



OPEN AGE



Main office: 1 Thorpe Close, London, W10 5XL

www.openage.org.uk

Registered Charity Number 1039520

January to March 2012 Programme



North Westminster:		
Call 020 8964 1900 for more information!		
MONDAY		
9.15	Walking to Fitness*	Meet outside Edward Wilson School
10.30	Good Health Session NEW	Brunel Mini Hub
10.30	Monday 50+ Social	Juniper House
11.30	Beginners Internet & eMail (Queen's Park Library)	Book 020 8964 1900
1.00	Beginners Internet & eMail (Brunel Youth Project Centre)	Book 020 8964 1900
1.30	Current Affairs NEW	Brunel Youth Project
2.00	Seniors' Online Computers (Maida Vale Library)	Book 020 7641 1300
2.00	Advice Plus Information Stall	The Beethoven Centre
3.00	Swiss Ball NEW	Paddington Arts
TUESDAY		
10.00	Amberley Coffee Plus Talks	Amberley Clubroom
10.30	Get to Know Your Area	Rayne House
10.30	Arts & Craft NEW	Beethoven Centre
11.00	Cuppa & Chat Drop In NEW	Brunel Mini Hub
12.30	Exercise to Music (Women Only)	WECH Community Ctr.
1.00	Dance for Health Course NEW	Paddington Arts
1.30	Jewellery Making / Art Tasters NEW	Hardy House
1.30	Lip Reading NEW	Beethoven Centre
1.30	Zumba Gold	Moberly Sports Centre
1.30	Music for All	Ernest Harriss House
2.00	Chair Exercise*	WECH Community Ctr.
2.15	Beginners Internet & eMail (Paddington Library)	Book 020 7641 1300
2.30	Yoga	Beethoven Centre
2.30	Thespians, Drama & Play Reading NEW	Brunel Mini Hub
3.15	Afternoon Tea Drop-In NEW	Brunel Mini Hub
3.15	Mobile Phone Training (Monthly)	Brunel Mini Hub Book on 020 8964 1900
3.30	Shared Reading Group	Queen's Park Library
WEDNESDAY		
11.00	Drop Into Stowe	Stowe Centre
11.00	Men's Morning (Monthly)	Stowe Centre
11.00	Art for All	Hardy House
1.30	Time for Me: Activities & Relaxation for Carers	Barbara Brosnan Court
1.30	Jewellery Making NEW	Beethoven Centre
2.00	T'ai Chi	Amberley Clubroom
2.00	Salsa Dance*	Paddington Arts
	Senior's Online: Intermediate	

WEDNESDAY continued ...		
2.00	Chair Exercise to Music	Ernest Harriss House
2.00	Wednesday 50+ Social	Juniper House
2.00	W9 Social (Monthly)	Rayne House
3.00	One to One Computer Class (Southbank International School)	Book 020 8964 1900
THURSDAY		
Varied	Trips Around London	Book 020 8964 1900
10.00	Senior's Online: Beginners (Maida Vale Library)	Book 020 7641 1300
10.00	Singing for All	Ernest Harriss House
10.00	Chi Gong NEW	WECH Community Ctr.
10.30	Get to Know the History of Your Area	Emmanuel Church Hall
11.00	Chair Exercise	Hardy House
11.00	Chair Exercise	Rayne House
11.30	Games Morning NEW	Harrow Road Health Centre
11.30	Chair Exercise	Barbara Brosnan Ct
12.30	Pilates	Moberly Sports Centre
1.30	Chair Zumba NEW	Ernest Harriss House
1.30	Chair Exercise	St Stephen's Church Hall
2.30	W2 Active Citizens	St Stephen's Church Hall
3.00	Pilates NEW	Paddington Arts
3.00	Jamaican History (TBC) NEW	WECH Community Ctr.
5.00	Boules, Badminton, Table Tennis & More NEW	Academy Sports
5.00	Mixed Dance & Exercise NEW	Academy Sports
FRIDAY		
10.00	Movie Bonanza Film Clips NEW	Amberley Clubroom
10.30	T'ai Chi	Paddington Arts
10.30	NW8 Coffee Plus	Barbara Brosnan Court
11.30	Jemma's Drop In NEW	Brunel Mini Hub
12.00	Water Splash	Jubilee Sport Centre
2.00	Chair Exercise to Music NEW	Disabled Living Foundation
2.00	T'ai Chi	Juniper House
3.00	Positively Physical Monthly Social	St Jude's Hall
SATURDAY		
11.00	Keep Fit / Get Strong NEW	Academy Sports Ctr
12.00	Stretch & Relax NEW	Academy Sports Ctr
2.00	BIG DANCE rehearsal: Monthly	Academy Sports Ctr
SUNDAY		
2.00	Ballroom & Latin Dance NEW	Academy Sports Ctr

Central / South Westminster		
Call Churchill Ward Hub 020 7976 6354 for more information!		
MONDAY		
10.00	Coffee Morning	Glastonbury House
10.00	Haircuts (Drop in)	
11.00	Yoga	Thamesbank Centre
12.00	Reflexology 1:1 sessions	Glastonbury House Must Book 020 7976 6354
2.00	Computer Drop-in	Churchill Gardens: First Floor
2.00	Pimlico People NEW	
TUESDAY		
10.00	Beauty Therapies NEW	Churchill Gardens: Ground Floor
10.00	Third Age Counselling	Glastonbury House Must Book 020 7967 6667
10.30	Sewing Bees NEW	Churchill Gardens: First Floor
1.00	Beginners T'ai Chi	
2.30	Chair Exercise	
2.30	Singing for All	Darwin House
WEDNESDAY		
10.00	Life Coaching Workshop	Thamesbank Centre
10.00	Knitting Group	Glastonbury House
10.00	Creative Photography	Churchill Gardens: First Floor
12.00	Pilates NEW	Churchill Gardens: Hall

