



# OPEN AGE



Main office: 1 Thorpe Close, London, W10 5XL [www.openage.org.uk](http://www.openage.org.uk)

## Open Age Hub

### Westbourne Ward

**FREE MEMBERSHIP!**

**FOR PEOPLE OVER 50**

**ENQUIRIES: 020 8964 1900**

Supported by



City of Westminster



## JANUARY TO MARCH 2012

**Lots more activities inside!**



Swiss Ball at  
Paddington Arts  
3.00-3.45

**Monday**



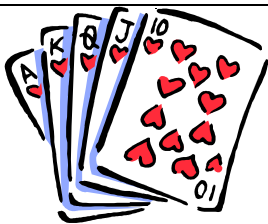
Thespians, Drama &  
Play Reading at  
Brunel Mini Hub  
2.30-3.15

**Tuesday**



Art for All at  
Hardy House  
11.00-1.00

**Wednesday**



Games Morning  
at Harrow Road  
Health Centre  
11.30-12.30

**Thursday**



Movie Bonanza Film  
Clip Sharing  
Amberley Clubroom  
(From 27<sup>th</sup> January)  
10.00-11.00

**Friday**

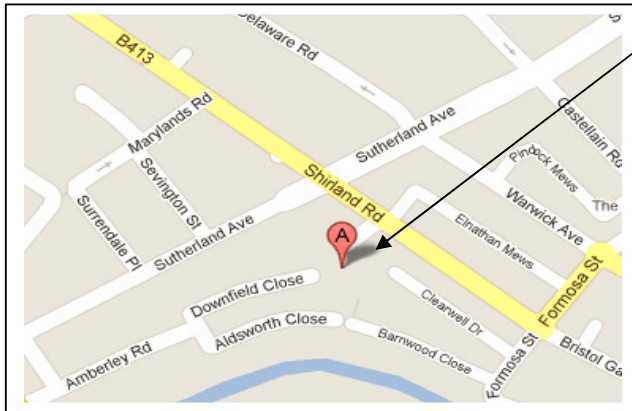


Ballroom & Latin  
at Academy Sports  
Sunday 2.00-4.00

**Weekends**

# WESTBOURNE ADDRESSES AND DIRECTIONS TO VENUES

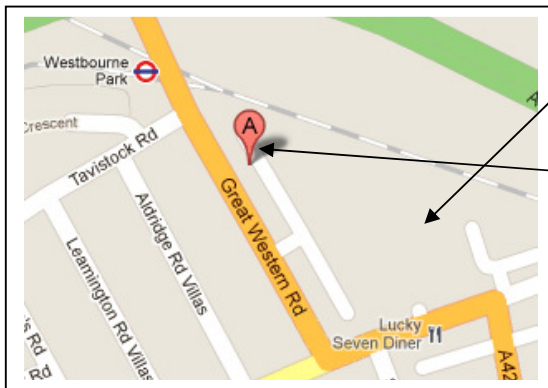
## AMBERLEY CLUBROOM



**AMBERLEY MINI HUB - DROP IN  
Amberley Clubroom**  
**Amberley Estate W9 2JZ**  
(Signpost to clubroom on Shirland Road by bus stop between Formosa Street & Sutherland Avenue)

**Buses: 6, 187, 414**

## BRUNEL MINI HUB AND YOUTH PROJECT



**BRUNEL MINI HUB - DROP IN  
Housing Office**  
**Centre of Brunel Estate**  
(Next to Children's Playground)  
Look for Open Age Door & Poster

**BRUNEL YOUTH PROJECT  
Ground floor**

**Buckshead House, W2 5UX**  
(Enter estate by road entry on Great Western Road, turn left and walk along to Buckshead House project between garages at foot of Brunel Estate)

