

Activities for people over 50  
 FREE MEMBERSHIP  
 openage.org.uk



## New Horizons Activity Programme

11<sup>th</sup> SEPTEMBER – 14<sup>th</sup> DECEMBER 2017



Celebrating Age, Stage & Experience

**OCT Half Term: MON 23<sup>rd</sup> OCT – FRI 27<sup>th</sup> OCT 2017**

**End of Term Party: FRI 15<sup>th</sup> DEC 2017**

new-horizons-chelsea.org.uk  
 facebook.com/newhorizonschelsea

New Horizons, located in the Guinness Trust Estate, Cadogan Street SW3, is open weekdays from 9.30am - 4.00pm

Membership is free and open to people over 50. If you live outside of Kensington and Chelsea, you can fill in the membership form and be added to the waiting list for non-borough membership.

For general enquiries ring: **0207 590 8970**.

Registered Charity No: 1160125

### TRANSPORT SERVICE

Buses 19, 22, 137, 452, C1 to Sloane Street; buses 11, 211, 319 to King's Road (stop nearest to Draycott Avenue); bus 360 to Sloane Avenue and Draycott Terrace; Sloane Square is the nearest Tube.

New Horizons is easily accessible by public transport. However, for those residents of Kensington and Chelsea who are unable to use public transport, assistance in getting to and from New Horizons activities is available. Ring the centre to find out more about how we can help.

**Please Note** At tutor's request - **NO admittance to Exercise classes if late by 10 minutes.**

## MONDAY


\* **D** Please make a **Donation** if you are able.

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
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For more Information on **ADULT COMMUNITY LEARNING \*(ACL) Classes**, please see at end of Programme

<b>Art: Using Watercolours – Beginners</b> *ACL CLASS	9.45 – 11.45 	New Horizons Centre <b>10 week course</b>		£3.00	Whether you are modern day Monet or complete novice, our painting classes are suitable for beginners as well as for more confident and experienced dabblers. Explore all kinds of styles and techniques.
<b>Pilates 1-2-1 Sessions</b> -With Jocelyne	9.00 – 12.00 <b>Book on:</b> <b>07931 543 226</b>	New Horizons Centre		£30 per session	Pilates exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility.
<b>Jewellery Making – Beginner</b>	10.00 – 12.00	New Horizons Centre		FREE *D	Develop your creative talents by making handcrafted jewellery for yourself or loved ones. Bring your own materials.
<b>Non- Fiction Writng</b> *ACL CLASS	10.00 – 12.00 <b>NEW CLASS</b>	New Horizons Centre		£3.00	Learn and develop your non-fiction writing skills in Travel, Journalism, Critic/Review, Memoir skills in this engaging and insightful course



New Horizons, Guinness Trust Estate, Cadogan Street, London, SW3 2PF

<b>Italian Conversation</b>	10.00 – 12.00	Cremorne Clubroom, Milman's Street, London, SW10 0BY		FREE <b>*D</b>	Brush up on your Italian language skills in these informal groups that meet for lively discussions on anything from travel and popular culture to history and politics.
<b>Men's Group</b> For more info, call Russell on: <b>020 8962 5583</b>	11.00 – 12.30 <b>1st Monday of month</b>	New Horizons Centre		FREE	Men's only social group that includes wide range of activities, variety of speakers and trips out and about.
<b>Scrabble Group</b>	10.30 – 12.00	New Horizons Centre		FREE <b>*D</b>	Do you love words and board games? Then this group is for you! Meet other scrabble lovers & enjoy playing the game with new people.
<b>Spanish Film</b>	11.00 – 1.00	New Horizons Centre		£1.75	A fun way to expand your Spanish vocabulary and gain insight into Spanish culture. For Intermediate level.
<b>Pilates – Advanced</b>	12.00 – 1.00 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.25	Slow and controlled exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility.
<b>Acupuncture -</b> With Tomoko  <b>Book at Reception</b>	12.00 – 4.00	New Horizons Centre		£35.00 per session	Fine needles are inserted at certain points in the body for therapeutic or preventative purposes. Treatment encourage the body's self-healing process by restoring the free flow & balance of Qi (the vital energy).
<b>Pilates – Intermediate</b>	1.00 – 2.00 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.25	Slow and controlled exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility.
<b>Sketching at the V&amp;A</b>  <b>*ACL CLASS</b>	1.00 - 3.00 	V&A Museum, Cromwell Road Entrance, SW7 2RL  <b>10 week course</b>	C1, 14, 74, 414	£3.00	Explore the depths of the V&A; practice various topics of drawing, including: composition; shape, form and line; light & reflection; volume & shading; portraits and detail. Bring along a sketchbook, pencils and yourself!
<b>Pranayama – Breathing Yoga</b>	2.00 – 4.00	New Horizons Centre		£1.75	The practice of this form of Yoga is intended to promote health, rejuvenation, happiness and inner harmony.
<b>Book Break</b> - run by the Reader organisation	2.00 – 4.00	New Horizons Centre		FREE <b>*D</b>	Read short stories, poems, novels & plays together & discuss them over a cuppa! There's no obligation to read or join the discussion, you can also just come & listen!
<b>German Conversation</b>	2.00 – 4.00	New Horizons Centre		FREE <b>*D</b>	Brush up on your German language skills in these informal groups that meet for lively discussions on anything from travel and popular culture to history and politics.

