

Westbourne Hub Activity Programme

Monday 15th January to Friday 23rd March 2018

POUND PLUS!

As a charity, our sessions are heavily subsidised by our funders and normally cost around £1 per hour. However...
...CAN YOU AFFORD TO PAY MORE?
If you can, please support us by donating what you can. We suggest £2 or £3 per hour, or anything extra you can afford.

Quarterly Hub Tea & Cake Catch Up Community Group Meeting

Monday 5th February 12pm

**Warwick Community Hall
300 Harrow Road, W2 5HG**

NEWS & EVENTS: *more details on back page*



BRANDS MUSEUM TRIP

Date: 24th & 31st January
Time: 10am

In partnership with Paddington Arts come along to the Brands Museum for an intergenerational interactive workshop and tour.

111-117 Lancaster Road
Notting Hill
W11 1QT

TO BOOK CALL: 02037138737



TEA, TOUR AND TOPICAL TALK AT THE WALLACE COLLECTION

Date: 7th February
Time: 10.30am

Join us at the Wallace Collection for a cup of tea, guided tour and topical talk from one of their expert Volunteer guides.

Hertford House
Manchester Square
W1U 3BN

TO BOOK CALL: 02037138737



MY PADDINGTON Intergenerational Half Term Arts Project

Date: 15th & 16th February
Time: 1pm-4pm

Looking at people and places take part in two intergenerational afternoons of creative arts workshops, come along and try a variety of skills/techniques.

32 Woodfield Rd,
London
W9 2BE

TO BOOK CALL: 02037138737

**UNLESS STATED OTHERWISE, ACTIVITIES START W/C MONDAY 15TH JANUARY & END FRIDAY
23RD MARCH 2018**

NO CLASSES HALF TERM: MONDAY 12TH – FRIDAY 16TH FEBRUARY

MONDAY CHOICES AT WESTBOURNE HUB

Information Tel: 020 3713 8737

Magic Monday @ Warwick Community Hall!

All Magic Monday events held at: Warwick Community Hall 300 Harrow Road, W2 5HG

Buses: 18 and 36


**SOCIAL DROP IN for Tea & Coffee (available throughout the day), or
Choose your favourite activity, or spend the day with us!**

MAGIC MONDAY ACTIVITY	TIME	FEE	DETAILS
!!!! NOTE: NO CLASSES 12TH FEBRUARY 2018 !!!			
Munro Health Complementary Health Sessions MUST BOOK	Sessions run throughout the day.	£12 per 30 mins	Complementary Health: Massage, Reiki, Reflexology or Shiatsu. 1:1 with professional therapists. MUST BOOK: 020 3713 8737
T'ai Chi	10.30 - 11:30	£1	Improve your balance and stability as our tutor guides you through this ancient Chinese art. Relaxing & strengthening.
Brain Boost!	12.00 - 1.00	£1	Give your brain a workout and come along to try our fun games, puzzles and activities. Use our iPads to choose from a range of interactive games or bring your own!
Collage Class	12.00 - 1.30	£1.50	Come and explore the wonderful art of collage and decoupage. Use your imagination and creativity to produce beautiful pictures, cards and scrap books. All welcome.
Games & Chat	1.00 - 2.00	£1	Drop in and play a range of board games such as Scrabble, Dominoes and Trivial Pursuit. Or have a go at a game on our iPads. Suggestions for games welcome!
Play Reading	1.00 - 2.00	£1	Join this lively group for some exciting play reading. Read through a variety of well-known plays, no experience necessary.
Current Affairs	2.00 - 3.30	£1.50	Review and discuss national and international affairs over a cup of tea with our lively and talkative group!
Sew, Knit and Socialise Group	2.00 - 3.30	£1	Have fun and learn how to: use the machine; do simple repairs and alterations; hand stitching; create a range of projects – or bring in your own items to repair, make, embroider or knit. All abilities welcome!
MAGIC MONDAY GOES TO KENSINGTON PALACE ON THE 5TH MARCH – Please note that there will not be any sessions at Warwick community Hall from 12pm on the 5 th March. NOTE: <u>This trip only open to regular Magic Monday attendees.</u>			

