

OPEN AGE



POSITIVE AGE CENTRE

PEABODY ESTATE DALGARNO WAY W10 5JW 020 8960 4853

ACTIVITIES PROGRAMME

JAN, FEB, MAR 2012



**STARTING 9th JANUARY
MONDAY'S 10.00 to 12.00
COOK AND TASTE
PROGRAMME FOR PEOPLE OVER 50**

Learn how to cook in a healthy way! This is a FREE six week course, space is limited so booking for the course is essential!

Call Jane on 020 8960 4853 to check availability

LUNCH CLUB NOW THREE DAYS A WEEK!

Enjoy a healthy, hot cooked 2 course meal for

£4.50 on a Monday, Friday or Sunday!

See inside for more information!



**Thursday 22nd March at 2.00pm FREE Concert
CONNAUGHT OPERA PRESENTS:
Chariots of Fire A Spectacular in Song HERE!**

ABOUT THE CENTRE

The Open Age Positive Age Centre aims to provide a range of healthy and creative activities which keep people of 50+ fit, healthy, and active. The activities are designed to be enjoyable and improve quality of life. User participation is encouraged. All are invited to have a say in what is offered & the centre is wheelchair accessible!



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA



Kensington
Housing Trust



Kensington and Chelsea

The
Henry Smith
Charity

founded in 1628

MONDAY

COOK & TASTE **10.00 - 12.00**

JAN 09, 16, 23, 30; FEB 6, 13

Six week course showing how to cook in a healthy way. BOOKING ESSENTIAL call Jane on 020 8960 4853

TUTOR: TBC

COST: FREE

MEDITATION **10.30 - 11.30**

JAN 09, 16, 30; FEB 6, 13, 20, 27; MAR 5, 12, 19, 26

Relaxing beginners' class to increase wellbeing

TUTOR: Jane Yeomans

COST: £1.00

LOCAL HISTORY WALKS & TALKS **10.30 - 12.30**

JAN 23rd Other dates to be confirmed at meeting or call Sue on 020 8969 2156

Theme: 1950's & 1960's in North Kensington, some walks, some memories, some talks! Come and learn more about your area!

TUTOR: Sue Snyder

COST: £2.00

LUNCH CLUB **1.00 - 2.30**

JAN 16, 30; FEB 13, 27; MAR 12, 26

Two Course healthy hot cooked meal in convivial surroundings

MUST BOOK: Call Jane Yeomans 020 8960 4853

COST: £4.50

SINGING FOR ALL **1.00 - 3.00**

JAN 16, 23, 30; FEB 6, 20, 27; MAR 5, 12, 19, 26

Exercises for singing, relaxation techniques and a wide range of songs

TUTOR: Alex Wilson

COST: £2.00

YOGA at Binbrook House **1.30 - 3.00**

JAN 09, 16, 23, 30; FEB 6, 13, 20, 27; MAR 5, 12, 19, 26

Relaxing, mixed class for all abilities. Beneficial for mind and body

TUTOR: Rachel Alston

COST: £1.50

TUESDAY

WALKING **Meet at 9.45h**

JAN 10, 17, 24, 31; FEB 7, 21, 28, MAR 6, 13, 20, 27

Fun and good for your health. Discover new walks

TUTORS: Gill Shirley & Jean Sheppard

COST: £1.00

ART FOR ALL **10.30 - 12.30**

JAN 10, 17, 24, 31; FEB 7, 21, 28, MAR 6, 13, 20, 27

For beginners and improvers. Learn a range of techniques using a variety of media. Due to class size, please check if places are available

TUTOR: Clare Newall

COST: £2.00

T'AI CHI **1.30 - 2.30**

JAN 17, 24, 31; FEB 7, 28, MAR 6, 13, 20

T'AI CHI encourages better balance, coordination and mobility

TUTOR: Mary Callaghan

COST: £1.50

WEDNESDAY

PHILOSOPHY **10.15 - 12.15**

JAN 11, 18, 25; FEB 1, 8, 22, 29; MAR 7, 14, 21, 28

Learn & discuss topics such as ethics, science and the arts

TUTOR: John Goff

COST: £2.00

CREATIVE THREADS **10.30 - 12.30**

JAN 11, 18, 25; FEB 1, 8, 22, 29; MAR 7, 14, 21, 28

Knitting, Embroidery, Tapestry and all sorts of Needlework. Come and learn a new skill, or have a chat at this friendly group

TUTOR: Mary Callaghan

COST: £2.00

DRAMA & THEATRE GROUP **1.30 - 3.30**

JAN 11, 18, 25; FEB 1, 8, 22, 29; MAR 7, 14, 21, 28

If you fancy performing or simply discovering more about theatre, this fun and interactive class is for you!

TUTOR: Claudia Hope

COST: £2.00

CREATIVE WRITING **1.30 - 3.30**

JAN 4, 11, 18, 25; FEB 1, 8, 22, 29; MAR 7, 14, 21, 28

A fun and relaxed course. Fact or Fiction, it is all story telling!