<b>Monday Games Group</b>	2.00 – 4.00	New Horizons Centre		FREE *D	A fun & friendly group which meets in the New Horizons café. Drop by for a chat, a game of Bingo, <i>Who Wants to Be a Millionaire</i> or a quiz.
<b>Unsupported IT Drop-in</b>	3.00 – 4.00	New Horizons Centre		FREE	Drop-in with no booking required. Bring own USB stick to store documents.
<b>NOTE: 1 hrs ONLY</b>					


## TUESDAY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>In the News: Current Affairs</b>  NO admittance after start time	9.50 – 11.50	New Horizons Centre		£2.00	A discussion group in which participants talk about topical issues. The subjects are of national or international importance, relating to politics, sport or the arts.
<b>French – Intermediate</b>	10.00 – 12.00	New Horizons Centre		£1.75	A fun and friendly class for people who know the basics and want to improve their French.
<b>Conversational English Beginners</b>  *ACL CLASS	10.00 – 12.00 	New Horizons Centre  <b>10 week course</b>		£3.00	For speakers of other languages, brush up on your spoken, written, and grammatical English and become a more confident speaker.
<b>Russian Conversation</b>	10.00 – 11.00	New Horizons Centre		FREE *D	A fun and friendly Russian class for people who know the basics and want to improve their conversational Russian.
<b>Shiatsu –</b>  1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month;  Book with Caroline on 0208 687 6950	10.00 – 1.00	New Horizons Centre		Varies	1 to 1 touch based therapy that applies pressure to areas of the surface of the body through loose comfortable clothing to promote and maintain wellbeing. Shiatsu literally means finger pressure and is similar to acupuncture.
<b>Kundalini Yoga</b>  STARTS: 3 <sup>rd</sup> OCT – 5 <sup>th</sup> DEC	12.00 – 1.00  NEW CLASS	New Horizons Centre		£1.00	Health and Wellbeing through yoga and meditation: Managing anxiety, stress, and low mood
<b>Supported IT Drop-in</b>	12.00 – 2.00	New Horizons Centre		FREE *D	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.
<b>French Course 1</b> - (Sep – Dec 2017)  <b>French Course 2</b> - ( Jan – Mar 2018)	12.00 – 2.00	New Horizons Centre		£1.75	Do you dream of 'la vie en rose'? In this beginners' class you will learn the basics of communicating simply & effectively, covers grammar, vocabulary & pronunciation; class progresses to Intermediate.
<b>Russian Beginners</b>	12.00 – 1.00	New Horizons Centre		FREE *D	A fun and friendly Russian class for people who know learn the basics.

