

Queen's Park & Harrow Road Activity Programme

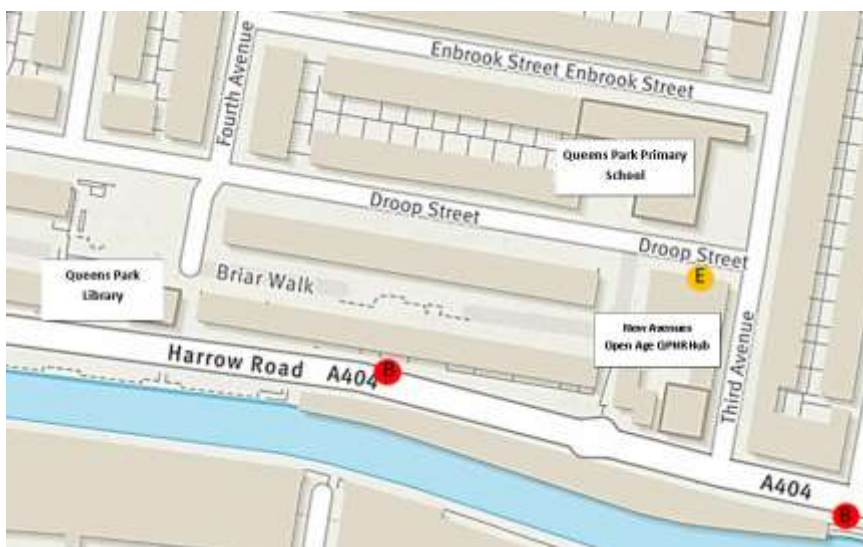
September 4th - December 15th 2017

Open Age QPHR Hub
New Avenues
3-7 Third Avenue
London, W10 4RS

Telephone:
07717201791
07713567050

Email:
choggan@openage.org.uk
gbrown@openage.org.uk

Half term will be Monday 23rd
October to Friday 27th October
2017. There will be no classes this
week unless stated inside.



B Bus stops
Buses: 18, 28, 228

E Entrance to New Avenues / Open Age QPHR Hub



SILVER SUNDAY
CELEBRATING OLDER PEOPLE

Silver Sunday

This year Silver Sunday falls on
Sunday 1st October and to
celebrate Open Age activities at
the QPHR Hub will be **FREE** in
the week running up to Silver
Sunday (25th - 29th September).

We will also be hosting a
Dance-athon on Silver Sunday
itself- Please see the back of the
programme for more details!

Interested in volunteering?

Check out our opportunities on:
www.do-it.org/organisations/open-age



National Theatre Project

**Every Wednesday
10.30am-12.00pm - FREE**

Come & explore the joy of
expressing stories through dance &
movement in this new 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.

Open Age QPHR Hub, New
Avenues, 3-7 Third Avenue,
London, W10 4RS



Jam Jar Flower Arrangements

**Tuesday 12th September
1.00pm - FREE**

Join staff from Petersham Nurseries
for the first in a series of creative
workshops as they guide you
through how to create your own
beautiful flower arrangement.
Flowers and refreshments provided,
please bring your own jam jar if
possible. Call **07717201791** to book.

Open Age QPHR Hub, New
Avenues, 3-7 Third Avenue,
London, W10 4RS

MONDAY CHOICES

Activities are for Westminster residents ONLY

Open Age has instigated a pricing structure of £1 per hour. With no obligation however to do so, it is our hope that those who are in a position to pay a higher fee of £3 per hour & £5 for a 2 hour class will do so. Thank-you!