**Buses: 28, 31, 328**

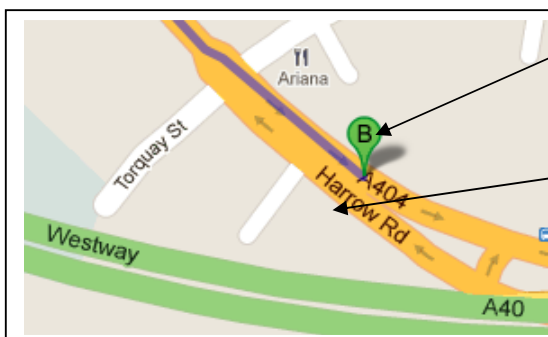
## ACADEMY SPORT



**ACADEMY SPORTS CENTRE**  
**255 Harrow Road, W2 5EZ**  
(entrance on Torquay Street right at end of turning with petrol station on corner opposite Health@Stowe)

**Buses: 18, 36**  
**Tube: Royal Oak**

## STOWE CENTRE



**STOWE CENTRE - DROP IN**  
**258 Harrow Road, W2 5ES**  
(Next to Health@Stowe)

**HARROW ROAD HEALTH CENTRE**  
**209 Harrow Road W2 5EH**  
**Buses: 18, 36**  
**Tube: Royal Oak**

# WESTBOURNE AREA ACTIVITIES & SUPPORT

## LAUNCH OF OUR NEW BRUNEL MINI HUB OFFICE!

Drop in to see Jemma or Maureen for a cuppa, meet others for a chat, play cards, knit & natter, (materials provided or bring your own) **Get information and more!**



### Opening Times - from 10<sup>th</sup> January

**Tuesday's 11.00 - 12.30 DROP IN**

Cuppa & Chat with a bit of stitch, knit or crochet if you fancy it!

**Tuesdays 3.15-4.00 Afternoon Tea**

Cuppa & Chat plus

1<sup>st</sup> week of Month AGE CONCERN ADVICE

**Friday 11.30-12.30 - JEMMA'S DROP IN** for a Cuppa plus chat & activities

**EXTRA!! Tuesdays 1.30**

**Hardy House**

**10<sup>th</sup> - 31<sup>st</sup> Jan - taster**

Jewellery Making

**7<sup>th</sup> - 28<sup>th</sup> Feb - taster**

Painting & Drawing

Beginners/Intermediate

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## BRUNEL ACTIVITY PROGRAMME FOR WHOLE AREA

### **MONDAY: 2 Groups at BRUNEL YOUTH PROJECT**

Ground floor – under Buckshead House, Brunel Estate, W2  
(See directions and map page 2)

**1.00 - 3.00 COMPUTERS**

**BOOKING ESSENTIAL FOR FIRST COURSE.**

Beginners Internet & Emailing! £2.00 A CLASS

**To book a place call: 020 8964 1900** Ask for Brunel Beginners.



**1.30-2.30 CURRENT AFFAIRS** starts 23<sup>rd</sup> Jan £1.00

Put the world to rights! Get your views aired, read between the lines, learn what is behind the news. Lively discussion.  
PLUS refreshments



**TUESDAY 2.30-3.15 @ BRUNEL MINI HUB**

**CALLING ALL THESPIANS!** £1.00

**STARTS 24<sup>th</sup> JANUARY**

Drama & play reading for all just for fun! Join in or listen.

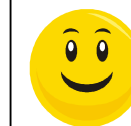
We'll also watch plays on video & have a lively chat!



**Advance Notice – Starting Monday March 5<sup>th</sup>**

**MONDAYS 'GOOD HEALTH' SESSION**

10.30 - 11.30



Health Trainer - Offering one to one support to make changes to enhance your health, for example, lose weight, change diet, get more active, relax, reduce alcohol use, stop smoking, generally increase well being. By appointment ONLY, **call 07812 154 148**

# STOWE CENTRE & HARROW ROAD



## WEDNESDAY'S DROP INTO STOWE

11.00-12.00

Drop into the Stowe Centre, Harrow Road, W2 5ES for a cuppa, chat & pick up information on local activities/health & other services. The following talks & activities are scheduled for the group:

### JANUARY

**11th Men's Group** – New Year Social - Depart 11.10 - **Local Trip Out**

**18th** DROP IN FOR ALL Plus a CUPPA + **COMPUTER JARGON BUSTER QUIZ** with Swati

**25th** DROP IN FOR ALL Plus a CUPPA + Learn about **ONE STOP EXPRESS** with an officer from the Council who can show you how to use the one installed in Stowe

### FEBRUARY – DETAILS OF GUEST INFORMATION SPEAKERS AVAILABLE END JAN

**1st Men's Group** – Social - Depart 11.10 - **Local Trip Out**

**8th; 15th; 22nd** DROP IN FOR ALL Plus a CUPPA + Information on Activities & Services

### MARCH– DETAILS OF GUEST INFORMATION SPEAKERS AVAILABLE END FEB

**7 Men's Group** – Social - Depart 11.10 - **Local Trip Out**

**14th; 21st; 28th** DROP IN FOR ALL Plus a CUPPA + Information on Activities & Services

## THURSDAY'S 11.30 – 12.30 AT THE HARROW ROAD HEALTH CENTRE

**new!**

### GAMES MORNING

Have fun playing or learning scrabble, chess, Backgammon, cards, table football, & ping Pong and more! Refreshments Provided



## EXCITING NEW 8 WEEK 'DANCE FOR HEALTH' COURSE WITH

**ENGLISH NATIONAL BALLET! FREE!**

Take part in this 8 week course led by English National Ballet and Open Age, which begins with an optional trip to see *Strictly Gershwin* at the London Coliseum (£15- normal price £67)!



### FREE COURSE!

Join English National Ballet for an AMAZING opportunity to try **ballet, tap and ballroom** in weekly dance sessions inspired by the Hollywood glamour of *Strictly Gershwin*. Sessions are taught in an accessible way by specialist English National Ballet Dance Artists.

**Sessions will be held at Paddington Arts:**

**Tuesday 17th January – Tuesday 13th March; 1-2pm**

(Don't worry- you won't be asked to stand on your toes!)

**Please call Jemma: 020 8964 1900 to book**

# AMBERLEY ACTIVITIES PROGRAMME

Amberley Clubroom, Amberley Estate, Shirland Road, W9 2JZ

Look for entrance sign by bus stop between Formosa Street/Sutherland Avenue.

Buses: 6, 187, 414; Tube: Warwick Avenue

**TUESDAY'S**



**AMBERLEY COFFEE PLUS TALKS 10.00-12.00 FREE!**

Congenial morning each week, when you can drop in and find out about what's on in the area, get information when you need it & enjoy a cuppa & a chat in good friendly company!

Guest speakers and activity tasters organised. Detailed list for January to March information sessions available at Amberley Clubroom.

**Advance Notice: 7<sup>th</sup> February 10.30 – 11.30 ALL ABOUT 'ONE STOP' EXPRESS.** Talk to a Council Officer about the new arrangements for contact with the Council since Harrow Road One Stop Shop has closed!

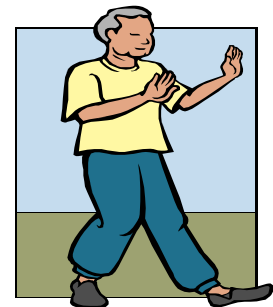
**WEDNESDAYS AT AMBERLEY CLUBROOM**

**AMBERLEY ESTATE, SHIRLAND ROAD W9**

**TAI-CHI CLASS 2.00-3.00 £1.00**

Relaxing exercise to improve mobility and balance!

Wear comfortable clothing. From 11<sup>th</sup> January



**FRIDAYS AT AMBERLEY CLUBROOM**

**AMBERLEY ESTATE, SHIRLAND ROAD W9 2JZ**

**MOVIE BONANZA 10.00-11.00 £1.00**

**FRIDAYS for film clip sharing & fun!**

**From 27<sup>th</sup> Jan**

With Jemma & Christian to take you around the world of film!



