



OPEN AGE

Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

**January to March 2012 FREE Activities on Fridays
11am to 1pm at Positive Age Centre, Dalgarno Way, W10 5JW**

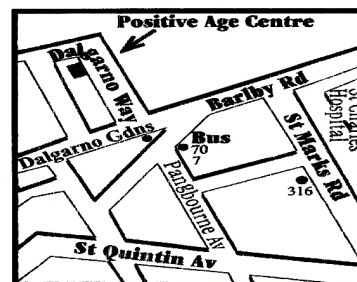
"Time for Me North Kensington offers you time to relax, have fun and meet other carers."

Call Liz Butters Project Co-ordinator 020 8964 1900 for further details

Time for Me for North Kensington continues with regular Friday morning activities from 11am to 1pm at the Positive Age Centre. A diverse programme of fun and interesting activities and trips has again been planned this term based on participants' requests.

*See separate programme over the page for further details of other Time for Me activities and trips. (NB. Advance booking is essential for trips and bookings may be made from 20th January onwards.)

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| 20 th January | Stress management for carers with Sarah Hurley |
| 27 th January | Tai Chi with Peter Ling |
| 3 rd February | Chair exercise / dance / pilates with Shiralee Wakeham |
| 10 th February | Stress management for carers with Sarah Hurley |
| 17 th February | Fabric painting and ribbon weave with Lynda Garwood-Warren and card making with June Stillman |
| 24 th February | Sound therapy with John Killeen |
| 2 nd March | *TRIP BBC Television Centre tour (Advance booking essential) |
| 9 th March | Chair exercise / dance / pilates with Shiralee Wakeham |
| 16 th March | Quiz : Who wants to be a millionaire? with Swati Shah |
| 23 rd March | *TRIP Vitality Show at Earls Court 2 (Advance booking essential) |



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