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Ballet Fitness (Positively Physical)	10.30-11.30 Starts 4 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Improve mobility, posture, balance and coordination. Have fun and move to music! All abilities welcome!!
Boxing Fitness (Positively Physical) NEW CLASS!!	11.45-12.45 Starts 4 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Come and try this fun and interactive boxing fitness class designed to improve your heart health, strength and co-ordination.
Monday Social with Speakers	10.30-12.30 Starts 4 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Join this friendly social group for a range of interesting and stimulating topics with speakers from museums, local organisations and charities. See the back of the programme for a full schedule of speakers.
Microsoft Office and Social Media (7 week course) MUST BOOK NEW CLASS!!	11.30-1.30 Starts 4 th Sept	Queen's Park Library, 666 Harrow Road, W10 4NE	18,28, 228	£2	Sign up for this 7 week course to improve your knowledge and confidence using Microsoft Office as well as gaining an insight into how to use and stay safe using the latest social media! For more information or to book a place, please phone the Hub on 07717201791 .
Beginners Internet & Email (7 week course) MUST BOOK	11.30-1.30 Starts 30 th Oct	Queen's Park Library, 666 Harrow Road, W10 4NE	18,28, 228	£2	Sign up for this friendly, supportive class that helps beginners get started on computers, learning how to use the internet and send emails. For more information or to book a place, please phone the Hub on 07717201791 .
Step Up from Steady	12.45-1.45 Starts 4 th Sept	Barbara Brosnan Ct. 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187	£2	This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.
Just For Men: Social Group NEW TIME!!	1.00-3.00	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Pop along to our Men's Social group with Geoff, for games, films, quizzes, trips and more! Have your say on what you would like to do going forward and help plan the programme! 11th Sept- Men's Lunch (£2.00) 9th Oct- Quiz & Cake 6th Nov- Film 4th Dec- Men's Lunch (£2.00)
Christmas Bauble Decoupage Workshop MUST BOOK	1.00-3.00 20th Nov Only!!	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1.50	Join us for a crafty afternoon in this fun workshop learning how to decoupage whilst creating some fabulous Christmas Bauble decorations to hang on your tree at

					home! Materials provided. To book phone the Hub on 07717201791 .
Chi-Gong	1.30-2.30 Starts 4 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Improve your health and wellbeing, give your energy levels a boost and reduce stress in this class which focuses on a range of posture, exercise, meditation and breathing techniques. Suitable for all abilities.
Fortnightly Film Festival	2.00-4.00	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join us for a variety of old classics and new favourites in our Fortnightly Film Festival. Includes a hot drink! Sept 4th – La La Land Sept 18th – Jackie Oct 2nd – Another Mother’s Son Oct 16th – Beauty and The Beast Oct 30th – Hidden Figures Nov 13th – Their Finest Nov 27th – Pride Dec 11th – How About You
Steady and Stable MUST BOOK	2.00-3.15 Starts 4 th Sept	Barbara Brosnan Ct. 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187, 189	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility. To book please contact Open Age on 020 8962 5582 .
Phone Club: Current Affairs Talk For the Housebound	2.30-3.30	In the comfort of your own home.	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 .
Mindfulness Meditation	2.30-3.30 Starts 4 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join this class which helps to induce relaxation by focusing awareness on breathing and encouraging positive attitudes to achieve a healthy, balanced mental state.
Phone Club: Creative Writing Group For the Housebound	4.00-5.00	In the comfort of your own home.	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

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Simply Art	10.30-12.30 Starts 5 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£2	Join this exciting art course and bring out your artistic flair! Begin to look at objects in a new way as you learn how to sketch, draw, collage, paint & more! All abilities welcome!

					To book call 07717201791 .
Exercise to Music (Positively Physical)	12.30-1.30 Starts 5 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	This class will improve your stamina & strength and help you to burn some calories!
Sleep - How to improve it! (In partnership with the Health Improvement Team) MUST BOOK	12.30-2.00 12 th Sept 10 th Oct 14 th Nov 12 th Dec	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	This practical workshop will help you with tips, techniques and information if you have trouble sleeping. To book phone the Hub on 07717201791 .
Creative Workshops with Petersham Nurseries NEW WORKSHOPS! MUST BOOK	12 th Sept @ 1.00pm 10 th Oct @ 2.00pm	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	September- Jam Jar flower arrangements with Paula Ellis Join staff from Petersham Nurseries for the first in a series of creative workshops as they guide you through how to create your own beautiful flower arrangement. Flowers and refreshments provided, please bring your own jam jar if possible. Call 07717201791 to book. October: Autumnal Cooking Session Join the expert chefs from Petersham Nurseries for this Autumnal Cooking class learning how to utilise seasonal ingredients in day to day cooking. All abilities welcome. Call 07717201791 to book. November: TBC December: TBC
Table Tennis Drop In (Positively Physical) NEW TIME!	1.30-2.15 Starts 5 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Whether you're a complete novice or total pro pop along to this friendly drop-in session and have a game! This is a volunteer led session.
Chair Exercise (Positively Physical)	1.45-2.45 Starts 5 th Sept	WECH Comm Ctre Chantry Close, Elgin Estate, Elgin Ave, W9 3RS	18, 36	£1	Gentle seated exercise to music that stretches & tones the whole body.
French for Beginners	2.00-3.30 Starts 5 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1.50	Have you always wanted to learn the language of love or do you just love learning a new skill? Join this beginner's class & learn the basics of communicating simply & effectively. Don't be shy, everyone is welcome!
Yoga (Positively Physical)	2.30-3.30 Starts 5 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	An energizing yoga class that promotes good health for body, mind & soul.

WEDNESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Intermediate Computer Course (7 week courses) MUST BOOK	10.00-12.00 Starts 6 th Sept & 1 st Nov	Queen's Park Library, 666 Harrow Road, W10 4NE	18, 28, 228	£2	Increase your skills in this helpful computer class exploring Microsoft Word, Excel, Power Point & much more. For more information or to book a place, please phone the Hub on 07717201791 .
Art & Photography on iPads (4 week course) MUST BOOK	10.30-11.30 Starts 27 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join this fun and creative session where you will learn how to take & edit photographs on an iPad as well as creating your very own digital art work! iPads are provided! Call the Hub on 07717201791 to book.
National Theatre Project NEW CLASS!! MUST BOOK	10.30-12.00 Starts 6 th Sept	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 new 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.
Creative iPads (5 week course) MUST BOOK NEW CLASS!!	10.30-12.30 Starts 15 th Nov	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£2	Gain a deeper insight into the creative potential of using an iPad during this 5 week project working towards a final piece. iPads are provided! Call the Hub on 07717201791 to book.
More iPads (4 week course) MUST BOOK	11.30-12.30 Starts 27 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	If you've mastered the basics but want to learn more, join this class to improve your knowledge and gain an increased technical insight! iPads are provided! Call 07717201791 to book.
Steady & Stable (Class 1 – high level) MUST BOOK	1.00-2.15 Starts 6 th Sept *Half Term Session at Portgate Hall.	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on 020 8962 5582 .
Chair Exercise to Music	2.00-3.00 Starts 6 th Sept	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	6,31, 36, 18, 228, 328, 414	£1	Join this fun and popular session for a gentle chair exercise class to some great music. ALL abilities are welcome.

Sketching at Museums & Galleries MUST BOOK	2.00-4.00 Starts 6 th Sept	Various Museums or Galleries	N/A	£2	Each week the class explores and sketches at a different Museum or Gallery. Locations include The British Museum, Wellcome Collection, V & A and many more! You must bring your own sketch pad but pencils will be provided. All abilities are welcome, so sign up now by calling the Hub on 07717201791 .
Wednesday Social with Speakers	2.00-4.00 Starts 6 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Join this friendly social group to listen to a range of interesting and stimulating topics with speakers from museums, local organisations and charities. See the back of the programme for a full schedule of speakers.
Steady & Stable (Class 2 – low level) MUST BOOK	2.15-3.15 Starts 6 th Sept *Half Term Session at Portgate Hall.	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on 020 8962 5582 .

THURSDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Trips Around London	See Trips Programme	Meet: Library Foyer, North Kensington Library, 108 Ladbroke Grove, W11 1PZ	N/A	Varied	See Trips Programmes! To book please contact Open Age on 020 8962 4141 .
Complementary Therapies (Munro Health Co-Op) MUST BOOK	Half hour or hourly slots	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	6,31, 36, 187, 228, 328, 414	£12 per half hour	Massage, Shiatsu, Reflexology, Reiki or Indian Head massage. To book phone 07717201791 . Some availability on other days!
Strictly Open Age (In partnership with Step Change Studios and Sense)	10.00-11.00 Starts 28 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join Step Change Studios, London's first dedicated inclusive Latin & Ballroom company for a fun, engaging 12 week course. Participants will learn the different dance steps and sequences in a supportive social class. This class is designed for all abilities and sensory impairments. To book phone 07717201791 .
Singing For All	10.30-12.00 Starts 7 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1.50	If you are new to singing or you'd like to brush up on an old hobby then this class is perfect for you! Come and join the fun and learn how to develop your voice in this lively class!

