

Westminster Activity Programme

Summer 2017

July 24th - September 1st 2017

GENERAL INFO:

Welcome to the Westminster Summer programme!
 This programme covers each of the Westminster hubs:
 Churchill, Westbourne and Queens Park & Harrow
 Road. It's a reduced programme for the month of
 August only - the full hub programmes of regular
 weekly activities will return in September.

Westbourne Hub- 02037138737

Churchill Hub- 07530 734 489

**Queens Park & Harrow Road- 07717201791/
 07518592030**

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
Coffee Morning	Every Monday 10.00-12.00 BH 28 th Aug	Glastonbury House Abbots Manor Estate, Warwick Way, SW1V 4NT	24, C10, 360	FREE	A chance to pop in and find out what is happening locally and have a cup of tea and a chat. We also have occasional speakers.
Haircuts	Every Monday 10.00-11.30 BH 28 th Aug	Glastonbury House Abbots Manor Estate, Warwick Way, SW1V 4NT	24, C10, 360	£5	Haircuts from Patsy. Please call beforehand to check she is in on the Monday you'd like to come 07530 734489 .
Kensington Palace Walk	14th August 10.00-12.00	Lancaster Gate Station	18, 36, 46, 94, 148	FREE	A short summer walk into beautiful Hyde Park followed by entry into Kensington Palace and the Diana Exhibition. (Meeting outside Lancaster Gate station). Call 07717201791 to book.
Tea and Tour of The Wallace Collection	31st July 11.00-1.00	Wallace Collection, Hertford House, Manchester Square, London W1U 3BN	6, 18, 36, 414	FREE	Join us for a private guided tour of the beautiful Wallace Collection, one of Europe's finest collections of works of art, paintings, furniture, arms & armour and porcelain. Call 07717201791 to book.

Just For Men: Visit to the National Army Museum	31st July 1.00-3.00	National Army Museum, Royal Hospital Road, Chelsea, SW3 4HT	137, 170, 36, 52, 452	FREE	Join our men's group as they visit the National Army Museum discovering true stories of ordinary people with extraordinary responsibilities. Call 07717201791 to book.
Steady and Stable MUST BOOK	Until 7th August 1.00-2.00	All Saints Margaret Street, 7 Margaret St, Fitzrovia, W1W 8JG	C2, 7, 8, 10, 25, 55, 73,88	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility. To book please contact Tina on 0208 962 5582.
The Queens Gallery Visit	4th September 2.00-4.00	The Queen's Gallery, Buckingham Palace, London, SW1A 1AA	16, 18, 36, 52, 414	FREE	Join us for this exciting trip to the Queens which includes a brief introduction to the 'Canaletto & the Art of Venice' exhibition followed by a beginners art class! To book phone the Hub on 02037138737.
Steady and Stable MUST BOOK	Until 7th August 2.00-3.15	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 Tina on 0208 962 5582.
History & Philosophy	2.00-4.00 BH 29 th August	Darwin House, 104 Grosvenor Road, Churchill Gardens Estate, SW1V 3DH	24, C10 360	FREE	Join us over the summer for a special programme of weekly films focusing on historical or philosophical content followed by a lively discussion.
Jewellery Making	24th July Only 2.00-4.00	Glastonbury House Abbots Manor Estate, Warwick Way, SW1V 4NT	24, C10 360	£2	Jewellery making introduction where you will learn how to work with beading, weaving and wire. Create bracelets, earrings etc. A lovely friendly class where you will be warmly welcomed.
Phone Club: Discussion group For the Housebound	7th & 28th August 2.30-3.30	Comfort of YOUR own home!	N/A	FREE	Conversation topics range from 'current affairs' to 'health', 'films', 'laughter' and quizzes. Phone Hester on 020 3713 8736.
Phone Club: Creative Writing Group For the Housebound	7th & 28th August 4.00-5.00	Comfort of YOUR own home!	N/A	FREE	Led by tutor – includes poetry, short-stories and life stories, word games & writing exercises. Phone Hester on 020 3713 8736.

TUESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
1:1 Health Trainer Sessions (In association with Living Well)	Every Tuesday 9.30-5.00	Glastonbury House Abbots Manor Estate, Warwick Way, SW1V 4NT	24, C10, 360	FREE	Confidential support to help you improve your health, and balance your lifestyle. Must Book with Living Well on 020 7099 3333 or 07496 161 997

Steady and Stable MUST BOOK	Until 8th August 10.00-11.00	Penfold Com. Hub 60 Penfold St, NW8 8PJ	7, 18, 23, 27	FREE	Fun, tried & tested falls prevention programme to improve balance, reduce falls & keep you mobile. Call Tina to book 020 8962 5582.
National Theatre Taster Workshop	1st August 10.30-12.00	Paddington Arts, 32 Woodfield Rd, W9 2BE	18, 28, 31, 36, 228, 328	FREE	We are delighted to announce an exciting new partnership with the National Theatre. Specialists from the National Theatre will deliver a series of movement based taster workshops designed for everyone! Absolutely no experience necessary just a willingness to join in, meet new people and try something new.
Camden Canal Walk	1st August 11.00-1.00	Camden Town Tube Station	27, C2, 24	FREE	Enjoy a stroll by the canal from Camden into Regents Park. We'll stop inside the park so please bring packed lunch if you'd like! (Meeting outside Camden Town station exit opposite Barclays Bank). To book phone 07717201791.
Tai Chi	1st, 8th, 15th, 22nd August 11.00-12.00	Warwick Community Hall, 300 Harrow Road, W2 5HG	18,36	£1	Improve balance and stability as your tutor guides you through this ancient Chinese Art. Relaxing and strengthening.
Steady and Stable MUST BOOK	Until 8th August 11.00-12.00	Penfold Com. Hub 60 Penfold St, NW8 8PJ	7, 18, 23, 27	FREE	Fun, tried & tested falls prevention programme to improve balance, reduce falls & keep you mobile. Call Tina to book 020 8962 5582.
Walking Group	Every Tuesday 11.00-1.00	Leave from St Margaret's Activity Centre, 1 Carey Place SW1V 2RT	2,36 185, 436, C10, 360	FREE	A fun and informal walking group for pleasure and health. Explore the local area and green spaces.
Dance and Move	1st August 12.00-1.00	Paddington Arts, 32 Woodfield Rd, W9 2BE	18, 28, 31, 36, 228, 328	£1	Improve mobility, posture, balance and coordination. Have fun and move to music in this upbeat and fun dance class!
Sleep - How to improve it! (In partnership with the Health Improvement Team) MUST BOOK NEW TIME!	15th August 12.30-2.00	Ernest Harris House, 61 Elgin Avenue, W9 2BX	6,31, 36, 187, 228, 328,	FREE	This practical workshop will help you with tips, techniques and information if you have trouble sleeping. To book phone the Hub on 07717201791.
Monthly Movie Afternoon	8th August 1.30-3.30pm	Eileen Anderson Court, Johnson's Place SW1V 3EZ	24, C10 360	Free	Join us on the first Tuesday of every month for a mixture of old and new films in our very comfortable lounge. This month's film is The Lady in the Van. Donations welcome!

Osteo Blast MUST BOOK	Until 8th August 2.00-3.00	Seymour Leisure Centre, Seymour Place, London W1H 5TJ	7, 23, 27, 36, 436	£1	Osteo Blast is an 8 week exercise programme designed to improve your bone health & muscle strength. In taking part you will develop your flexibility, co-ordination and balance. To book or enquire about eligibility please contact Open Age on 0208962 4537. Open to Westminster residents only.
Sir John Soane Museum Tour	15th August 2.00-3.00 or 3.00-4.00	13 Lincoln's Inn Fields, London WC2A 3BP	18, 59, 68, 98, 134	FREE	Join us for a private guided tour of the historic house, museum and library of distinguished 19th century architect Sir John Soane followed by time for individual exploration! Call 07717201791 to book! (Two tour times available!)
Chair Yoga	26th July only 2.15-3.30	St Margaret's Activity Centre, 1 Carey Place SW1V 2RT	2,36, 185, 436, C10, 360	£1	Chair based yoga. Open to all abilities but good for people who find it difficult to work on the floor. Stretching, strengthening, breathing and meditation techniques.

WEDNESDAY CHOICES

Activities are for Westminster residents **ONLY**

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
National Theatre Taster Workshop	9th August 10.30-12.00	St Margaret's Activity Centre, 1 Carey Place SW1V 2RT.	2,361, 85, 436, C10, 360	FREE	We are delighted to announce an exciting new partnership with the National Theatre. Specialists from the National Theatre will deliver a series of movement based taster workshops designed for everyone! Absolutely no experience necessary just a willingness to join in, meet new people and try something new.
Knitting Group	Every Wednesday 10.00-12.00	Glastonbury House Abbots Manor Estate, Warwick Way, SW1V 4NT	24, C10, 360	FREE	The group has knitted for charities and hospitals and has been involved in many exciting projects. All welcome. Come and get involved!
Games, Snack & Chat	Every Wednesday 11.00-12.30	Eileen Anderson Court, Johnson's Place SW1V 3EZ	24, C10, 360	FREE	Come and meet new people in a friendly & supportive atmosphere for coffee.
Tower Bridge Exhibition Trip	2nd August 2.00-4.00	Tower Bridge Road, London, SE1 2UP	42, 78, 188	FREE	Step inside the most famous bridge in the world and explore its iconic structure, spectacular views and Glass Floor, fascinating exhibitions and atmospheric Victorian Engine Rooms. To book phone the Hub on 07717201791.