<b>Osteopathy</b> (1 <sup>st</sup> & 3 <sup>rd</sup> Tues of month) Please <b>BOOK</b> with Lucy on <b>0771 264 7282</b>	1.00 – 4.00	New Horizons Centre		Varies	Helps with Arthritic, Back & Neck Pain, Headaches, Osteoporosis, Chronic Shoulder Problems, Loss of Balance, injuries from falls, and stress related problems.
<b>Massage &amp; Reflexology</b> – Book on <b>0798 923 8078</b>	1.00– 4.00 With Sarah	New Horizons Centre		£30	1 to 1 session - Relax and de-stress with a full body massage or target pressure points on hands and feet to help relieve pain and promote better health.
<b>Zumba</b>	1.00–2.00 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.25	The class is broken down into easy-to-follow steps and routines for everyone, to enjoy - ditch the workout - join the party.
<b>Creativity in Writing</b>  <b>*ACL CLASS</b>	2.00 – 4.00 	New Horizons Centre  <b>10 week course</b>		£3.00	Write about travel, nature, autobiographies, memoirs, essays, rants & almost anything else you can think of. Air your opinions, share fascinating facts and learn how to improve your writing.
<b>Spanish Course 1</b> - (Sep – Dec 2017)  <b>Spanish Course 2</b> - ( Jan – Mar 2018)	2.00 – 4.00	New Horizons Centre		£1.75	This friendly class will introduce you to the Spanish language, both spoken and written, in a relaxed atmosphere; class progresses to Spanish Intermediate.
<b>Social Bridge</b>	2.00 – 4.00	Lewis Estate Clubroom, Ixworth Place (corner of Elystan Street) SW3 3QG	11,14 19,22 49, 211, 319, 345, 360	FREE <b>*D</b>	A fun and social way to improve memory and concentration whilst playing bridge. This group is untutored and all levels are welcome.
<b>Drama</b>  Starts 19 <sup>th</sup> Sept  <b>*ACL CLASS</b>	2.00 – 4.00 	New Horizons Centre  <b>10 week course</b>		£3.00	Discover your inner thespian and join this fun class, using scripts, improvisation and applied theatre techniques. Foster new friendships, express yourself and develop self-confidence & creativity.



## WEDNESDAY

ACTIVITY	TIME	PLACE		COST	DETAILS
<b>Third-Age Counselling Service</b>	9.30 – 4.00 Ring <b>0207 976 6667</b> to Book	New Horizons Centre		FREE	One-to-one counselling service run by the Third Age
<b>Steady &amp; Stable</b> – Falls Prevention Class.  Ring Deryn on <b>0208 962 5582</b> to <b>Book</b> .	9.45 – 10.45	New Horizons Centre		FREE	A fun tried & tested exercise programme to improve balance, strength, reduce falls & ensure independent mobility.

<b>Social Jewellery Making –</b> with Marcia	10.00 – 12.00	New Horizons Centre		FREE *D	Develop your creative talents by making handcrafted jewellery for yourself or loved ones. Bring your own materials.
<b>Members' Forum</b>  20th Sep, 18th Oct, 15th Nov	11.00 – 12.00	New Horizons Centre		FREE	Your presence at these meetings helps shape the future of New Horizons. Come with your views, suggestions and questions and hear updates from the staff.
<b>Fitness Aerobics</b>  MAX 12 Spaces	11.00 – 12.00	New Horizons Centre		£1.25	A combination of low impact moves which raise the heart rate, burn calories and improve leg strength, with low impact sections.
<b>Italian Course 1</b> - (Sept – Dec 2017)  <b>Italian Course 2</b> - (Jan – Mar 2018)	11.00 – 1.00	Chelsea Theatre, World's End Place, King's Road SW10 0DR	11, 22, 328, C1	£1.75	Do you love the Italian language? In this beginners' class you will learn the basics of communicating simply and effectively, covering grammar, vocabulary and pronunciation; class progresses to Intermediate.
<b>Jazzercise</b>	12.00 – 1.00	New Horizons Centre		£1.25	Express yourself and burn calories with easy to follow dance moves set to a range of music.
<b>Supported IT Drop-in</b>	12.00 – 2.00	New Horizons Centre		FREE *D	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.
<b>Social Jewellery Making –</b> with Elaine	12.00 – 2.00	New Horizons Centre		FREE *D	Develop your creative talents by making handcrafted jewellery for yourself or loved ones. Bring your own materials.
<b>Chair Exercise –</b> Run by RBKC Leisure Services	1.00 – 2.00	New Horizons Centre		£1.25	Seated exercise class with or without music class focus on improving your limb mobility, muscle strength, co-ordination, balance and range of movement.
<b>Singing</b>	2.00 – 4.00	New Horizons Centre		£1.75	If you are new to singing or you'd like to brush up on your technique then this is the perfect class for you!
<b>Lip Reading</b>  *ACL CLASS	2.00 – 4.00 	New Horizons Centre  <b>10 week course</b>		£3.00	If you find it difficult to hear or feel that people don't speak clearly, then lip reading can improve your understanding and help you to communicate better.
<b>General Knowledge Quiz</b>	2.00 – 4.00	New Horizons Centre		FREE *D	A fun, informal and non-competitive group for anyone with a love of facts and trivia!