American School Lunch	10.30-1.30 *Quarterly Dates TBC	Transport to school provided from: Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Throughout the school year the American School hosts an intergenerational programme where you can meet students, chat, and have lunch together. Transport from The Avenues is provided. Call 07717201791 to book!
Ladies Latin-Ballroom Performance Course (In partnership with Step Change Studios and Sense)	11.00-12.00 Starts 5 th Oct	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Would you like to perform at a glamorous tea dance? This special 9 week course led by Step Change Studios will prepare participants to present a beautiful, creative dance performance at a tea dance in Westminster taking place on 10 th December. All abilities welcome. Call 07717201791 to book! *Participants must be available on the performance day!
Guitar Lessons	12.15-1.45 Starts 14 th Sept No Class 5 th Oct	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1.50	Whether you're looking to rediscover an old passion or take up a new hobby, it's never too late to discover a love of music so pop along to this lively class! Please bring a guitar.
Pilates (Positively Physical)	12.30-1.30 Starts 7 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28,2 28	£1	Special exercises that concentrate on strengthening & toning your whole body.
Arabic Women's Social Group (Women only)	1.45-3.30 Starts 7 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Come along for tea and a social afternoon with other Arabic & Kurdish speakers.
Beginners Arabic Women's English Lessons (Women only)	1.45-2.45 Starts 7 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	If English is not your first language come & join our friendly and supportive English lessons and let us help you practice your conversational and writing skills while having lots of fun!
Creative Threads Sewing Class	2.00-4.00 Starts 7 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£2	Indulge in the art of needlework exchanging ideas and advice as you sew, knit, crochet, and embroider with good company. *Tutor only available for help with sewing.
Phone Club: Book Talk/Shared Reading Group For the Housebound	2.30-3.30	In the comfort of your own home.	N/A	FREE	Discuss a different book each month delivered by home library service - from Crime to Historical Fiction. Call Hester for info on 020 3713 8736 .
Chair Yoga	3.00-4.00 Starts 7 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	This chair based exercise class involves moving & releasing tension in the joints, breathing exercises, and overall relaxation.

Phone Club: Discussion Group For the Housebound	4.00-5.00	Comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Hester for more info & to join on 020 3713 8736 .
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FRIDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Chair Exercise to Music	10.00-11.00 Starts 8 th Sept No Class 15 th Dec!	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join this fun and popular session for a gentle chair exercise class to some great music. ALL abilities are welcome.
Keeping Your Heart Healthy	10.00-11.30 8 th Sept Only!!	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Join us for this interactive workshop which aims to provide you with guidance on how to best look after your physical health, as well as how to increase and manage your exercise levels, to help prevent cardiovascular disease. Following this, we will lead a short health walk around the local area for all those interested.
Healthy Hearts Weight Management NEW CLASS!! MUST BOOK	10.00-11.30 Starts 22 nd Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Ten week course exploring a variety of ways to help reduce your risk of cardiovascular disease. Includes 30 minutes of physical activity! Please book with Healthy Hearts on 020 3434 2500.
Board Games Cafe (In partnership with Octavia Housing)	10.00-12.00 Starts 8 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Try your hand at Scrabble, Cards or Dominoes. Bring your knitting and get ready for a natter! Or just come to relax and enjoy the friendly atmosphere! Everyone welcome!
Improve English, Improve Health MUST BOOK	10.00-12.30	Queen's Park Library 666 Harrow Rd, London. W10 4NE.	28,18, 228	FREE	A short course to improve your understanding of health, how to stay well, learn how to access health services and to improve your English. For further details and to enrol please call Russell on 0208 962 5583.
The Round Table Members Think Tank	10.30-11.30 15 th Sept Only!	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	If you live in Westminster come along to this informal and friendly meeting to tell us what YOU think about the programme and any activities YOU would like to see being run! Tea and Cake provided!
Monthly Fish N' Chip Fridays MUST BOOK	12.00-1.30 (Served at approx. 12.15) 15 th Sept	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£5	Join us for a delicious Fish n Chip lunch and the best company in town with our growing group of diners! Tea & Coffee, Condiments