**W9 SOCIALS – MONTHLY FUN AFTERNOON WITH GUEST SPEAKERS**

**Always Fun on First Wednesday of month**

**Rayne House, 170 Delaware Road W9 (next to BBC Maida Vale studios)**

**January 11<sup>th</sup> Who Wants to Be A Millionaire** – Quiz with Maureen

**February 1<sup>st</sup> Maritime History** – stories from Thomas an enthusiast on the subject

**March 7<sup>th</sup> Supporting People with Dementia** – talk from our in house expert Lauraine

**Please bring gifts for raffle – Afternoon Tea after talks!**

## Monday Choices Westbourne Ward Hub (\*Positively Physical Activities) **Information Tel: 0208 964 1900**

Activity	Time	Place	Buses	Cost	Details
<b>Walking to Fitness*</b>	9.15-10.15 Start: 9 <sup>th</sup> Jan	Meet outside Edward Wilson School on Bourne Terrace, W2	18, 36	FREE	A great way for anyone over 50 in Harrow Road, Westbourne & Queen's Park Wards to start the day! Enjoy new walks and start to improve your health
<b>Good Health Session:</b> One to one's with a Health Trainer	10.30-11.30 Starts: 5 <sup>th</sup> March	Brunel Mini Hub Housing Office, 1 Sunderland House, Brunel Estate, W2 5UX	28, 31, 328	FREE	One to one support from Health Trainer to enhance your health. Help to lose weight, change diet, get active, reduce alcohol or smoking & increase well being. To make Appointment: 07812 154 148
<b>NEW Beginners Internet &amp; eMail</b>	1.00-3.00 BOOKING ESSENTIAL	Brunel Youth Project. Under Buckshead House Brunel Estate, W2 5UX	28, 31, 328	£2	Learn how to use the internet and eMail on this six week course. Then use our drop-in sessions to practice! <b>MUST BOOK: 020 8964 1900</b> quote <b>Brunel Beginner Computer</b>
<b>Current Affairs</b> With Anya	1.30-2.30 Starts: 23 <sup>rd</sup> Jan	Brunel Youth Project. Under Buckshead House Brunel Estate, W2 5UX	28, 31, 328	£1	Put the world to rights over a cuppa! Learn about and discuss current affairs, in a relaxed, friendly group with social anthropologist Anya
<b>Senior's Online Beginners Internet &amp; eMail</b>	2.00-4.00 BOOKING ESSENTIAL	Maida Vale Library Sutherland Avenue W9 2QT	6, 187, 414	£2	For more information or to join the waiting list for this 6 week course call 020 7641 1300 and ask for Maida Vale Library
<b>Swiss Ball Special:</b> Core Exercise Class With Jemma	3.00-3.45 BOOKING ESSENTIAL From 16 <sup>th</sup> Jan	Paddington Arts, 32 Woodfield Road W9 2BE	18, 28, 31, 36, 228, 328	£1	Using Swiss Balls (large inflated exercise balls) we will work on balance, core strength and toning. ONLY space for 6 people. <b>Reasonable level of balance &amp; fitness needed. BOOK in advance for course on 020 8964 1900</b>

### ARE YOU INTERESTED IN A MONTHLY LUNCH OUT IN THE WESTBOURNE AREA?

We are testing levels of interest. Cost would be £5 to £10. If interested in being on the **Westbourne Lunch** list call: **Maureen or Jemma on 020 8964 1900**



## Tuesday Choices Westbourne Ward Hub (\*Positively Physical Activities) **Information Tel: 0208 964 1900**

Activity	Time	Place	Buses	Cost	Details
<b>Amberley Coffee Plus Talks</b>	10.00-12.00	Amberley Clubroom Amberley Estate Shirland Road, W9 2JZ	6, 187, 414	FREE	From 10.00 a drop-in coffee morning, with information session or speaker from 11.00 until 12.00 – come and be inspired about the new activities in the area!
<b>Get to Know Your Area:</b> Westbourne, Now & Then!	10.30-12.30 Starts 10 <sup>th</sup> Jan	Rayne House 170 Delaware Road W9 2LW	6, 187, 414	£2	History Session & in future some walks! Learn about local history & life through shared memories, photos, records, arts, & technology, lively morning. Led by Maggie & Sue

