

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



life's just begun

Hammersmith & Fulham Activity Programme January – March 2017

Welcome to our first programme of the new year

Our activity programme for the coming months offers lots of choices.

Take a look, join in and have fun!

Term begins on Monday 9th January 2017 and ends on Friday 31st March. Half term will be 13th - 17th February.

Hammersmith & Fulham Link Up Service

Link Up is the one-to-one signposting service which Open Age offers to local over 50s who need a little extra help to access activities, groups and services locally. To find out more or to request a home visit for yourself or someone you know, **contact Vivienne on tel: 078 24 48 49 84 or by email: vmitchell@openage.org.uk**

News & Local Events

Let's Speak
English!

NEW! LET'S SPEAK ENGLISH
(Conversation classes:
8 weeks)

Day: Thursdays

Time: 10.30 – 11.30

What it's all about:

A chance to improve your confidence in spoken English in a safe and friendly environment. Have fun as you practice. SpEC-trained tutor Vivienne will lead these classes for Hammersmith & Fulham residents who speak little or no English (starts 19th January).

Booking Essential

Address

Communal Lounge,
Banim Street Sheltered Housing,
Banim Street (off Glenthorne
Road)
W6 ODN

Contact details

Vivienne on 078 24 48 49 84



**TUESDAY TEA AT
THE MASBRO CENTRE**

Day: 21st February,
21st March

Time: 2.00 - 4.00

What it's all about:

Come along for tea and socialising plus a different activity every time.

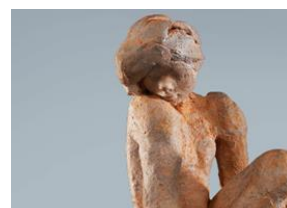
From talks to singing and quizzes to dance, there'll be something to appeal to everyone.

Address

The Masbro Centre
87 Masbro Road
W14 0LR

Contact details

Vivienne on 078 24 48 49 84



**RODIN AND THE ESSENCE OF
MOVEMENT**

Day: Friday 20th January

Time: 10.30 – 12.30

What it's all about:

We have free tickets to see this exhibition of Rodin's small scale experimental sculptures, known as the Dance Movements. These leaping, twisting figures are presented alongside a series of remarkable drawings in which Rodin explored movement and new forms of dance. **Free of charge. Limited places - booking essential.**

Address

Courtauld Gallery,
Somerset House, 150 Strand,
WC2R 0RN

Contact details

Vivienne on 078 24 48 49 84

Mondays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Line Dancing	10.30 - 11.30 <i>Starts 9th January</i> No half term break	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	Have fun learning dance steps and sequences, accompanied by some great music
Steady & Stable MUST BOOK	Two morning sessions: 10.00 - 11.00 <i>high level</i> 11.00 - 12.15 <i>Low level</i> <i>Starts 9th January</i> No half term break	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 Tina on 020 8962 5582
Steady & Stable Low Level MUST BOOK	12.45 - 1.45 <i>Starts 9th January</i> No half term break	Bishop Creighton House, 374-380 Lillie Rd, 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 Tina on 020 8962 5582
Dance Mix	2.00 - 3.00 <i>Starts 9th January</i> No half term break	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	A fun dance session designed to improve your fitness

Tuesdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Yoga for All	9.30 - 10.30 <i>Starts 10th January</i> No half term break	White City Community Centre, India Way, W12 7QT	72, 95, 220, 228, 283 Tube: White City	£1	Start your day well; stretch body and mind, relax and revive with our tutor Brenda Mat-based class open to all
Steady & Stable Mixed Abilities MUST BOOK	10.30 - 11.30 <i>Starts 10th January</i> No half term break	All Saints Church, Pryors Bank Pavilion, Bishops Park, SW6 3LA	14, 220, 22 Tube: Putney Bridge	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582
Steady & Stable Mixed Abilities MUST BOOK	Two morning sessions: 11.00 - 12.00 <i>high level</i> 12.00 - 1.00 <i>Low level</i> <i>Starts 10th January</i> No half term break	White City Community Centre, India Way, W12 7QT	72, 95, 220, 228, 283 Tube: White City	FREE	Fun evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582

Expressive Art	11.30 - 1.00 <i>Starts 10th January</i> No half term break	White City Community Centre, India Way, W12 7QT	72, 95, 220 228, 283 Tube: White City	£1.50	From coloring to collage, figurative to folk art, discover your inner artist at our friendly weekly class
Tuesday Tea Party <i>3rd Tuesday in February and March</i>	2.00 - 4.00	Masbro Centre, 87 Masbro Road, W14 0LR	9,10, 27, 28, 220, 237, 83, 295, Tube: Shepherds Bush	FREE	Come along for tea and socialising plus a different activity every time. From talks to singing and quizzes to dance, there'll be something to appeal to everyone Dates: 21 st February, 21 st March Partnership with the Masbro Centre (Urban Partnership Group)

Wednesdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Singing & Reminiscence Fortnightly	10.30 - 12.30 Jan: 11 th & 25 th Feb: 8 th & 22 nd Mar: 8 th & 22 nd	Elgin Close Resource Centre, 1 - 3 Elgin Close, W12 9NH	94, 237 Tube: Goldhawk Road	FREE	Enjoy the benefits of group singing. Tutor Josh guides us through a variety of songs. Come along - don't be shy! Partnership with Elgin Close Resource Centre
Bolder not Older Free movement classes for the over 60s	10.30 - 12:00 <i>Starts 11th January</i> No half term break	Sycamore House, Sycamore Gardens, Hammersmith W6 0AS	Tube: Goldhawk Road	FREE	These movement classes for adults over 60 improve mobility, posture, balance and coordination. Have fun and move to music! A collaboration between DanceWest and Open Age with funding provided by Hammersmith United Charities
Seated Yoga	11.30 - 12.30 <i>Starts 11th January</i> No half term break	Elmgrove House Extra Care, 20 Bute Gardens, W6 7DR	10,27,33, 72, 220, 266, 295	£1	A chair-based class that makes yoga accessible to all. Develops your balance and strength and inspires wellbeing

Thursdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
LET'S SPEAK ENGLISH (Conversation classes: 8 weeks) LIMITED PLACES MUST BOOK	10.30 - 11.30 <i>Starts 19th January</i> Half Term 13th - 17th February	Communal Lounge, Banim Street Sheltered Housing, Banim Street (off Glenthorne Road) W6 0DN	10,27,33, 72, 220, 266, 295 Tube: Hammersmith	£1	A chance to improve your confidence in spoken English in a safe and friendly environment. Have fun as you practice Call Vivienne on 078 24 48 49 84 to book

Latin Line Dance <i>Beginners & beyond</i>	11.30 - 12:30 <i>Starts 12th January</i> Half term 13 th - 17 th February	St Johns Fulham, North End Road, SW6 1PB	11, 14, 28, 211, 391 Tube: Fulham Broadway	£1	Cha-cha and rumba your way to health, fitness and vitality. Achieve your health aims and have fun while you do it!
MSH Expressive Art <i>For people living with Dementia</i>	2.00 - 3.30 <i>Starts 12th January</i> No half term break	Mary Seacole House, 24 Invermead Close, W6 0QH	94, 237, Tube: Stamford Brook	£1	Tutor Stephanie leads thematic sessions where participants can experiment and have fun. Including drawing, painting and collage, the sessions are tailored to the individuals and their interests
Strictly Ballroom	11.00 - 12.00 <i>Starts 12th January</i> No half term break	Edward Woods Community Centre, 60-70 Norland Road, W11 4TX	C1, 31, 49, 72, 94, 95, 148, 220, 228, 237, 260, 272, 295, 316, 60	£1	A class for everyone: passionate dancers, complete beginners, singles or couples

Fridays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Monthly Film Club	2.00 - 4.00	White City Community Centre, India Way, W12 7QT	72, 95, 220, 228, 283 Tube: White City	£1 for refreshments	A chance to see old and new cinematic greats on our big screen. Refreshments provided 13th January: Blue Murder at St Trinians 10th February: Quartet 10th March: Father of the Bride

Saturdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Walking Football MUST BOOK	12.00 - 1.00 <i>Starts 7th January</i> No half term break	Play at Playfootball, 41 South Africa Rd, W12 7RW	228 Tube: White City	£3	Join us at the new Play Football pitches as we partner with QPR for an hour's football-based activity and occasional matches with visiting teams when QPR plays at home at the Loftus Road stadium. Followed by a social in the bar and the chance to view matches with new friends Call Alex on 078 07 78 85 11 to book <i>A partnership between QPR and Open Age</i>



Love, Loss and Lighting the Path Back to Hope

How can you help?

Cruse Bereavement Care supports about 300 people each year who are struggling to cope because someone has died. 100% say they would recommend this service to others. 100% of the service is delivered by trained volunteers. Could you become one of them?

Come learn about bereavement support, expand your understanding of this very rewarding type of volunteer work and equip yourself with the knowledge you'll need to decide if this special kind of volunteering is right for you.

No experience necessary, could be perfect especially (but certainly not only) for the 'almost retiring' and 'newly retired' looking to devote some meaningful time to a worthwhile cause. If you have the ability to listen, show empathy and understanding and have an interest in supporting people who are struggling because someone has died, please come to this 90-minute session to learn more about how you might be able to help.

When: Wednesday 15th February, 10.00 -12.00

Where: The Second Half Centre, St Charles Centre for Health & Wellbeing, Exmoor Street, London W10 6DZ

As members of Open Age you also have access to the programme of activities which we run at the **Second Half Centre**. From dance and singing, to yoga, art, languages and philosophy, there's something for everyone. For the gentlemen amongst us, don't forget that we have the **Men's Space** programme. Call Russell on 020 8962 5583 for more details.

Take a look also at our programme of trips and visits – every week there's a chance to visit a new venue and meet up with old and new friends.

If that wasn't enough, on Thursday lunchtimes (12.30 – 2.00) we welcome our wonderful local celebrity chef Manju Malhi who cooks up a storm. For £4.50 you can have a delicious three-course freshly-cooked lunch at The Second Half Centre. For more details call Jenny on 0208 962 5500.

And, finally, a reminder: If you would like some support to help you – or someone you know – to get involved in our activities, just call Vivienne on 020 8962 4141 or 078 24 48 49 84 to arrange a home visit.



DANCEWEST.