	13 th Oct 10 th Nov 8 th Dec				and Bread & Butter all thrown in! Call 07717201791 to book!
Water Splash (Positively Physical)	12.00-1.00 Starts 8 th Sept	Jubilee Sports Ctr., Caird Street, Queen's Park, W10 4RR	18, 28, 228	£1	Water based exercises with a focus on improving stamina & strength. This class will get you burning some calories!
Next Steps to Stable	12.30-1.30 Starts 8 th Sept No Class 15 th Dec	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	As a follow on from Steady and stable, this 'all inclusive' exercise programme will keep you strong, mobile and steady on your feet.
QP Theatre Lovers: Play Reading and Performance Group	11.30-12.30 Fortnightly	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Learn script reading and performance skills while making new friends in the Queens Park theatre lovers group! This relaxed fortnightly meet features a combination of workshop and rehearsal time. All abilities warmly welcomed!
Line Dancing	2.00-3.00 Starts 8 th Sept No Class 15 th Dec!	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	It doesn't matter if you already know your shuffle and coaster steps from your heel hitches or are a complete beginner come and join this class for a lively and fun afternoon learning steps and sequences to some great tunes.
Monthly Social NEW TIME!	2.00-4.00 29 th Sept 20 th Oct 24 th Nov	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Lively social for the over 50's with speakers, fun sessions, bingo & more! Call 07717201791 to find out the topic for the talk!

SATURDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Saturday Social Shape-Up	1.00-3.00 Starts 9 th Sept	St Augustine's Hall, Oxford Road, London NW6 5SN	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.
Badminton	3.00-4.00 Starts 9 th Sept			£1	A 1-hour session for experienced players who like a more competitive match.

TRIPS

FREE Community Preview of Scythians, Warriors of ancient Siberia Exhibition @ the British Museum- Sunday 10th September, 12.00pm

Join this exclusive community preview of the British Museums newest Exhibition exploring the story of the Scythians – nomadic tribes & masters of mounted warfare, who flourished between 900 and 200 BC. Their encounters with the Greeks, Assyrians and Persians were written into history but for centuries all trace of their culture was lost – buried beneath the ice. Call **07717201791** to book.

Friendship Matinee at The Royal Albert Hall- Friday 6th October, 3.00pm £5 per ticket

Experience glitz and glamour in this Royal Philharmonic Orchestra concert as they present a tribute to great British rock band Queen. Featuring magnificent and unforgettable anthems that will truly rock you! Call **07717201791** to book.

FREE Visit to the Royal Parks Education Centre- Monday 23rd October, 1.00pm-3.00pm

Join us for an introductory tour around the grounds of the Royal Parks Education Centre followed by pot making, seed sowing, clay and bird box workshops! Call **07717201791** to book.

FREE Queens Gallery Drama Trip- Wednesday 8th November, 11.00am-1.00pm

Bring out your creative side in this trip to the Queens Gallery at Buckingham Palace exploring their latest collections through a fun and interactive drama workshop! The workshop and entry to the gallery are all free! All abilities are welcome! Call **07717201791** to book.

FREE Visit to the Library & Museum of Freemasonry & Freemasons Hall- Tuesday 14th November, 12.00pm

Join us for a guided tour of the Grade II listed Freemasons' Hall which has been the centre of English freemasonry for 230 years as well as the headquarters of the United Grand Lodge of England, the oldest Grand Lodge in the world, and the meeting place for over 1000 Masonic lodges. To book phone the Hub on **07717201791**.

FREE Kensington Palace Visit- Tuesday 5th December, 10.00am

Join us for a royal morning out as we visit the beautiful Kensington Palace in this festive treat. Explore different periods of the palaces' history and see the magnificent Diana Exhibit! Call **07717201791** to book!

Additional Information:

The Queens Park & Harrow Road Hub now has a weekly members **Email Bulletin** keeping you informed of all the new exciting activities, trips and events we have going on in the local area for Westminster residents to ensure you don't miss a thing! If you would like to receive this please email choggan@openage.org.uk and we will add you to the list!

The Positively Physical Programme is a project led by Open Age and funded by Public Health. For more information call **Jade on 0208 962 4537**.

Time for Me is a programme dedicated to people who look after a family member or friend as an unpaid carer. It offers support & advice from like-minded people in a similar situation, and the opportunity to have some fun! Activities, trips out, relaxation sessions and talks are all decided by this lovely group. Activities take place on Wednesdays and Thursdays. For more information call **Maria Gomes on 020 8962 4536**.