Academy Sports Centre , Torquay Street, (opposite Health @ Stowe) W2; Buses: 18, 36; Tube: Royal Oak
Amberely Clubroom , Amberley Estate, W9 2JZ (look for entrance sign by bus stop between Formosa St & Sutherland Ave). Buses: 6, 187, 414; Tube: Warwick Avenue
Barbara Brosnan Court , 46, Grove End Road, NW8 9NP (between Wellington Road & Abbey Road Junction) Buses: 13, 46, 82, 113, 187, 189; Tube: St John's Wood
Beethoven Centre ; Third Avenue, Queen's Park, W10 4JL; Buses: 6, 187, 316; Tube: No Tube Near
Brunel Mini Hub , Housing Office 1 Sunderland House, Brunel Estate, W2 5UX; Buses: 28, 31, 328; Tube: Westbourne Park
Brunel Youth Project , Ground Floor, Buckshead House, Brunel Estate, W2 5UX; Buses: 28, 31, 328; Tube: Westbourne Park
Churchill Ward Hub , Churchill Gardens Hall, Churchill Gardens Estate (off Lupus Street), SW1V 3AL Buses: C10, 24, 360; Tube: Pimlico Station
Darwin House , 104 Grosvenor Road, Churchill Gardens Estate, London, SW1V 3DH Buses: 24; Tube: Pimlico
Disabled Living Foundation ; 380-384 Harrow Road, W9 2HU; Buses: 18, 36; Tube: Royal Oak
Edward Wilson School , (Meeting point outside School), Bourne Terrace W2; Buses: 18, 36; Tube: Royal Oak
Emmanuel Church Hall ; 389E Harrow Road, W9 3NA Buses: 18, 28, 228; Tube: Westbourne Park
Ernest Harriss House , 61, Elgin Avenue, London W9 2BX Buses: 31, 36, 187, 228, 328, 414; Tube: No Tube Near
Glastonbury House , Ground Floor, Abbots Manor Estate, Warwick Way, London SW1V 4NT Buses: C10, 11, 24; Tube: Victoria Station (Formerly The Open Age Hub)
Hardy House , 64, Great Western Road, W11 1AA, (corner of Tavistock Road) Buses: 28, 31, 328; Tube: Westbourne Park

WEDNESDAY continued		
12.15	Art	Thamesbank Centre
1.00	Reiki Healing 1:1	Glastonbury House Must Book 020 7976 6354
2.00	Information & Advice Services from Age Concern	Churchill Gardens: First Floor
2.15	Breathing Yoga	Churchill Gardens: Hall
2.30	Chair Exercise NEW	Darwin House
2.30	Intro to Social Networking	Churchill Gardens: First Floor
3.00	Health Club: Self Defence NEW	
THURSDAY		
10.00	1:1 Health Trainer Session	Glastonbury House Must Book 020 7976 6354
10.30	Coffee & Games Morning NEW	Churchill Gardens: Hall
2.00	Computer Drop-in	Churchill Gardens: First Floor
4.00	Intermediate English (ESOL)	
4.00	Film Club (Monthly) NEW	
FRIDAY		
10.00	Mobile Phone Workshop	Churchill Gardens: First Floor
10.00	Beginners Internet & eMail	
11.00	Gentle Exercise from MyAction NEW	
2.00	Computer Drop-In	

Harrow Road Health Centre ; 209 Harrow Road, W2 5EH; Buses: 18, 36; Tube: Royal Oak
Jubilee Sport Centre , Caird Street, London, W10 4RR Buses 18, 28, 228; Tube: No Tube Near
Juniper House Droop Street, W10 (behind Queens Park Library on Harrow Road), Buses: 18, 28, 228; Tube: No Tube Near
Libraries – Westminster - Call 7641 1300 for more details
Maida Vale Library , Sutherland Avenue, London W9 2QT Buses: 6, 187, 414; Tube: Warwick Avenue
Paddington Library , Porchester Road, London W2 5DU Buses: 7, 18, 23, 27, 36; Tube: Royal Oak, Bayswater
Queen's Park Library , 666 Harrow Road, London W10 4NE Buses: 18, 28, 228; Tube: No Tube Near
Moberly Sports Centre , Kilburn Lane, W10 4AH Buses: 6, 18, 52, 187, 316; Tube: Queen's Park
Paddington Arts , 32 Woodfield Rd, W9 2BE Buses: 18, 28, 31, 36, 228, 328; Tube: Westbourne Park
Rayne House , 170 Delaware Road, W9 2LW (next to BBC music studios) Buses: 6, 187, 414; Tube: Maida Vale
Southbank International School , 63-65 Portland Place, W1B 1QR. Buses: 18, 27, 30, 205, 453; Tube: Regent's Park
St Jude's Hall , Ilbert St, W10 (near Juniper House) Buses: 18, 28, 228; Tube: No Tube Near
St Stephen's Church Hall , Talbot Road, London, W2 5QT, (junction of Talbot Rd./ Westbourne Park Road) Buses: 7, 18, 23, 27, 28, 31, 36, 70, 328 Tube: Royal Oak
Stowe Centre , 258, Harrow Road, London W2 5ES, (next to Health@Stowe) Buses: 18, 36; Tube: Royal Oak
Thamesbank Centre , Peabody Avenue, Turpentine Lane, SW1V 4AR Buses: C10, 24, 360; Tube: Pimlico/Victoria
WECH Community Centre , Chantry Close, Elgin Estate, W9 2HX, Buses: 18, 28, 31, 36, 228, 328; Tube: Westbourne Park