

Queen's Park & Harrow Road Activity Programme

January 9th – March 31st 2017

GENERAL INFO:

The hub office is located in Room 9b at the Beethoven Centre, Third Avenue, W10 4JL. For information please call Claire or Geoff on: 020 7266 2776, or the hub mobile: 07713 567050

Half term is Monday 13th – Friday 17th February. There will be no classes this week unless stated inside.

LOCAL EVENTS



CHRISTMAS DAY INVITATION

No one should be alone at Christmas, so Porchester Hall is opening its doors for free and treating guests who may be on their own to a delicious home-cooked meal, followed by classic films, carols and entertainment.



Sunday 25th December, 11.00am-6.00pm
Porchester Hall, Porchester Road, London W2 5HS

Don't be shy, get in touch and book your **FREE** place by calling **020 7313 3850!**



JUST FOR MEN: SOCIAL GROUP

Date Mondays (Monthly)
23rd Jan, 20th Feb, 20th March

Time 2.00pm-4.00pm

Cost FREE

Description

Pop along to our new Men's Social with Geoff, for games, films, trips and more! Have your say on what you would like to do in our first meet and greet session, including nibbles and drinks!

Address

Open Age Hub, The Beethoven Ctr,
Third Avenue, Queen's Park
W10 4JL

Contact Details

For more info call 0207 266 2776



DRAMA CLUB

Date Mondays (Monthly)
6th Feb, 27th Feb, 27th March

Time 2.00pm-3.30pm

Cost £1

Description

Come along to our brand new Drama group! Learn how to begin acting, have fun with drama games and work on plays scripts in this friendly and supportive workshop. Don't be shy, beginners very welcome!

Address

Open Age Hub, The Beethoven Ctr,
Third Avenue, Queen's Park
W10 4JL

Contact Details

For more info call 0207 266 2776



FRENCH FOR BEGINNERS

Date Every Tuesday

Time 2.00pm-3.00pm

Cost £1

Description

Have you always wanted to learn the language of love or do you just love learning a new skill? Join this brand new beginner's class & learn the basics of communicating simply & effectively. Everyone is welcome!

Address

Open Age Hub, The Beethoven Ctr,
Third Avenue, Queen's Park
W10 4JL

Contact Details

For more info call 0207 266 2776

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
Monday Social with Speakers	10.30-12.30 Starts 9 th January	Juniper House, Droop Street, W10 4QX	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.
Beginner's Computer Course (6 week courses) MUST BOOK	11.30-1.30 Starts 9 th January	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 020 7266 2776 .
Step Up from Steady	12.45-1.45 Starts 9 th January No Half Term	Barbara Brosnan Ct. 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187, 189	£2	This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.
Chi-Gong	1.30-2.30 Starts 9 th January	Portgate Hall, 19 Portgate Close, W9 3DL (3 rd right off Ashmore Rd from Harrow Rd end)	6,18, 28, 31, 36, 228, 328, 414	£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.
Just For Men: Social Group NEW!!	2.00-4.00 23 rd Jan 20 th Feb 20 th March	Open Age Hub, The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187,31 6	FREE	Pop along to our new Men's Social with Geoff, for games, films, trips and more! Have your say on what you would like to do in our first meet and greet session, including nibbles and drinks!
Drama Club NEW!!	2.00-3.30 6 th Feb 27 th Feb 27 th March	Open Age Hub, The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187,31 6	£1	Come along to our brand new Drama group! Learn how to begin acting, have fun with drama games and work on plays scripts in this friendly and supportive workshop. Don't be shy, beginners very welcome!
Steady and Stable MUST BOOK	2.00-3.15 Starts 9 th January No Half Term	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 0208 962 4537 .
'Advice Plus' Information Stall (In partnership with The Beethoven Centre)	2.00-4.00	The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	FREE	A chance to find out what is going on in your area & for YOU to seek help or advice with information stalls from local service providers. A Volunteer from Open Age is on hand to provide you with information about our activities!

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Phone Club: Men's 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 Alexandra for more info & to join on 020 8962 5584 .
Mindfulness Meditation	2.30-3.30 Starts 9 th January	Portgate Hall, 19 Portgate Close, W9 3DL (3 rd right off Ashmore Rd from Harrow Rd end)	6, 18, 28, 31, 36, 228, 328, 414	£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 Alexandra for more info & to join on 020 8962 5584 .

TUESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Simply Art	10.30-12.30 Starts 10 th January	Open Age Hub, The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	£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 and more! All abilities welcome!
Exercise to Music (Positively Physical)	12.30-1.30 Starts 10 th January	WECH Comm Ctre Chantry Close, Elgin Estate, Elgin Ave, W9 3RS	18, 36	£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	1.30-3.00 Jan 10 th Feb 14 th March 14 th	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	6,31, 36, 187, 228, 328, 414	FREE	This practical workshop will help you with tips, techniques and information if you have trouble sleeping. To book phone the Hub on 020 7266 2776 .
Monthly Film Festival NEW TIME!	1.30-3.30 Jan 24 th Feb 21 st March 21 st	The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	FREE	Jan 24th - <u>Florence Foster Jenkins</u> In the 1940s, New York socialite Florence Foster Jenkins (Meryl Streep) dreams of becoming a great opera singer. Unfortunately, her ambition far exceeds her talent. (Drama/Romance) Feb 21st - <u>Bridget Jones Baby</u> Breaking up with Mark Darcy leaves Bridget Jones 40 and single again. But, things couldn't be better, until Bridget discovers that

					she is pregnant. Now, the befuddled mom-to-be must figure out if the proud papa is Mark or Jack. (Comedy/Romance) March 21st - Monuments Men During World War II, the Nazis steal countless pieces of art & hide them away. Some art scholars, historians, architects & other experts form a unit to retrieve as many of the stolen masterpieces as possible. Caught in a race against time, the men risk their lives to protect some of mankind's greatest achievements. (Drama/Action)
Chair Exercise (Positively Physical) NEW TIME!	1.45-2.45 Starts 10th January	WECH Comm Ctre Chantry Close, Elgin Estate, Elgin Ave, W9 3RS	18, 36	£1	Gentle seated exercise that stretches & tones the whole body.
French for Beginners NEW!!	2.00-3.00 Starts 10th January	Open Age Hub, The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	£1	Have you always wanted to learn the language of love or do you just love learning a new skill? Join this brand new 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 10th January	The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	£1	An energizing yoga class that promotes good health for body, mind & soul.
Mixed Age Shared Reading Group (In partnership with Westminster Libraries)	3.30-5.00 Starts 10th January	Queen's Park Library 666 Harrow Road, W10 4NE	18, 28, 228	FREE	Read short stories, poems, novels & plays together & discuss them over a cuppa! No obligation to read or join the discussion, just come & listen!

WEDNESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Intermediate Computer Course (6 week courses) MUST BOOK	10.00-12.00 Starts 11 th January	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 and much more. For more information or to book a place, please phone the Hub on 020 7266 2776 .
Art & Photography on iPads (5 week courses) MUST BOOK	10.30-11.30 Starts 11 th Jan and 1 st March	Open Age Hub, The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	£1	Join us at this fun and creative session where you will learn how to take and edit photographs on an iPad as well as creating your very own digital art work! iPads are provided and all abilities are welcome! Call the Hub on 020 7266

					2776 to book.
More iPads and Smartphones (5 week courses) MUST BOOK	11.30-12.30 Starts 11 th Jan and 1 st March	Open Age Hub, The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	£1	If you've mastered the basics but want to learn more, come & further your knowledge about what you can do with iPads! Smartphone assistance is also available. iPads are provided but please bring your phone! Call 020 7266 2776 to book.
Steady & Stable (Class 1 – high level) MUST BOOK	1.00-2.15 Starts 11 th January No Half Term	Portgate Hall, 19 Portgate Close, W9 3DL (3 rd right off Ashmore Rd from Harrow Rd end)	6,18, 28, 31, 36, 228, 328, 414	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 .
Chair Exercise to Music	2.00-3.00 Starts 11 th January	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 11 th January	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 020 7266 2776 .
Wednesday Social with Speakers	2.00-4.00 Starts 11 th January	Juniper House Droop Street, W10 4QX	18, 28, 228	FREE	Join this friendly social group and enjoy a cuppa whilst listening 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 11 th January No Half Term	Portgate Hall, 19 Portgate Close, W9 3DL (3 rd right off Ashmore Rd from Harrow Rd end)	6,18, 28, 31, 36, 228, 328, 414	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 .

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	N/A	Varied	See Trips Programmes! To book please contact Open Age on 020 8962 4141 .

		Grove, W11 1PZ			
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 020 7266 2776 . Some availability on other days!
Singing For All	10.30-12.00 Starts 12 th January	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	6, 31, 36,187 228, 328, 414	£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!
Book Break (Partnership with The Reader Organisation)	10.30-12.00 Starts 12 th January	The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	FREE	Come along to this friendly group to listen to great stories and poems read aloud. You can join in the reading and conversation, or sit back and relax as the story takes you to destinations old and new!
Guitar Lessons NEW TIME AND PRICE!!	12.15-1.45 Starts 12 th January	Open Age Hub, The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	£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 12 th January	The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	£1	Special exercises that concentrate on strengthening & toning your whole body.
Phone Club: Discussion group For the Housebound	1.00-2.00	In the comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Alexandra for more info & to join on 020 8962 5584 .
Arabic Women's Social Group (Women only)	1.00-3.00 Starts 12 th January	WECH Comm Ctre Chantry Close, Elgin Estate, Elgin Ave, W9 3RS	18, 36	FREE	Come along for tea and a social afternoon with other Arabic & Kurdish speakers.
Arabic Women's English Lessons (Women only)	2.00-3.00 Alternate Weeks Starts 12 th January	WECH Comm Ctre Chantry Close, Elgin Estate, Elgin Ave, W9 3RS	18, 36	FREE	If English is not your first language come & join our friendly and relaxed English lessons and let us help you practice your conversational skills while having lots of fun!
Creative Threads Sewing Class	2.00-4.00 Starts 12 th January	Open Age Hub, The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	£2	Indulge in the art of needlework exchanging ideas and advice as you sew, knit, crochet, and embroider with a cuppa & some good company. *Tutor only available for help with sewing.
Book Talk: Phone Discussion group For the Housebound	2.30-3.30 Last Thursday of the month	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 Alexandra for info on 020 8962 5584 .