<b>Cuppa &amp; Chat Drop In</b> with a bit of a Stitch, Knit or Crochet	11.00-12.30	Brunel Mini Hub Housing Office, 1 Sunderland House, Brunel Estate, W2 5UX	28, 31, 328	Donation	Why not drop into the NEW Mini Hub and put the world to rights over a cup of tea and a chat. You can also do a bit of stitching, knitting or crochet if you want – but do not feel obliged to partake if you just want a natter!
<b>Dance for Health Course</b> with English National Ballet!	1.00-2.00 Starts 17 <sup>th</sup> Jan	Paddington Arts, 32 Woodfield Road W9 2BE	18, 28, 31, 36, 228, 328	FREE	In this 8 week course, you will learn ballet, tap & ballroom with dance professionals from English National Ballet! Open to all, beginner friendly! <b>MUST BOOK a PLACE</b> with Jemma on 020 8964 1900
<b>TASTERS Jewellery - January Art - February</b>	1.30-2.30 Starts 10 <sup>th</sup> Jan	Hardy House 64 Great Western Road, W11 1AA	28, 31, 328	£1	3 week Jewellery making taster in January: beads & materials supplied or bring your own! Beginners / Intermediate Art class taster starts 7 <sup>th</sup> February. If popular will continue from March
<b>Chair Exercise*</b>	2.00-3.00 Starts 10 <sup>th</sup> Jan	WECH Community Ctr. Chantry Close, Elgin Estate, W9 2HX	18, 28, 31, 36, 228, 328	FREE	Seated exercise that stretches and tones the whole body for anyone over 50 in Harrow Road, Westbourne & Queen's Park Wards
<b>Beginners Internet &amp; eMail</b>	2.15-4.15 BOOKING ESSENTIAL	Paddington Library, Porchester Rd, W2 5DU	7, 18, 23, 27, 36	£2	For more information about these 6 week courses or to join the waiting list, call 020 7641 1300 and ask for Paddington Library
<b>Thespians: Drama &amp; Play Reading!</b> with Jemma	2.30- 3.15 Starts 24 <sup>th</sup> Jan	Brunel Mini Hub Housing Office, 1 Sunderland House, Brunel Estate, W2 5UX	28, 31, 328	£1	Reading plays, watching theatre on video, drama & lively discussions, all in a relaxed, fun atmosphere.

<b>TUESDAY</b> <b>Afternoon Tea</b> Cuppa, Chat & Drop In	3.15-4.00	Brunel Mini Hub Housing Office, 1 Sunderland House, Brunel Estate, W2 5UX	28, 31, 328	£1	Weekly social afternoon with refreshments, and invited speakers come along and give it a try! Monthly advice session from Age Concern
<b>Mobile Training once a month on TUESDAYS</b> supported by Volunteers from Vodafone	3.15-5.00 BOOK UP Monthly Dates TBC	Brunel Mini Hub Housing Office, 1 Sunderland House, Brunel Estate, W2 5UX	28, 31, 328	FREE	Learn how to use your mobiles with help and support from volunteers from Vodafone! – You do not have to use a Vodafone Phone to join! <b>MUST Book a place via Open Age main office 020 8964 1900</b>



### Westminster Hubs **TELE – ACTIVITY!** Socialise from your armchair!

Socialise with others over the telephone for **FREE!** (we pay for the call) **Robert Silver** coordinates a lively weekly chat across the wires for people unable to easily get out who would like to enjoy the company of others with a similar outlook. If you would like to join in call **ROBERT SILVER on 020 8964 1900**