TUTOR: Robert Silver

COST: £2.00

THURSDAY

MOSAIC **10.00 - 12.00**

JAN 12, 19, 26; FEB 2, 9, 23; MAR 1, 8, 15, 22, 29

Learn this wonderful skill, beautiful colours to make your designs!

TUTOR: Barbara Gorton

COST: £2.00

EXERCISE TO MUSIC & HEALTH MANAGEMENT **11.30 - 1.00**

JAN 12, 19, 26; FEB 2, 9, 16, 23; MAR 1, 8, 15, 22, 29

Weight management & nutritional advice

TUTOR: Liz Turner

COST: £1.50

BEGINNERS COMPUTERS (DROP IN) **2.00 - 3.30**

JAN 12, 26; FEB 2, 9, 16, 23; MAR 1, 8, 15, 22, 29

This drop in session is supported by a Volunteer, come and ask them how to undertake specific tasks and gain the answers!

TUTOR: To be confirmed

COST: £1.50

FRIDAY

CARD GAMES at Evelyn Fox Court **10.30 - 12.30**

JAN 6, 13, 20, 27; FEB 3, 10, 17, 24; MAR 2, 9, 16, 23, 30

Have fun and make some new friends playing cards or board games!

COST: FREE

TIME FOR ME **11.00 - 1.00**

If you are looking after a family member or friend as an unpaid carer the 'Time for Me' programme offers you FREE Activities & Trips to give you a break and have some FUN!

LEADER: Liz Butters call 020 8964 1900 for more information

COST: FREE

FRIDAY continued

ALL ABILITY CYCLING (at Little Wormwood Scrubs near Adventure Playground W10 with bikeworks) **11.00 - 12.00**

JAN 13, 20, 27; FEB 3, 10, 17, 24; MAR 2, 9, 16, 23, 30

Have a go on adapted bikes and trikes or refresh your skill on your own bike in a safe environment. This fun session is led by trained Tutors and is sociable too!

Just turn up! More Information from Jane Yeomans

COST: FREE

LUNCH CLUB **1.00 - 2.30**

JAN 13, 27; FEB 10, 24; MAR 9, 23

Two Course healthy hot cooked meal in convivial surroundings

MUST BOOK: Call Catherine Pymar 020 8964 1900

COST: £4.50

GATHER & NATTER **2.30 - 3.30**

JAN 13, 27; FEB 10, 24; MAR 9, 23

For people who have lost their confidence, or are quiet and need a bit of support. A small group, participants enjoy gentle card games, film clips, talks and bingo

LED BY: Catherine Pymar

COST: FREE

SUNDAY

LUNCH CLUB **12.30 - 2.30**

JAN 08, 15, 22, 29; FEB 5, 12, 19, 26; MAR 4, 11, 18, 25

Two Course healthy hot cooked meal in convivial surroundings. Last Sunday each month will be a Pub Lunch instead (Alternative arrangements)

MUST BOOK: Call Simone Foster 020 8964 1900

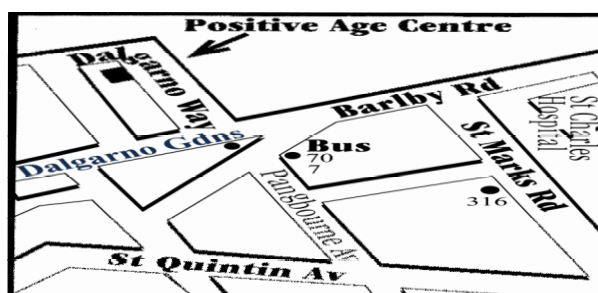
COST: £4.50

HOLISTIC THERAPIES **10.00 - 4.00**

Mondays	Massage from Les on Jan 9, 23; Feb 6, 20; Mar 5 Craniosacral Therapy from Frederick on Jan 16, 30; Feb 13; Mar 12, 26
Tuesdays	Reflexology from Maria on Jan 10, 24; Feb 7, 21; Mar 6, 20 Massage from Karina on Jan 17, 31; Feb 14, 28; Mar 13, 27
Wednesdays	Reflexology with Sarah on Jan 11, 25; Feb 22; Mar 7 Shiatsu with Paula on Jan 4, 18; Feb 1, 15, 29; Mar 14, 28
Thursdays	Crystal Healing with Daniela on Jan 12, 19, 26 Massage with Jean on Feb 2, 9, 23; Mar 1

All therapies MUST be pre-booked with Jane on 020 8960 4853

Cost: £12.00 for 30 minutes. NOTE: 24 hour cancellation notice MUST be given or the session will be chargeable



HALF TERM 13 - 17 FEB (some activities continue through the holiday)

For more information please contact Jane who works Monday to Thursday at the Positive Age Centre on 020 8960 4853