OTHER MONDAY ACTIVITIES AT VARIOUS VENUES					
ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Walking to Fitness (Positively Physical) START 8TH JANUARY	10.00 - 11.00	Meet: Paddington Rec between the athletics track & pavilion	18 36	£1	Put your best foot forward! Local walks for all over 50s from Westbourne, Harrow Road & Queen's Park wards.
Pilates	10.00 - 11.00	Dance Studio at Paddington Arts 32 Woodfield Rd W9 2BE	18 28 31	£1	A great, gentle way to stretch, tone and work on core strength - floor mat based exercise session.
Singing for Pleasure	11.00 - 12.00	Communal Lounge Fitzrovia Court 24 Carburton St W1W 5AS	18, 27, 30 88 453, C2	£1	New to singing? Want to brush up? This class is for you! Come and join the fun, and learn how to develop your voice in this lively, friendly class!
Osteo Blast MUST BOOK STARTS 8TH JANUARY	2.00 - 3.00 NO BREAK	Seymour Leisure Centre, Seymour Place, W1H 5TJ	7, 12, 18, 23	£1	A 16 week exercise programme designed to initiate muscle strengthening and increase bone density to improve independent living and overall bone health. TO BOOK please call Jade on 020 8962 4537
Phone Club: Current affairs/ Discussion group For the Housebound	2.30 - 3.30	In the comfort of YOUR own home, at no cost to you!	N/A	FREE	Focus on: Current Affairs, Local and International news, sport, interesting facts and articles, topical talks. Phone Hester for more info & to join on 020 3713 8736.
Phone Club: Creative Writing Group For the Housebound	4.00 - 5.00	In the comfort of YOUR own home, at no cost to you!	N/A	FREE	Develop your creative writing skills with optional homework activities and opportunity to read work aloud for constructive feedback. Phone Hester for more info & to join on 020 3713 8736.

TUESDAY CHOICES AT WESTBOURNE HUB



Information Tel: 020 3713 8737


ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Steady & Stable 1 BOOKING ESSENTIAL	10.00 - 11.00 NO BREAK FOR HALF TERM	Penfold Com. Hub, 60 Penfold St, NW8 8PJ	6, 16 98 332 414	FREE	Fun, tried & tested falls prevention programme to improve balance, reduce falls & keep you mobile. Call Tina to book 020 8962 5582
!!NEW!! 'My Paddington' Arts Project - 6 week Poetry and Prose creative writing <u>STARTS 9TH JANUARY</u>	10.30 - 12.30 	32 Woodfield Rd, London W9 2BE	18, 28, 31, 36, 228, 328	£2	Explore and develop your storytelling and creative writing skills in this exciting local project focusing on places and people in the Paddington area through a series of weekly creative workshops in partnership with Paddington Arts and the Monthly Reminiscence group. For more information call Alexandra on 02037138737
Monthly Reminiscence at Rayne House – Last Tuesday of the Month	10.30 - 12.30	Rayne House 170 Delaware Rd, W9 2LW	6, 187, 414	£2	Retrace, review and reflect on local history and events. Share your memories & make connections with our group over tea. 30th Jan, 27th Feb, 20th March.
Book Break <u>STARTS 9TH JANUARY</u>	10:30 - 12:00	Hardy House 64 Great Western Road, W11 1AA	28, 31, 328	FREE	Enjoy some fun and interesting texts as we read together, or relax and just listen, to short stories and articles. Great way to socialise over a cup of tea or coffee!
National Theatre Project MUST BOOK!! <u>STARTS 10TH JAN</u>	10.30 - 12.00	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18, 2, 228	FREE	Come & explore the joy of expressing stories through dance & movement in this class led by professional artists from the National Theatre. Sessions will be fun, active, playful and full of music! Absolutely no previous experience necessary, everyone welcome! Call 07717201791 to book.
Zumba Gold	11.00 - 12.00	Fitzrovia Centre, 2 Foley Street W1W 6DL	18, 27,30 88 453, C2	£1	Join our dance fitness classes that are fun, energetic, and make you feel amazing! All abilities welcome.