The Queens Gallery Visit	16th August 2.00-4.00	The Queen's Gallery, Buckingham Palace, London, SW1A 1AA	16, 18, 36, 52, 414	FREE	Join us for this exciting trip to the Queens which includes a brief introduction to the 'Canaletto & the Art of Venice' exhibition followed by a beginners art class! To book phone the Hub on 07717201791 .
Steady and Stable (Class 1 – high level) MUST BOOK PLEASE NOTE: SUMMER VENUE!!	26th July, 2nd & 9th August 1.00-2.15	Portgate Hall, 19 Portgate Close, W9 3DL	6,18, 28, 31, 36, 228, 328,	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on 0208 962 4537 .
Bridge Club	Every Wednesday 2.00-4.15	St Margaret's Activity Centre, 1 Carey Place SW1V 2RT	2,36, 185, 436, C10, 360	£7	A well-established Bridge class for those of you who already know the basics of Bridge and wish to improve your game.
Steady and Stable (Class 2 – low level) MUST BOOK PLEASE NOTE: SUMMER VENUE!!	26th July, 2nd & 9th August 2.15-3.15	Portgate Hall, 19 Portgate Close, W9 3DL	6,18, 28, 31, 36, 228, 328,	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on 0208 962 4537 .
Yoga	16th and 23rd August 2.00-3.30	Dance Studio at Paddington Arts 32 Woodfield Rd W9 2BE	18, 28, 31, 36, 228, 328	£1.50	Unwind & relax the mind, maintain flexibility & build strength. All welcome whatever your reason for practicing yoga!
Classic Matinees Regent Street Cinema	2nd 16th 23rd 30th August 2:00-4:00	Regent Street Cinema,309 Regent Street London, W1B 2UW	18,31, 88	£1.75	Weekly matinee film screening at renovated Cinema. Includes a free tea or coffee. For details of films etc. call 020 3713 8737
Regent Street Ballroom Dancing	2nd 16th 23rd 30th August 4.00-5.00	The Bar Regent Street Cinema 309 Regent Street W1B 2UW	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!

THURSDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
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,	£12 per half hour	Massage, Shiatsu, Reflexology, Reiki or Indian Head massage. To book phone 07717201791 . Some availability on other days!
Summer Trip to Margate with The Churchill Hub	3rd August 9.00-6.00	Meeting point: Post Office, 121-125 Lupus Street, SW1V 3EN	24, C10 360	FREE	Join us for a summer outing to the seaside town of Margate! Must book on 07530734489 . This trip is supported by the Pimlico Million.

Buckingham Palace Trip	17th August 9.30-11.30	Buckingham Palace, London SW1A 1AA	16, 18, 36, 52, 414	FREE	Visit the State Rooms at Buckingham Palace in this guided visit including a personal tour and refreshments! Spaces are limited so book now on 07717201791 .
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.
Visit to Royal Parks Education Centre	3rd August 10.00-12.00	Royal Parks Foundation Education Centre, Hyde Park	6, 18, 36, 98	FREE	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.
Southbank Walk	10th August 10.00-12.00	Monument, Fish St Hill, London EC3R 8AH	17, 25, 43	FREE	Join us for a lively walk down the Thames Southbank taking in the sites from Monument to Temple. We'll end at Temple Gardens so feel free to bring a packed Lunch! (Meeting by The Monument tourist attraction). Call 07717201791 to book.
Drama	10th, 17th, 31st August 10.00-12.00	St Margaret's Activity Centre, 1 Carey Place SW1V 2RT	2,36, 185, 436, C10, 360	FREE	Love theatre? Don't miss our summer drama workshops in partnership with Burn Bright Theatre.
Sky Garden Trip	31st August 10.30-12.00	1 Sky Garden Walk, London EC3M 8AF	17, 43	FREE	Back by popular demand! Join us for this fantastic opportunity to see breath-taking views from 155 metres up above the city! Call 07717201791 to book.
Osteo Blast MUST BOOK	Until 10th August 10.30-11.45	Warwick Community Hall, 300 Harrow Road, London, W2 5HG	18, 36	£1	Osteo Blast is an 8 week exercise programme designed to improve your bone health & muscle strength. In taking part you will develop your flexibility, co-ordination and balance" to book or enquire about eligibility please contact Open Age on 02089624537 .
Phone Club: Discussion group For the Housebound	3rd, 10th, 31st August 1.00-2.00	Comfort of your own home	N/A	FREE	Conversation topics range from 'current affairs' to 'health', 'films', & 'quizzes. Phone Hester on 020 37138736 .
Steady and Stable MUST BOOK	27th July, 3rd & 10th August 1.00-2.00	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Tina on 0208 962 5582 .