Need Help With Transport? -Westway Community Transport Service is for those who have difficulties accessing public transport. It is FREE to register then members pay a standard rate of £1.10 per mile. You can book a car & volunteer driver to go to a variety of destinations. To register and for more information call: 020 8964 1114 between 1pm and 4pm on weekdays or email info@westwayCT.org.uk.



FREE SOCIAL SPEAKER SCHEDULE

FREE Monday Social with Speakers- 10.30am-12.30pm

September:

- 4th TBC
- 11th St Mary Magdalene Restoration Project
- 18th Ovarian Cancer Action
- 25th Talk on Kew Gardens

October:

- 2nd Queens Park Local History
- 9th Music and Memories with Colin Lomas
- 16th TBC
- 23rd HALF TERM- No Session
- 30th TBC

November:

- 6th Bat Talk
- 13th TBC
- 20th Blue Plaque Talk
- 27th TBC

December:

- 4th TBC
- 11th TBC

FREE Wednesday Social with Speakers- 2.00pm-4.00pm

September:

- 6th Talk on Kew Gardens
- 13th St Mary Magdalene Restoration Project
- 20th Ovarian Cancer Action
- 27th Voices in Harmony

October:

- 4th TBC
- 11th Music from Colin Lomas and Friends
- 18th TBC
- 25th HALF TERM- No Session

November:

- 1st Trip to the Jewish Museum
- 8th Bat Talk
- 15th TBC
- 22nd Blue Plaque Talk
- 29th TBC

December:

- 6th TBC
- 13th TBC



Gadget Drop In @ Barclays

Are your gadgets driving you giddy? Do you need help with your smartphone, laptop or tablet? Having trouble connecting to the wifi or your logging in to your email account? Pop in to the Barclays Willesden Green branch and let their staff support you with your tech queries.

FREE Drop in Monday to Friday

9.30am - 11.00am

2.00pm - 4.00pm

Barclays Willesden Green, 5 High Road, London NW10 2TE



**JOIN US FOR OUR
END OF TERM
CHRISTMAS PARTY**



**Friday 15th December
1.00pm-3.00pm**

Come & join our festive party with performances, music & carols, as well as a raffle and quiz!

This event is FREE but we would welcome any contributions of food on the day!

EAT, DRINK & BE MERRY!

Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, London, W10 4RS (Buses: 18,20,228) 07717201791



Charitable Incorporated Organisation no: 1188128





Open Age

Dance-a-thon!

Sunday 1st October – FREE

11.00am - 4.30pm

- 11.00-11.45 : Carnival
Grab your dancing shoes and join us for five 'fab-u-lous' hours of dancing with the very best instructors and fantastic music! Absolutely all abilities & toe-tapping styles are welcome! Come for once dance or stay all day!
- 11.45-12.30 : Contemporary Dance
- 12.30-1.15 : Jive
- 1.15-2.00 : Latin Dance with Attitude
- 2.00-2.45 : Musical Theatre: Seated Dance
- 2.45-3.30 : Ballroom Dancing
We will also be hosting Afternoon Tea, a Raffle, and Quiz so pop along for a jam packed afternoon
- 3.30-4.15 : Kathak: South Asian Dance
celebrating our 50+ community in Westminster!



**Open Age QPHR Hub, New Avenues, 3-7 Third Avenue,
London, W10 4RS (Buses: 18,28,228)**

07717201791



www.openage.org.uk

Charitable Incorporated Organisation no: 1160125



Petersham Nurseries



Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, London, W10 4RS



Pop-Up Café

With Petersham Nurseries

Monday - Friday, 10.30am - 3.00pm

***Lunch Served 12.00pm - 2.00pm**

Join us for lunch at our pop-up café with food provided by internationally renowned Petersham Nurseries. Unlike our normal activities, there is no need to be 50+ to come and enjoy lunch. Everyone is welcome!

We will be serving hot food and drinks, including soups, sandwiches and cake during term time at Open Age prices.

Opened in 2004, Petersham Nurseries Richmond is a lifestyle destination that combines a restaurant, a tea house, a nursery and garden shop, and a homewares shop. Offering wholesome seasonal food that respects the Slow Food philosophy, their dishes are inspired by the kitchen garden as well as their British and Italian heritage.



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