### Wednesday Choices Westbourne Ward Hub (\*Positively Physical Activities) Info: Tel: 0208 964 1900

Activity	Time	Place	Buses	Cost	Details
<b>Drop Into Stowe</b> (NOT first Wednesday of each Month when Men's Group)	11.00-12.00 Start 18 <sup>th</sup> Jan	Stowe Centre 258 Harrow Road W2 5ES	18, 36	FREE	Drop in & socialise over a cup of tea whilst getting useful advice & information from a range of local organisations who will come along too!
<b>NEW Monthly Men's Group</b>	11.00-1.00 Start 11 <sup>th</sup> Jan	Stowe Centre 258 Harrow Road W2 5ES	18, 36	£2	<b>FIRST WEDNESDAY OF EACH MONTH:</b> Monthly Interest & Social Group for Men with Speakers & Trips. Enquiries via Maureen on 020 8964 1900
<b>Art for All</b>	11.00-1.00 Starts 11 <sup>th</sup> Jan	Hardy House 64 Great Western Road, W11 1AA	28, 31, 328	£2	Open to all over 50s at any level as the encouraging tutor will bring out the artist in everyone! Materials provided
<b>Time for Me</b> Activities & relaxation for unpaid carers	1.30-3.30	Barbara Brosnan Court 46 Grove End Road NW8 9NP	13, 46, 82, 113, 139, 187, 189	FREE	Time off from caring for a family member or friend: Come and socialise, relax and take part in our activity programme. Call 020 8964 1900 for more information!


<b>T'ai Chi</b>	2.00-3.00 Starts 11 <sup>th</sup> Jan	Amberley Clubroom Amberley Estate Shirland Road, W9 2JZ	6, 187, 414	£1	Relaxing exercise to improve mobility and balance
<b>Salsa Dance*</b>	2.00-3.00 Starts 11 <sup>th</sup> Jan	Paddington Arts, 32 Woodfield Road W9 2BE	18, 28, 31, 36, 228, 328	FREE	For people over 50 in Harrow Road, Queen's Park & Westbourne Wards, this class will get your bodies moving and help with co-ordination & memory
<b>W9 MONTHLY SOCIAL</b> First Wednesday of month	2.00-4.00 From: 11 <sup>th</sup> Jan	Rayne House 170 Delaware Road W9 2LW	6, 187, 414	£2	Monthly social afternoon with a guest speaker, raffle and tea with Maureen. Please bring something for raffle

## Thursday Choices Westbourne Ward Hub (\*Positively Physical Activities) **Information: Tel: 0208 964 1900**

Activity	Time	Place	Buses	Cost	Details
<b>Seniors Online: Beginners Internet &amp; eMail</b>	10.00-12.00 BOOKING ESSENTIAL	Maida Vale Library Sutherland Avenue W9 2QT	6, 187, 414	£2	For more information about this 6 week course & join the waiting list, call 020 7641 1300 ask for Maida Vale Library
<b>Chair Exercise</b> with Deborah	11.00-12.00 Starts 12 <sup>th</sup> Jan	Hardy House 64 Great Western Road, W11 1AA	28, 31, 328	£1	Gentle top to toe hour of exercise to music. Tone up and get fitter whilst having fun!
<b>Chair Exercise</b> with Ashia	11.00-12.00 Starts 12 <sup>th</sup> Jan	Rayne House 170 Delaware Road W9 2LW	6, 187, 414	£1	Gentle top to toe hour of exercise to music. Tone up and get fitter whilst having fun!
<b>Games Morning</b> with Frankie	11.30-12.30 Starts 19 <sup>th</sup> Jan	Harrow Road Health Centre, 209 Harrow Rd, W2 5EH	18, 36	£1	Have fun playing scrabble, chess, backgammon, cards, table football, & ping pong! Refreshments provided

## Thursday Choices continued

### W2 ACTIVE CITIZENS GROUP ON THURSDAYS      1.30: Chair Exercise      2.30: Social Group & Speakers

<b>Chair Exercise</b> with Ashia		1.30-2.30 Starts 12 <sup>th</sup> Jan	<b>St Stephens Church Hall Talbot Rd, W2 5QT</b>	7, 18, 23, 27, 28, 31, 36, 70, 328	£1	Seated exercise that stretches and tones the whole body for anyone over 50 in Harrow Road, Westbourne & Queen's Park Wards (from Westminster Adult Education)
<b>W2 Active Citizens</b> Weekly interest group		2.30-3.30 Starts 12 <sup>th</sup> Jan	<b>St Stephens Church Hall Talbot Rd, W2 5QT</b>	7, 18, 23, 27, 28, 31, 36, 70, 328	£1	Lively programme of socials and invited speakers; SEE BELOW for details. <b>NEWCOMERS WELCOME!!</b>

