



OPEN AGE

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

www.openage.org.uk



Central & South Kensington January – March 2012

FREE MEMBERSHIP
Over 170 Weekly Activities!
For people over 50!
Enquiries: 020 8964 1900



For activities in Chelsea please call the **New Horizons Centre**
020 7590 8970

a consortium led by Open Age with Age Concern Kensington & Chelsea incorporating 60 Plus and the Guinness Trust.

OPEN AGE BIG DANCE!

Practice Sessions take place last Saturday of each month from 25th February

Take part in this national festival of dance to celebrate the
dancing talent of older people!

at Academy Sport Centre, Torquay Street, W2 5EZ

Mixed Intergenerational Zumba & Ballroom

Performance will take place on Monday 9th July!

2.00-5.00pm

Tube: Royal Oak; Buses: 18 or 36

Call Jemma to book: 020 8964 1900

***Having difficulty getting out and about, and want
help finding the right activity to attend?***



HELP IS AT HAND

CALL OUR NORTH KENSINGTON LINK UP SERVICE

*Our special Link Up worker can help you choose from your
own home and will help with finding & organising transport!*

Call 020 8964 1900 Monday to Friday and ask for Lauraine

FREE CONCERT
Starts at 3.00pm

45 Minutes of Music

26th January

15th March

26th April

Holy Trinity Brompton
Church

Onslow Square
London SW7 3NX

Music, Tea & Sandwiches

Time for Me

Are you looking after a friend or relative as an unpaid carer?

Time for Me is a leisure and activities project for carers who are 50+ and who live in the Royal Borough of Kensington & Chelsea – For more information or a programme please call **Judy at New Horizons on 020 7590 8970**



Monday Choices in Central and South Kensington

Tel: 020 8964 1900

Social & Learning	Time	Place	Buses	Cost	Details
Kensington Activity Group	10.00-12.00	In the Meeting Room under the Central Library, Phillimore Walk, W8 7RX	C1, 9, 10, 27, 28, 49, 52, 70, 328, 452 Tube: High Street Kensington	£1.50	Starting: 9th January Friendly self run social group with a weekly talk or performance. See back page for detailed programme
Wellbeing					
Chair Exercise	12.00-1.00	In the Meeting Room under the Central Library, Phillimore Walk, W8 7RX	C1, 9, 10, 27, 28, 49, 52, 70, 328, 452 Tube: High Street Kensington	£1.00	Starting: 16th January Half term: 13th & 20th February Gym in a chair. Fun exercise session for all levels

Tuesday Choices in Central and South Kensington

Tel: 020 8964 1900

Social & Learning	Time	Place	Buses	Cost	Details
Creative Writing	10.00-12.00	Meeting Room at Brompton Library, 210 Old Brompton Rd, SW5 0BS	C1, C3, 74, 328, 430 Tube: Earl's Court	£2.00	Starting: 10th January Half term: 14th February Want to learn how to start writing a story or how to note down your memories! The class for you!
Spanish for Beginners	2.00-4.00	To Be Confirmed. For more information call: SWATI on 020 8964 1900	TBC	£2.00	Starting: TBC Come and have a go at beginner's conversational Spanish
Beginners Internet and Email	2.00-4.00	Computer Room at Brompton Library, 210 Old Brompton Rd, SW5 0BS	C1, C3, 74, 328, 430 Tube: Earl's Court	£2.00	For more information about this 6 week course and to book a place; call our main office on 020 8964 1900

Wednesday Choices in Central and South Kensington

Tel: 020 8964 1900

Wellbeing	Time	Place	Buses	Cost	Details
Zumba <i>NOTE: Not good for people with Knee or Lower back Issues</i>	2.30-3.30	In the Meeting Room under the Central Library, Phillimore Walk, W8 7RX	C1, 9, 10, 27, 28, 49, 52, 70, 328, 452 Tube: High Street Kensington	£1.00	Starting: 11th January Half term: 15th & 22nd February Build up your energy levels in this Latin Dance inspired class!

Thursday Choices in Central and South Kensington

Tel: 020 8964 1900

Wellbeing	Time	Place	Buses	Cost	Details
Zumba <i>NOTE: Not good for people with Knee or Lower back Issues</i>	11.00-12.00	Mary Smith Court, Ground Floor Lounge, 23 Trebovir Road, SW5 9NF	C1, C3, 74, 328 Tube: Earl's Court	£1.00	Starting: 12th January Half term: 16th & 23rd February Dance exercise to Latin music

Friday Choices in Central and South Kensington

Tel: 020 8964 1900

Social & Learning	Time	Place	Buses	Cost	
Digital Photography	10.00-12.00	Computer Room at Brompton Library, 210 Old Brompton Rd, SW5 0BS	C1, C3, 74, 328, 430 Tube: Earl's Court	£2.00	For more information or to book a place on this 6 week course call our main office Mon – Fri on 020 8964 1900
Singing for All	11.00-1.00	Kensington United Reformed Church, Allen St, W8 6BL	C C1, 9, 10, 27, 28, 49, 52, 70, 328, 452 Tube: High Street Kensington	£2.00	Starting: 13th January Half term: 17th February Join this fun class for all levels! Exercise your lungs and improve your breathing techniques

Saturday Choices in Central and South Kensington

Tel: 020 8964 1900

Social & Learning	Time	Place	Buses	Cost	
Beginners Internet and Email	12.00-2.00	Computer Room at Brompton Library, 210 Old Brompton Rd, SW5	C1, C3, 74, 328, 430 Tube: Earl's Court	£2.00	For more information or to book; call our main office Mon – Fri on 020 8964 1900

WINTER PROGRAMME: JANUARY TO MARCH 2012

KENSINGTON ACTIVITY GROUP

Cost: £1.50

Every Monday 10.00 am - 12.00 noon

Venue: The Meeting Room under the Central Library,
Phillimore Walk, W8 7RX

Buses C1, 9, 10, 27, 28, 49, 52, 70, 328, 452

Tube: High Street Kensington

January

- 9th Dave Welch: Talk on History
- 16th Greta with poetry - bring a poem
- 23th Philomena: Talk on Police
- 30th Welcome Lauretta:
Musical memories

February

- 6th Paul Scott: Talk on Salvation Army
with slides
- 13th Patricia McDermott: Nursing
Experiences
- 20th Jeanetta on Hearing Dogs
- 27th Ernest Flesh: Talk with Slides

March

- 5th Josie Jenkins: talk with Slides
- 12th Dimity: Talk with Slides
- 19th Noel Lynch: Talk on Auctions
- 26th Jennifer Rogers on her World Tour



Kensington Activity Group

Expand your interests with weekly talks or performances around various themes and meet new people over a cup of tea!

For more information: **Call Open Age on 020 8964 1900**

OPEN AGE SUPPORT & SPONSORSHIP

It is a challenge for Open Age to balance its budget each year. If you have contacts with companies looking for charities to support, know grandchildren or others who want to Run a Marathon or Jump out of an Aeroplane and do not know who to raise money for, or you would like information on any of the following please call Robert on 020 8964 1900

Gift Aid Donations, Celebrating a Milestone in Your Life, Legacies, In Memory Donations, Tribute Giving, Collecting Tins, Fundraising, Sponsorship Events, Charity of the Year or Corporate Support

Together we can provide you with more!

FREE FACILITATED GROUP ACTIVITIES OVER THE PHONE FOR OVER 50's LIVING IN KENSINGTON & CHELSEA

Callers will be part of a small group that enjoys discussing topics such as current affairs, films or healthcare. Topics are chosen by the group and facilitated by a staff member!



**Call Robert Silver for
more information on
020 8964 1900**