

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



life's just begun

Hammersmith and Fulham Activity Programme January-March 2016

Welcome to our New Programme for the New Year!

Start the Year as you mean to go on: Singing, dancing, Creating and Crafting with other local over 50s!

With a variety of weekly classes, including a monthly Film Club and some special one-off activities we have a variety of ways on offer. Take a look at our programme & we look forward to seeing you at one of our sessions.

Hammersmith & Fulham Link Up Service

Link Up is a one-to-one signposting service Open Age offer local over 50s who need a little extra help to enable them to access activities, groups and services locally.

If you, a friend, relative or neighbour are over 50 and looking for a physical, creative or social group locally but don't know how to go about finding this, this service is the ideal way to find an activity that can work for you:

Contact Elizabeth Goldrick at Open Age: 020 8962 4141

News & Local Events



Monthly Film Club White City

Day: Second Friday Monthly

Time: 2-4pm

What it's all about:

Open Age & The Big Local at White City Community Centre invite locals to join us each month for a Film Showing on our Big Screen. At just £1 and with refreshments provided it's a great afternoon out with friends!

Address

White City Enterprise,
India Way,
W12 7QT

Contact details

Elizabeth on
020 8962 4141



NEW: Smartphone Class

Day: Wednesday

Time: 1-2pm

What it's all about:

Get a hand on your Smart Phone this New Year! Our tutor Lena runs this weekly class, each focusing on a different function. She guides through basics to emails, Apps, photos & more. **Each session costs £2.**

Address

Elgin Resource Centre,
1-3 Elgin Close,
W12 9NH

Contact details

Elizabeth on
020 8962 4141
Elgin Resource Centre on
020 8762 3007



Tour & Art Workshop at Queens Gallery

Day: Friday 29th January

Time: 10.00am-12.30pm

What it's all about:

An opportunity for a Free Tour of the current exhibition on Dutch Masters followed by an Art Workshop. With Materials, tuition, tea & coffee provided this is the Royal Treatment!

Booking essential-see contact details below.

Address

Full Details provided on booking.

Contact details

Elizabeth on
020 8962 4141

Mondays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
LINE DANCING	10.30am-11.30am <i>Start date Jan 11th</i>	Edward Woods Community Centre, 60-70 Norland Rd, W11 4TX	C1, 31, 49, 72, 94, 95, 148, 220, 228, 237, 260, 272, 295, 316, 607	£1	Line Up for some fun with new friends! Our tutor guides you through the steps. All welcome-dance at your own pace!
STEADY & STABLE MUST BOOK	Two morning sessions- 10-11am <i>low level</i> & 11-12am <i>high level</i> <i>Start date Jan 11th</i>	Age UK (H&F) 105 Greyhound Rd. W6 8NJ	190, 211, 220, 295 <u>Tube:</u> Barons Court (15min walk)	FREE	Fun evidence-based programme shown to improve balance and strength to help reduce falls. Book with Deryn on 020 8962 4537
STEADY & STABLE Low Level MUST BOOK	12.45-1.45pm <i>Start date Jan 11th</i>	Bishop Creighton House 374-380 Lillie Road SW6 7PH	190, 211, 295 <u>Tube:</u> Barons Court (20 min walk)	FREE	Fun evidence-based programme shown to improve balance and strength to help reduce falls. Book with Deryn on 020 8962 4537
DANCE MIX	2.00-3.00pm <i>Start date Jan 11th</i>	Edward Woods Community Centre, 60-70 Norland Rd, W11 4TX	C1, 31, 49, 72, 94, 95, 148, 220, 228, 237, 260, 272, 295, 316, 607	£1	Step, shake & stomp to Latin rhythms. This class makes getting fit a fun process!

Tuesdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
New Year Special Detox Workshop	10:00-11:00am <i>One Off Workshop Jan 12th</i>	White City Community Centre, India Way, W12 7QT	283, 228, 72,220, 95 Tube: White City	Free!	A workshop where our knowledgeable tutor advises on natural ways to undo the excess of the Christmas season & begin the New Year revised & energised!
Yoga for All	9:30-10:30am <i>Start date Jan 19th</i>	White City Community Centre, India Way, W12 7QT	283, 228, 72,220, 95 Tube: White City	£1	Start your day well; stretch body & mind, relax & revive with our tutor Rafael. Mat Based class open to all.
Steady & Stable Mixed Abilities	10:30-11:30am	All Saints Church, Pryors Bank Pavilion Bishops Park SW6 3LA	14, 220, 22 Tube: Putney Bridge	Free!	Aimed to improve strength and stamina. This class incorporates both seated and standing exercises, weight & band work.