<b>JANUARY</b>	<b>12<sup>th</sup></b>	<b>SOCIAL</b>				
	<b>19<sup>th</sup></b>	<b>ALL ABOUT 'ONE STOP' Express</b> Talk to a Council officer about the new arrangements for contact with the council since Harrow Road <b>ONE STOP</b> closed				
	<b>26<sup>th</sup></b>	<b>SOCIAL</b>				
<b>FEBRUARY</b>	<b>2<sup>nd</sup></b>	<b>TALES FROM THE POST</b> – the adventures of post-woman Candy!				
	<b>9<sup>th</sup></b>	<b>SOCIAL</b>				
	<b>16<sup>th</sup></b>	<b>QUIZ: Who wants to be a Millionaire?</b>				
	<b>23<sup>rd</sup></b>	<b>SOCIAL</b>				
<b>MARCH</b>	<b>1<sup>st</sup></b>	<b>TV DIGITAL SWITCHOVER HELP SCHEME:</b> Advice session from the BBC				
	<b>8<sup>th</sup></b>	<b>SOCIAL</b>				
	<b>15<sup>th</sup></b>	<b>TRAINING TO BE A NURSE in the old days!</b> Talk from Adrienne				
	<b>22<sup>nd</sup></b>	<b>SOCIAL</b>				
	<b>29<sup>th</sup></b>	<b>TO BE CONFIRMED</b>				



<b>Pilates</b> with Armand	3.00-4.00 Starts 23 <sup>rd</sup> Feb	Paddington Arts, 32 Woodfield Road W9 2BE	18, 28, 31, 36, 228, 328	£1	A great, gentle way to stretch, tone and work on core strength (floor mat based) very popular so arrive early to get a place!
<b>Jamaican History</b> With Simone	3.00-4.30 TBC	WECH Community Ctr. Chantry Close, Elgin Estate, W9 2HX	18, 28, 31, 36, 228, 328	FREE	Call Jemma or Simone for more information on 020 8964 1900 Start date TBC after consultation
<b>Boules, Badminton, Table Tennis and more</b>	5.00-6.00 Starts 5 <sup>th</sup> Jan	Academy Sports Ctre, 255 Harrow Road W2 5EZ	18, 36	£1	Mixed ball sports session - great fun to practice your skills at various sports!
<b>Mixed Dance &amp; Exercise</b>	5.00-6.00 Starts 5 <sup>th</sup> Jan	Academy Sports Ctre, 255 Harrow Road W2 5EZ	18, 36	£1	Rolling courses in various types of dance and exercise, incl. <b>zumba, pilates, yogalates</b> etc

## Friday Choices Westbourne Ward Hub (\*Positively Physical Activities) Information: Tel: 0208 964 1900

Activity	Time	Place	Buses	Cost	Details
<b>Movie bonanza: Themed Film Clip Sharing</b> With Jemma & Christian	10.00 - 11.00 Starts 27 <sup>th</sup> Jan	Amberley Clubroom Amberley Estate Shirland Road, W9 2JZ	6, 187, 414	£1	Each week we share lots of film clips from the website Youtube, based on different themes. Themes already planned include: <b>Amazing Animals, Comedy, Favourite Film Stars, Singers, and Nature</b> – what are your ideas?
<b>T'ai Chi</b> with Richard	10.30 - 11.30 Starts 13 <sup>th</sup> Jan	Paddington Arts, 32 Woodfield Road W9 2BE	18, 28, 31, 36, 228, 328	£1	Relaxing exercise to improve mobility and balance
<b>NW8 Coffee Plus</b> Hub Plus Group	10.30-12.00	Barbara Brosnan Court 46 Grove End Road NW8 9NP	13, 46, 82, 113, 139, 187, 189	FREE	Details of programme will be available at the group. Just pop along any Friday!