## THURSDAY

ACTIVITY	TIME	PLACE		COST	DETAILS
<b>Chair Yopalates</b>  MAX 12 Spaces	9.45 – 10.45	New Horizons Centre		£1.25	This is a chair based class with a combination of yoga and Pilates postures and breathing techniques
<b>Literature Appreciation</b>  NEW TUTOR MAX 12 Spaces	10.00 – 12.00	New Horizons Centre		£1.75	Encounter writers both famous and unfamiliar from all corners of the world, with lively and accessible weekly discussions of fiction, poetry and drama.
<b>Stroke Survivors &amp; Carers Social Group</b>	10.00 – 12.00	New Horizons Centre		FREE	An informal social group for people who have had strokes and their Carers. Enjoy tea, coffee, and the mutual support of other stroke survivors.
<b>Scrabble Group</b>	10.30 – 12.00	New Horizons Centre		FREE *D	If you love words and board games then this is for you! Meet other scrabble lovers and enjoy playing the game with new people.
<b>Lewis Art Group</b>	10.30 – 12.30	Lewis Estate Clubroom, Ixworth Place (corner of Elystan Street) SW3 3QG	11,14 19,22 49, 211, 319, 345, 360, 414	£2.00	An informal class in which students of all levels work on projects of their choice with guidance from a professional artist/tutor. Students can work in oils, watercolours, pastels, pencils, or other media. Students bring their own materials.
<b>Flow Yoga</b>  MAX 12 Spaces	11.00 – 12.00	New Horizons Centre		£1.25	A yoga and Pilates inspired class with controlled breathing and carefully structured series of stretches, moves & poses creates a holistic workout.
<b>Spanish Conversation</b>  MAX 12 Spaces	11.00 – 12.00	New Horizons Centre		FREE *D	Brush up on your Spanish language skills in these informal groups that meet for lively discussions on anything from travel, popular culture to history and politics.
<b>Massage &amp; Reflexology</b> – Book on <b>07989 238 078</b>	12.00 – 4.00  With Sarah	New Horizons Centre		£30	1 to 1 session - Relax and de-stress with a full body massage or target pressure points on hands and feet to help relieve pain and promote better health.
<b>Chi Gong – Beginner</b>  MAX 12 Spaces	12.00 – 1.00	New Horizons Centre		£1.25	A slow moving and gentle exercise, carried out in a relaxed manner without strain and suitable for anyone irrespective of age or physical condition.
<b>Supported IT Drop-in</b>	12.00 – 1.45 <i>Please Note:</i> End Time	New Horizons Centre		FREE *D	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.

<b>French Conversation – Intermediate</b>	12.20 – 2.00	New Horizons Centre		FREE *D	Brush up on your French language skills in these informal groups that meet for lively discussions.
<b>Chair Exercise at Mary Smith Court</b>	1.00 – 2.00	Mary Smith Court, ground floor lounge, 17 Trebovir Road SW5 9NF. <i>For entry, ring bell for manager/office.</i>	74, 328, C1, C3	£1.25	For anyone who has joint or mobility problems. Learn to exercise safely and effectively. Improve mobility, flexibility and strength with simple chair based exercises.
<b>Chi Gong – Intermediate</b>	1.0 – 2.00 MAX 12 Spaces	New Horizons Centre		£1.25	A slow moving and gentle exercise, carried out in a relaxed manner without strain and suitable for those who have done Chi Gong before.
<b>Museums and Art History</b>  *ACL CLASS	2.00 – 4.00 	New Horizons Centre and local galleries  <b>10 week course</b>		£3.00	Boost your appreciation of art through visits to on-line museums, art discussions, and regular visits to London's galleries and museums.
<b>Life Stories</b>  NEW TUTOR *ACL CLASS	2.00 – 4.00 	New Horizons Centre  <b>10 week course</b>		£3.00	Write your personal stories in a fun and supportive atmosphere. Weekly themes such as travel, family, childhood & many more unusual topics. Rediscover memories and document experiences.
<b>Falls Prevention</b> – Please call <b>020 8102 5494</b> to register	2.00 – 4.00	New Horizons Centre		FREE	An 8-week course for people who have had a fall or are feeling unsteady on their feet. Sessions focus on increasing strength, balance, confidence, advice and support.