Steady and Stable MUST BOOK	Until 10th August 1.00-2.15	St Giles in the Field, 60 St Giles High Street, WC2H 8LG	24, 29, 134, 176, 242	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Tina on 0208 962 5582 .
Book Talk: Phone Discussion group For the Housebound	Last Thursday of the month 2.30-3.30	Comfort of your own home	N/A	FREE	Discuss a book delivered by home library service. Call Hester for info on 020 3713 8736 .
Ukulele	10th 17th and 24th August 2.30-4.00	Warwick Community Hall 300 Harrow Road W2 5HG	18,36	£1.50	Our improving ukulele enthusiasts meet to keep up their skills, but NEW members are very welcome too!
Buckingham Palace Trip	17th August 3.00-5.00	Buckingham Palace, London SW1A 1AA	16, 18, 36, 52, 414	FREE	Visit the State Rooms at Buckingham Palace in this guided visit including a personal tour and refreshments! Spaces are limited so book now on 07530734489 .
Phone Club: Discussion group for those who are housebound	3rd, 10th, 31st August 4.00-5.00	Comfort of your own home	N/A	FREE	Conversation topics range from 'current affairs' to 'health', 'films', & quizzes. Phone Hester on 0203713 8736 for more information.

FRIDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Board Games Cafe (In partnership with Octavia Housing)	10.00-12.00 New Summer Venue! Starts 28 th July!	Leonora House, 49 Lanark Road, Maida Vale W9 1AP	6, 18, 187, 414	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! (Refreshments- £0.30)
Kensington Palace Trip	31st August 10.00-12.00	Kensington Gardens, London W8 4PX	28, 328, 31, 52, 452	FREE	Join us for a royal morning out as we visit the beautiful Kensington Palace. Explore different periods of the palaces' history and see the magnificent new Diana and Enlightened Princess's Exhibits followed by tea and biscuits! To book phone the Hub on 07717201791 .
Games & Social Afternoon	4th August – 1st September 1.00-3.00	St Margaret's Activity Centre, 1 Carey Place SW1V 2RT	2,36, 85, 436, C10, 360	FREE	Drop in for a chat, to play some Wii or catch up on some knitting or sewing. All with a nice cup of tea.
Computer Drop In	4th August – 1st September 1.00-3.00	St Margaret's Activity Centre, 1 Carey Place SW1V 2RT	2,36, 85, 436, C10, 360	FREE	A chance to practice your computer skills, check your emails or get some guidance. Lars is here every week for all your IT needs!

Osteo Blast	Until 11th August 2.30-3.30	The Abbey Centre 34 Great Smith Street SW1P 3BU	87, 88	£1	Osteo Blast is an 8 week exercise programme designed to improve your bone health & muscle strength. In taking part you will develop your flexibility, co-ordination and balance. To book or enquire about eligibility please contact Open Age on 020 8962 4537 . Open to Westminster residents only.
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SATURDAY CHOICES

Activities are for Westminster residents **ONLY**

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Keep Fit/Get Strong	5th & 12th August 11:00-12:00	Academy Sports Centre 255 Harrow Road W2 5EZ	18,36	£1	Cardiovascular aerobic exercise
Stretch & Relax	5th & 12th August 12:00-1:00			£1	Stretch & Relaxation



Queens Park Summer Festival

Saturday 5th August

1.00pm - 5.00pm, FREE

Celebrate Summer with the Queen's Park Summer Festival Over 50's zone for an afternoon of music, dancing, quizzes, bingo, refreshments and a raffle! This event is inside so pop along come rain or shine!

St Jude's Hall, Ilbert Street,
(Buses: 18,28,228)
07717201791 / 07713567050



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.**

