

OPEN AGE

Over 380 weekly activities in community venues across Kensington & Chelsea, Westminster, Hammersmith & Fulham.

Men and women of all cultures & any age from 50 to 105 are welcome.

FREE registration and FREE activity listings are available.

Classes cost around £1 per hour.

We also have a variety of volunteering opportunities available. Please contact the main Open Age Office if you are interested in volunteering.



Open Age Main Office:

St Charles' Centre for Health & Wellbeing
Exmoor Street, London, W10 6DZ

Tel: 020 8962 4141

eMail: Mail@OpenAge.org.uk

Website: www.openage.org.uk



Other Main Centres:

Open Age: Second Half Centre

St Charles' Centre for Health & Wellbeing,
Exmoor Street, London W10 6DZ (020 8962 5500)

Open Age Positive Age & Employment Centre

Peabody Estate, Dalgarno Way,
London W10 5JW (020 8960 4853)

New Horizons Centre

Guinness Trust Estate, Cadogan Street
London SW3 2PF (020 7590 8970)

(A consortium led by Open Age with Age UK K&C and the Guinness Trust)

We also provide activities across many community venues and have office/hub bases in Westminster.

Open Age Churchill Ward Hub

Churchill Gardens Youth Club (Annex Hall),
Churchill Gardens Road, London SW1V 3AL
(020 7976 6354 or 07530 734 489)

Open Age Queen's Park/Harrow Road Ward Hub

The Avenues, 3-7 Third Avenue, London, W10 4RS
(07717 201791 or 07713 567050)

Open Age Westbourne Ward Hub

Warwick Community Hall, 300 Harrow Road, W2 5HG
(020 3713 8737)



OPEN AGE

life's just begun

Creating chances for Londoners over 50 to work, learn, take part, and stay healthy in body & mind.

Tel: 020 8962 4141

www.OpenAge.org.uk

Open Age is registered as a Charitable Incorporated Organisation in England and Wales. (no.1160125)

With over 380 courses to choose from, you can fill your diary with a variety of activities, exercises and new skills. Take your pick and get ready to meet friends, old and new.

Below are a small sample of the activities we provide, for the full schedule in your area please request a programme!

CREATE AND PERFORM



Arts and Crafts, Drama, Jewellery Making, Music Lessons, Pottery, Needlework Groups, Singing For All



CULTURE CLUB



English Literature, Book Club, History of Art, Current Affairs, Genealogy Group, Reminiscence, Hollywood Histories, Philosophy

FINDING WORK



Support into employment from our Matrix Accredited New Futures 50 Plus Employment Programme.



FIT AND WELL



Cooking and Healthy Eating, Steady and Stable, Healthy Lungs, Phone Club, Sleep Workshop, Help to Hear- Here!

MENS PROGRAMME



Digital Photography, Cookery Club, Trips Around London, Gym Course, Film Club, Health Sessions



IT AND COMPUTERS



Beginners Computing, Social Networking, Online Shopping, Skype Workshops, iPads, Gadget Drop- Ins



PHYSICAL ACTIVITY



Belly Dancing, Badminton, Ballroom and Latin Dance, Chair Exercise, Chi Gong, Cycling Safety, Gentle T'ai Chi, Gardening Club, Table Tennis, Pilates, Water Splash

THERAPY



Acupressure, Shiatsu, Massage, Beauty Therapy, Osteopathy, Reiki, Reflexology, Aromatherapy

LUNCHEES / SOCIALS



Coffee Mornings, Discussion Groups, Quizzes, Lunch Clubs, Movie Night, Scrabble, Bridge and Games Groups



LANGUAGES



English Conversation, French, Lip Reading, Spanish, Foreign Language Literature, Russian Advanced

LINK-UP Workers can assist in finding an activity that is just right for you, provide support with your transport and escort you to your first meeting. If you are nervous or need help please ask, they're friendly!
020 8962 5584

TIME FOR ME – Do you look after friends or family? We offer a supportive programme of activities and events for unpaid carers to have some fun!
Call 0208 962 4536