



# OPEN AGE

## Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50 years

**Trips and outings February and March 2012**  
**TO BOOK your place telephone 020 8964 1900**

*"Time for Me North Kensington offers you time to relax, have fun and meet other carers. Regular activities take place on Friday mornings 11am to 1pm at the Positive Age Centre, Dalgarno Way, W10 5JW. A separate Friday morning programme is available."* Liz Butters Project Co-ordinator

### **Silver Comedy Workshops (FREE)**

**WEDNESDAY 29<sup>th</sup> February and 7<sup>th</sup> March**

**Time and venue: 1.30-3.30pm Paddington Arts Centre**

**Meet at Paddington Arts Centre, 32 Woodfield Road, W9 2BE**



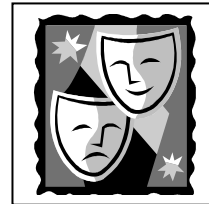
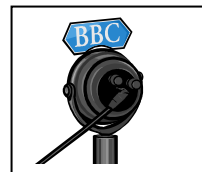
Interactive comedy hosted by Silver Comedy run by two professional stand up comedians and an experienced comedy facilitator (inc. participative comedy games and an improvised drama).

### **BBC Television Centre Tour (FREE)**

**FRIDAY 2<sup>nd</sup> March**

**(NB. Only 14 tickets so book early)**

**Time: Meet at Open Age at 9.45am**



A behind the scenes guided 1.5-2 hour tour of the BBC Television Centre. Visit the Newsroom, studios, dressing rooms and green rooms, and make some of your own TV in the interactive studios. See memorabilia from shows like EastEnders and Dr Who.

### **Trip to Kensington Palace (FREE)**

**THURSDAY 15<sup>th</sup> March**

**Time: Meet at Kensington Palace at 11.45am**



Preview the new exhibition at Kensington Palace. Discover the palace's past as you visit the State Apartments. *We will contact you before the trip to confirm the arrangements.*

### **The Vitality Show at Earls Court 2 (FREE)**

**FRIDAY 23<sup>th</sup> March**

**Time: Meet at Open Age at 10.30am**



The UK's largest health, beauty, fitness and well-being show.