TUESDAY CHOICES AT WESTBOURNE HUB					Information Tel: 020 3713 8737
Steady & Stable 2 BOOKING ESSENTIAL	11.00 - 12.00 NO BREAK FOR HALF TERM	Penfold Com. Hub, 60 Penfold St, NW8 8PJ	6, 16 98 332 414	FREE	Fun, tried & tested falls prevention programme to improve balance, reduce falls & keep you mobile. Call Tina to book 020 8962 5582.
INTERMEDIATE IT 5 Week Course <u>STARTS 16th</u> <u>January – 13th</u> <u>February</u>	1:00 - 3:00 MUST BOOK	Paddington Library, Porchester Rd, W2 5DU	7, 18, 23, 27, 36	£2	IT sessions to suit all needs and abilities, a space to surf the web and learn some new skills MUST BOOK call 020 3713 8737
BEGINNERS IT 6 week course <u>STARTS 20th</u> <u>February – 20th</u> <u>March</u>	1.00 - 3.00 MUST BOOK	Paddington Library, Porchester Rd, W2 5DU	7, 18, 23, 27, 36	£2	IT sessions to suit all needs and abilities, a space to surf the web and learn some new skills MUST BOOK call 020 3713 8737
Lunch Club (Note: Staff only present at start) Starts Jan 16th	1.00 Sharp! ½ term break 13 th February	Westbourne Grove area restaurants.	7, 23, 27, 36	£9+ to £12+	No need to book. Informal meet up. Dated programme of lunches available from our office at Paddington Arts: Tel: 020 3713 8737
Men's Monthly Sandwich Lunch & Health Talk Last Tuesday of the month.	1.30 - 2.30	Hardy House 64 Great Western Road, W11 1AA	28, 31, 328	£1	Join us to meet the experts for some friendly company, with a delicious lunch, and a chance to discuss a range of topics! Dates: 30 th Jan – Men's MOT with healthy hearts 27 th Feb – Positive aging, men's activities 20 th March - TBC For info call: 020 3713 8737
!!! NEW !!! T'ai Chi <u>STARTS 9TH</u> <u>JANUARY</u>	2 - 3pm	Paddington Recreation Ground, Randolph Avenue, Maida Vale W9 1PD	328, 6, 31	£1	Improve your balance and stability as our tutor guides you through this ancient Chinese physical art – relaxing & strengthening. Refreshments will be provided from 3 – 3.30. Please book by calling at 0333 005 0413.
'HELP TO HEAR' HERE! Learn to Lip Read, plus get information & help with using your hearing aids!	2.00 - 3.30 (2.00-2.30 tea & info at beginning) ½ term break 13 th February	Quiet Room Maida Vale Library Sutherland Ave. W9 2QT	6, 36 187, 414	£1.50	A fun weekly class for people with partial hearing loss, learning how to Lip Read from an entertaining & skilled tutor, plus advice available to learn how to deal with hearing aids and other aspects. New enquirers please call: 0203 713 8737

WEDNESDAY CHOICES AT WESTBOURNE HUB

Information Tel: 020 3713 8737

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Art for All: Morning	10.30 - 12:30	Hardy House 64 Great Western Road, W11 1AA	28, 31, 328	£2	Let our expert tutor help you to develop your creative talents, learn new techniques, and find your own style, as part of a friendly social group. All materials provided.
Men's Monthly Social Lunch Dates: <u>Jan 17th</u> <u>Feb 7th</u> <u>March 7th</u>	11.00 - 1.00 (Lunch at 12 in nearby café, 10 mins walk away from Stowe)	Depart 11am: Stowe Centre, 258 Harrow Road, W2 5ES	18, 36	£2	Have good fun & enjoy lively wide ranging discussions over Lunch at local Design Studios Café. Book place by day before meeting: Maureen 020 3713 8737
Singing for Pleasure <u>STARTS 10TH JANUARY</u> 	10:30 - 11:30	St Paul's Church Marylebone 5 Rossmore Rd NW1 6NJ	139, 189	£1	New to singing? Want to brush up? This class is for you! Come and join the fun and learn how to develop your voice in this lively, friendly class!
National Theatre Project MUST BOOK!! <u>STARTS 10TH JANUARY</u>	11-12.00	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18, 28, 228	FREE	Come & explore the joy of expressing stories through dance & movement in this class led by professional artists from the National Theatre. Sessions will be fun, active, playful and full of music. Absolutely no previous experience necessary, everyone welcome! Call 07717201791 to book.
Gentle Zumba <u>START: 10TH JANUARY</u> 	12:00 - 1:00	St Paul's Church Marylebone 5 Rossmore Rd NW1 6NJ	139, 189	£1	Join our dance fitness classes that are fun, energetic, and make you feel amazing! All abilities welcome.
Regent Street Classic Matinees EVERY WEEK	2.00 – 4.00	Regent Street Cinema 309 Regent St London, W1B2UW	88, 453 C2	£1.75	Weekly matinee film screening at the newly renovated Regent Street Cinema. (north of Oxford Circus) For details of films 020 3713 8737
Regent Street Ballroom Dancing EVERY WEEK	4.00 - 5.00	The Bar Regent Street Cinema 309 Regent St London, W1B2UW	88, 453 C2	FREE	Join us in the bar, after the matinee, for a free informal ballroom dance class – doesn't matter if you haven't got a partner!

