W10 4QL: **Book your place by February 24th: FREE**

Thursday, March 15th (11.00): **Trip to Kensington Palace: book your place with Gill by March 2nd: FREE**

*POSITIVELY PHYSICAL ACTIVITIES

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

Westminster Hubs TELE – ACTIVITY! Socialise from your armchair!



Socialise with others over the telephone for **FREE!** (We pay for the call!) **Robert Silver** co-ordinates a lively weekly chat across the wires for those who are unable to get out and about who would enjoy the company of like-minded people. Get in touch if you would like to join in! **Ring Robert Silver: 020 8964 1900 for more information!**