### NW8 SOCIAL MORNING

Organised by Group Members

A very congenial and welcoming group who enjoy lively conversation over a coffee and cake with special guest speakers and trips out when the group decides.

<b>Jemma's Drop-In</b> Weekly except 13 <sup>th</sup> & 20 <sup>th</sup> Jan	11.30-12.30 Starts 6 <sup>th</sup> Jan	Brunel Mini Hub Housing Office, 1 Sunderland Hse, Brunel Estate, W2 5UX	28, 31, 328	FREE	Drop-in for a cuppa, chat and activities with Jemma!
<b>Positively Physical Monthly Social*</b> (Please bring a prize for BINGO session!)	3.00-5.00	St Jude's Hall 67 Ilbert Street (near Juniper House) W10 4QL	18, 28, 228	FREE	Lively event <b>last Friday</b> of each month for Over 50's in Harrow Road, Westbourne and Queen's Park Wards. Special speakers, sessions, bingo and more! Ring Simone: 020 8964 1900
<b>Healthy Walking</b> with Frankie	3.30-4.30 Start date TBC	<b>Meet outside</b> Hardy House, 64 Great Western Rd, W11 1AA	28, 31, 328	FREE	A great way for anyone over 50 to get to know the area, enjoy new walks and improve your health. <b>BOOK AT OPEN AGE 020 8964 1900</b>

### Opening Doors London

[www.openingdoorslondon.org](http://www.openingdoorslondon.org)

Supporting lesbian, gay, bisexual & transgender people aged 50+ in London.

**For information call: Stacey Halls 020 7121 3331 or Nick Maxwell 020 7121 3335**

*and become involved in developing more local facilities or just get to know about activities, support, and opportunities for older LGBT people in Westminster!*

**Saturday Choices Westbourne Ward Hub (\* Positively Physical Activities) Information: 020 8964 1900**

Activity	Time	Place	Buses	Cost	Details
Keep Fit/Get Strong	11.00-12.00	Academy Sports Ctre, 255 Harrow Road W2 5EZ	18, 36	£1	Cardiovascular aerobic exercise
Stretch & Relax	12.00-1.00		18, 36	£1	Stretch & relaxation
<b>BIG Dance rehearsal!</b> <b>LAST Saturday of each Month from February!</b>	2.00-5.00 Starts 25 <sup>th</sup> Feb		18, 36	FREE	Take part in this National Festival celebrating the dancing talent of older people (50+). Learn Zumba & Ballroom for a mixed intergenerational performance on Monday 9 <sup>th</sup> July. <b>MUST BOOK</b> with Jemma 020 8964 1900

**Sunday Choices Westbourne Ward Hub (\* Positively Physical Activities) Information: 020 8964 1900**

Activity	Time	Place	Buses	Cost	Details
Ballroom & Latin Dance	2.00-4.00	Academy Sports Ctre, 255 Harrow Road W2 5EZ	18, 36	FREE	Tea dance with refreshments provided
Yogalates*	4.00-5.00		18, 36	FREE	Stretch & tone all muscle groups & relax

## WHAT IS A HUB?

Hubs are expanding networks of activities for older residents, provided by Open Age, centred in and around three dedicated areas of Westminster.

They are part of a new approach to support people to live healthily and well from 50 into their 90's and more!



**WESTBOURNE HUB Co-Managers – call: 020 8964 1900**

**Jemma Bicknell – Monday/Tuesday / Thursday /Friday (Monday & Friday half days)**

**Maureen Whyberd – Tuesday /Wednesday (& Thursday afternoon)**

**The HUBS link closely with other services too, such as:**

- **Age Concern Information & Advice Service:** For help with benefits, forms etc **020 3004 5610**
- **Octavia Outreach Service:** For home visits & help to find out about services **020 7286 9226**
- **Tele-Activity Sessions (free calls):** Where people can socialise over the phone **020 8964 1900**