STEADY & STABLE Mixed Abilities MUST BOOK	12.45-1.45pm <i>Start date</i> Jan 12th	White City Community Centre, India Way, W12 7QT	283, 228, 72,220, 95 Tube: White City	Free!	Fun evidence-based programme shown to improve balance and strength to help reduce falls. Book with Deryn 020 8962 4537
White City Expressive Art	11:30-1pm <i>Start date</i> Jan 19th	White City Community Centre, India Way, W12 7QT	283, 228, 72,220, 95 Tube: White City	£1	Tutor Stephanie leads thematic sessions where participants can experiment and have fun. This is a creative space for participants to develop their own style using a variety of materials and working from still life and nature. This term we will be focusing on colour.
Paint & Create <i>Dementia Friendly</i>	2:30-4:30pm <i>Start date</i> Jan 12th	Olive House, 185 Townmead Rd, Fulham, SW6 2JY.	14, 22, 211, 295, 414, 42	£1.50	Tutor Alexandra leads creative, themed sessions-from collage to craft-you'll discover & develop a range of artistic techniques.
Tuesday Tea Party Partnership with MASBRO Urban Partnership	2-4pm	Masbro Centre, 87 Masbro Road, W14 0LR	Buses: 295, 220, 237, 283, 9,10, 27, 28	Free!	February 2nd -Open Age & MASBRO Urban partnership invite you to an afternoon of tea, treats, poetry & texts to celebrate the beginning of Spring!

Wednesdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Singing & Reminiscence Sessions <i>Dementia Friendly</i> Fortnightly	10:30am-12:30pm Jan: 13 th & 27 th Feb: 10 th & 24 th March: 9 th & 16 th	Elgin Close Resource Centre, 1- 3 Elgin Close, W12 9NH	94, 237	Free	Singing and guitar tutor Josh guides the group through a wide range of old favourites, sing-a-long and enjoy the trip down memory lane.
Yoga for Body & Mind	11:30am-12:30pm <i>Start date</i> Jan 13th	Elmgrove House Extra Care, 20 Bute Gardens, W6 7DR	10,27,33, 72, 220, 266, 295 (opposite Hammersmith Broadway)	£1 per class	Our tutor uses chairs to make poses safe & accessible to all. Develops your balance & strength & inspires Wellbeing.
Introduction to Smartphone Class	1-2pm <i>Start date</i> Jan 13th	Elgin Close Resource Centre, 1-3 Elgin Close, W12 9NH	94, 237	£2 per class	Learn to make the most of your mobile with our Tutor. Each week focuses on a different function & theme. Book @ Elgin Resource Centre: 020 8762 3007
Shared Reading Group	3:30-4:30pm <i>Start date</i> Jan 13th	Elmgrove House Extra Care, 20 Bute Gardens, W6 7DR	10,27,33, 72, 220, 266, 295 (opposite Hammersmith Broadway)	Free!	Listen to poetry, short stories and excerpts from a variety of texts read aloud by Elizabeth. Enjoy the varied programme of texts and themes –share your opinion or simply listen.

Thursdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Back to Ballroom - Beginners & Beyond!	11:30am-12:30pm <i>Start date Jan 14th</i>	St Johns Fulham, North End Road, SW6 1PB	211, 11, 14, 28, 391 Tube: Fulham Broadway	£1	Learn to twirl & step with confidence! Our tutor guides you through the basic steps.
MSH Expressive Art Dementia Friendly	1:30-3pm <i>Start date Jan 14th</i>	Mary Seacole House, 24 Invermead Close, Hammersmith, W6 0QH	94, 237, Tube: Stamford Brook (5 min walk)	£1	Tutor Stephanie leads thematic sessions where participants can experiment and have fun. Including drawing, painting and collage the sessions are tailored to individuals in the group and their interests.
STRICTLY BALLROOM	11.00am-12.00pm <i>Start date Jan 14th</i>	Edward Woods Community Centre, 60-70 Norland Rd, W11 4TX	C1, 31, 49, 72, 94, 95, 148, 220, 228, 237, 260, 272, 295, 316, 60	£1	This exciting class is for everyone whether you are a passionate dancer or a complete beginner. Come alone or bring a partner- All are Welcome!

Fridays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Shared Reading Group	11am-12pm <i>Start date Jan 15th</i>	Imperial Wharf Resource Centre, Olive House, 185 Townmead Rd, Fulham, SW6 2JY.	14, 22, 211, 295, 414, 424	Free	Listen to poetry, short stories and excerpts from a variety of texts read aloud by Elizabeth. She will introduce the themes and provide some background and invites people to share their opinions or simply listen & enjoy the readings.
Monthly Film Club	2-4pm	White City Community Centre, India Way, W12 7QT	283, 228, 72, 220, 95	£1	A chance to see old & new cinematic greats on our big screen. Tea & cinema treats provided. January 8th: Singing in the Rain February 12th: Brooklyn March 11th: The Seven Year Itch