WEDNESDAY CHOICES AT WESTBOURNE HUB					Information Tel: 020 3713 8737
Yoga <u>STARTS 10TH JANUARY</u>	2.00 - 3.00 <u>NO HALF TERM BREAK</u>	Dance Studio at Paddington Arts 32 Woodfield Rd W9 2BE	18, 28, 31, 36, 228, 328	£1	Unwind & relax the mind, maintain flexibility & build strength. All welcome whatever your reason for practicing yoga! 
W9 MONTHLY SOCIAL AT RAYNE HOUSE	2.00 - 4.00 Monthly Meetings Dates below	Rayne House 170 Delaware Road W9 2LW	6, 187, 414	£2 incl. raffle	Popular monthly social afternoon for locals with guest speakers, raffle & tea with Maureen. <u>Please remember to bring something for the raffle!</u>
17th Jan <i>(note not first week)</i> HEARING LOSS Information Talk from Sue	7th Feb AGE & ALCOHOL Health Information talk from David	7 th March MEMORY SERVICE With Mandy – local Dementia Adviser	April Easter Holiday		

THURSDAY CHOICES AT WESTBOURNE HUB

Information Tel: 020 3713 8737

ACTIVITY	TIME	PLACE	BUS	COST	DETAIL
T'ai Chi	10.00 - 11.00	Amberley Clubroom, Amberley Est, Shirland Road, W92JZ	6, 187, 414	£1	Improve your balance and stability as our tutor guides you through this ancient Chinese physical art – relaxing & strengthening.
Walking Football Session	Every Thursday 10.00 - 11.30	Westminster Academy, at rear of The Naim Dangoor Centre, Torquay St, London W2 5EW	18, 28, 36, 228	£1	Walking Football is a great way to get fit, learn new skills, have fun and socialise at the same time! Less pace, more grace... a purely beautiful game. Call Russell on 020 8962 5583 for more details.
Carer Friendly Week Chair Exercise	11.00 - 12.00	Hardy House 64 Great Western Road, W11 1AA	28, 31, 328	£1	Come on your own or with a carer for a gentle head-to-toe hour of exercise to music. Or, if you prefer, just sit and have a cuppa! Either way have fun and enjoy some company!
Dance Mix (Positively Physical) <u>STARTS 11TH JANUARY</u>	1.30 - 2.30	!NEW VENUE! Amberley Clubroom, Amberley Est, Shirland Road, W92JZ	6, 187, 414	£1	For Westminster residents. This class will get you moving, help co-ordination & memory!

THURSDAY CHOICES AT WESTBOURNE HUB					Information Tel: 020 3713 8737
W2 ACTIVE CITIZENS 50+ Chair Exercise 1.30-2.30 followed by refreshments & Speaker or Social					
1.30 Chair Exercise with Ashia	1.30 - 2.30	St Stephen's Church Hall, Talbot Rd, W2 5QT. (entrance behind large red notice board)	7 18, 23, 27, 28, 31, 36 70 328	£1 each group	Seated exercise for first hour to stretch and tone the whole body for anyone over 50. ----- Followed by Social, Tea & regular guest speakers, <u>details below.</u>
2.30 Refreshments & talks as below:	2.30 - 3.30				
JANUARY 18 SOCIAL 25 AGE & ALCOHOL Health Information Talk from David	FEBRUARY 1 SOCIAL 8 HEARING LOSS INFO 15 HALF TERM –no meeting 22 FIRE SAFETY TALK		MARCH 1 SOCIAL 8 BEETHOVEN INFO DROP IN - Deborah 15 MEMORY SERVICE Mandy – Dementia Adviser 22 HOME CARE - INFO		APRIL No meeting – Easter Holiday. <u>Back on 19th APRIL</u>
Book Talk & Shared reading: Phone Group For the Housebound	2.30 - 3.30	In the comfort of YOUR own home!	n/a	FREE	A shared weekly reading group and discuss a different book each month delivered by home library service - from Crime to Historical Fiction. Call Hester for more info & to join on 020 3713 8736.
Ukulele Lesson	2.30-4.00	Warwick Community Centre, 300 Harrow Road W2 5HG	18, 36	£1.50	Our improving ukulele enthusiasts meet to keep up their good work but new musicians are also welcome: 1½ hour session!
Phone Club: Discussion group For the housebound	4.00 - 5.00	In the comfort of YOUR own home!	n/a	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Call Hester for more info & to join on 020 3713 8736.