## FRIDAY

ACTIVITY	TIME	PLACE		COST	DETAILS
<b>Massage</b>	9.00 – 1.00	New Horizons Centre		£35 per session	Undertake some relaxing and therapeutic therapy with Mary. Please BOOK directly with Mary on <b>07872 028 285</b>
<b>Line Dancing</b>	10.00 – 11.00 MAX 12 Spaces	New Horizons Centre		£1.25	Have fun learning steps and sequences to some great tunes.
<b>Book Club – 3<sup>rd</sup> Friday of the month</b>	10.00 – 12.00	New Horizons Centre		FREE *D	Read a book selected by the group and then come and discuss it! Whether you loved it, hated it or were indifferent, all opinions are welcome!
<b>Needlework Group</b>	10.00 – 12.00	New Horizons Centre		FREE *D	Knit, crochet or stitch in company in this relaxed workshop-style class.
<b>Meditation – 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month</b>	10.15 – 11.45	New Horizons Centre		£1.50	Relax, enjoy some quiet time, and leave your worries behind.

<b>Yogalates</b>	11.00 – 12.00 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.25	A class based on a combination of yoga and Pilates postures and breathing techniques to help with overall health.
<b>Ballet Bar Conditioning</b> <b>NEW CLASS</b>	12.00 – 1.00 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.25	Strengthen your muscles to gain flexibility, improve posture, balance using ballet bars.
<b>Shakespeare &amp; French Classical Drama</b>	12.30 – 2.30 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.75	A captivating and entertaining journey through The Bards works and origins of French classical literature.
<b>Supported IT Drop-in</b>	12.00 – 2.00	New Horizons Centre		FREE <b>*D</b>	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents.
<b>Multi - Pilates</b> <b>NEW CLASS</b>	1.00– 2.00 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.25	Strengthen; improve flexibility and body posture using different multiple forms of Pilates exercises; standing, chair and floor based.
<b>Reiki – with Ranjanie</b>  Book at Reception	1.00 – 4.00	New Horizons Centre		FREE <b>*D</b>	1 to 1 Session - A non-intrusive therapy (no massage or manipulation) carried out through clothing.
<b>Carers' Group &amp; Social –</b> for information, ring Ashley on: <b>0208 962 4141</b>	2.00 – 4.00	Various Venues		Price Varies	Social and support group specifically for people who care (unpaid) for a family member of friend. A variety of different activities /trips/sessions each week.
<b>Crack the Cryptic Crossword</b>	2.30 – 3.30	New Horizons Centre		FREE <b>*D</b>	Learn tips and secrets for completing and unravelling the secrets of cryptic crosswords.
<b>Bone Density Workout</b> <b>NEW CLASS</b>	2.30 – 3.30 <b>MAX 12 Spaces</b>	New Horizons Centre		£1.25	Increase muscular & bone strength, joint mobility and flexibility using Pilates & other techniques.



**\* ADULT COMMUNITY LEARNING CLASSES** ACL classes are funded by the Skills Funding Agency and European Social Fund.

They are different to the standard drop in classes and are more structured, with set times scales for the courses and Individual Learning Plans (ILP's), coursework and targets etc. involved. Because the classes receive this funding and are also subject to inspection by Ofsted, there are targets and quality standards imposed as a condition of the funding. There is an expectation when you enrol, that you'll be willing to contribute to meeting these by attending every session, if possible, and working with the tutors to achieve your learning goals, otherwise our continued funding for these courses could be affected.

ACL classes are usually £3.00 per class, but are free for those receiving certain benefits.

New Horizons is a pioneering activity centre for older people delivered by a consortium of three charities, Open Age, Age UK Kensington and Chelsea and the Guinness Trust, in partnership with the Royal Borough of Kensington and Chelsea and NHS Kensington and Chelsea. Lead organisation: Open Age. Open Age is registered as a charity in England and Wales No 1160125.