FRIDAY CHOICES AT WESTBOURNE HUB

Information Tel: 020 3713 8737

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Simply T'ai Chi	10.30 - 11.30	Dance Studio Paddington Arts 32 Woodfield Rd W9 2BE	18, 28, 31, 36, 228, 328	£1	Introduction to learning single position T'ai Chi. Learn the key moves from our expert, as she guides you easily through this relaxing class. Improve your posture, flexibility and focus.

FRIDAY CHOICES AT WESTBOURNE HUB					Information Tel: 020 3713 8737
<p>!!! NEW !!! Chair Yoga</p> <p><u>THREE WEEK</u> <u>FREE TASTER</u></p> <p><u>STARTS 9TH</u> <u>MARCH</u></p>	10.30 – 11.30	Communal Lounge Fitzrovia Court 24 Carburton St W1W 5AS	18, 27, 30 88 453, C2	FREE	Gentle Chair Yoga & Breathing (Hatha Yoga) Try this relaxed and friendly class which can help: Increase flexibility, muscle strength and tone Improve balance & posture, respiration, energy and vitality, Anxiety, depression & stress, Help to balance metabolism, Weight reduction, Cardio & circulatory health
<p>!!! NEW !!! Chair Exercise</p>	2pm - 3pm	Waterside Court Fermoy Road W9 3LP	18 28 31 228 328	£1	Gentle head-to-toe hour of exercise to music. Tone up and get fitter whilst having fun!
<p><u>First Friday</u> <u>Film Club</u> <u>MONTHLY</u></p>	<p>2.00pm (Please arrive promptly for 1.50pm to sign in)</p>	Westminster Academy, 255 Harrow Rd, W2 5EZ	18, 36	£1	Monthly film club on the big screen at Westminster Academy. FREE Tea/biscuits. Dates: January – NO FILM February 2nd – <i>Some Like it Hot</i> March 2nd - <i>The Wind that Shakes The Barley</i>
<p>!!! NEW !!! Monthly Book Group</p>	2pm-3pm	Quiet Room Maida Vale Library Sutherland Ave. W9 2QT	6, 187, 414	£1	Meet monthly with a group of fellow literature enthusiasts to discuss a selected chosen book. To register an interest and for more information call Alexandra on 02037138737 23 rd February 23 rd March

SATURDAY CHOICES AT WESTBOURNE HUB

Information Tel: 020 3713 8737

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<p>Keep Fit / Get Strong</p> <p><u>STARTS 6TH</u> <u>JANUARY</u></p>	11.00 - 12.00	Academy Sports Centre 255 Harrow Road W2 5EZ (at end of Torquay Street side road)	18, 36	£1	Cardiovascular aerobic exercise
<p>Stretch & Relax:</p> <p><u>STARTS 6TH</u> <u>JANUARY</u></p>	12.00 - 1.00	<p><u>NO HALF TERM</u> <u>BREAK</u></p>		£1	Stretch & relaxation

SATURDAY CHOICES AT WESTBOURNE HUB				Information Tel: 020 3713 8737	
Saturday Shape-Up <u>STARTS 13TH JANUARY</u>	1.00 - 3.00	St Augustine's Hall, Oxford Road, London NW6 5SN <u>NO HALF TERM BREAK</u>	6,16 31, 36, 98, 187, 228, 316, 328, 332	£2	A 2-hour session in which players of all levels (including beginner) are free to choose between badminton, table tennis and soft tennis. Beginners and experienced players alike have the opportunity to learn or play competitive matches with others of a similar standard. Includes short warm-up and stretching.
	3.00 - 4.00			£1	A 1-hour session for experienced players who like a more competitive match.

Third Age Counselling

Feeling a little low, anxious or overwhelmed? Often talking your problems through confidentially, with a professional, can help.

1 hour sessions run all day (Days of the week tbc)

MUST BOOK

Maida Vale Library
 Sutherland Ave.
 W9 2QT
 (Accessible lift if needed)

FREE



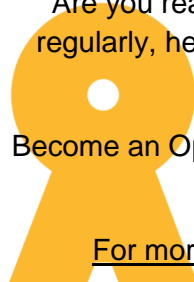
To book call: 020 7976 6667

BECOME AN OPEN AGE ACTIVITY AMBASSADOR

Are you really passionate about your activity? Do you attend regularly, help out and are open to being a friendly face to new members?

Become an Open Age Activity Ambassador and earn Time Credits for your Time helping.

For more information Call Alexandra on 02037138737



Get regular email updates and information about special one-off event and activities!

Subscribe by emailing Alexandra at: akerswell@openage.org.uk