Chair Yoga NEW TIME!	3.00-4.00 Starts 12 th January	Juniper House, Droop Street, W10 4QX	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 Alexandra for more info & to join on 020 8962 5584 .

FRIDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Conversational Health Café MUST BOOK	10.00-12.30 Starts 13 th January	Queen's Park Library 666 Harrow Rd, London. W10 4NE.	28,18, 228	FREE	A short course to improve your understanding of health and English. For further details and to enrol please call Russell on 0208 962 5583 .
Chair Exercise to Music	10.00-11.00 Starts 13 th January	WECH Comm Ctre Chantry Close, Elgin Estate, Elgin Ave, W9 3RS	18, 36	£1	Join this fun and popular session for a gentle chair exercise class to some great music. ALL abilities are welcome.
Board Games (In partnership with Octavia Housing)	10.00-12.00 Starts 13 th January	Portgate Hall, 19 Portgate Close, W9 3DL (3 rd right off Ashmore Rd from Harrow Rd end)	6,18, 28, 31, 36, 228, 328, 414	FREE	Try your hand at Scrabble, Cards, Dominoes & more in a relaxed atmosphere with a cuppa! Call the Hub on 020 7266 2776 for more information.
Coffee Morning (In partnership with Octavia Housing)	10.00-12.00 Starts 13 th January	Portgate Hall, 19 Portgate Close, W9 3DL (3 rd right off Ashmore Rd from Harrow Rd end)	6,18, 28, 31, 36, 228, 328, 414	FREE	Come in for a chat, meet new people and have a cuppa! Call the Hub on 020 7266 2776 for more information.
Knit, crochet & natter! (In partnership with Octavia Housing)	10.00-12.00 Starts 13 th January	Portgate Hall, 19 Portgate Close, W9 3DL (3 rd right off Ashmore Rd from Harrow Rd end)	6,18, 28, 31, 36, 228,3 28,	FREE	Bring your knitting, crochet or needlework & join us to share tips & learn from each other! Call the Hub on 020 7266 2776 for more information.
Monthly Fish N' Chip Fridays MUST BOOK	11.45-1.00 (Served at approx. 12.15) 27 th Jan 24 th Feb 31 st March	Portgate Hall, 19 Portgate Close, W9 3DL (3 rd right off Ashmore Rd from Harrow Rd end)	6,18, 28, 31, 36, 228, 328, 414	£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 and Bread & Butter all thrown in! Call 020 7266 2776 to book!
Hair dressing in the Groom Room (In partnership, with Genesis Housing Association)	10.00-1.00 Alternate Fridays	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	6,31, 36,187 228, 328, 414	Good rates	Whether you are looking for a new style or a quick trim come and have your hair done in the Groom Room at Ernest Harriss House. Book with Georgina on 020 7289

MUST BOOK					3931.
Water Splash (Positively Physical)	12.00-1.00 Starts 13th January	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 13 th January	The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	£1	As a follow on from Steady and stable, this 'all inclusive' exercise programme will keep you strong, mobile and steady on your feet.
Bingo (Genesis Housing Association)	1.00-3.00 On going	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	6,31, 36, 187, 228, 328,	Call for details	A lively afternoon of bingo followed by tea and cream cakes. Please contact Georgina on 020 7289 3931 for more details.
Line Dancing	2.00-3.00 Starts 13th January	The Beethoven Ctr, Third Avenue, Queen's Park W10 4JL	6, 187, 316	£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 Queens Park/Harrow Road & Westbourne Wards (Positively Physical)	3.00-5.00 27th Jan 24th Feb 31st March	St Jude's Hall, Ilbert Street, W10 4QL (Corner of Fourth Ave)	18, 28, 228	£1	Lively social for the over 50's with speakers, fun sessions, bingo & more! Call Armand on 07494268855 to find out the topic for the talk!

SATURDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Saturday Shape-Up	1.00-3.00 Starts 14 th January No Half term	St Augustine's Hall, Oxford Road, London NW6 5SN	6,16 31, 36, 98, 187, 228, 316, 328, 332	£2	Badminton, Table Tennis and Soft Tennis – try them all! Our talented tutor will set up games on a 'mix and match' basis to ensure you benefit from a variety of partners and opponents. For experienced badminton players, and table and soft tennis players of all levels, including beginners.
Saturday Shape Up: Badminton	3.00-4.00 Starts 14 th January No Half term			£1	A mixed ability session where novices/beginners have priority over court space to learn the rules and basic strokes, build confidence and work towards joining the experienced players in the Saturday Shape-Up group when ready.

DATES FOR YOUR DIARY

FREE Queens Gallery Trip- Wednesday 25th January 2.00pm-4.30pm

Join us for this exciting trip to the Queens Gallery at Buckingham Palace which includes a highlights tour of their new exhibition 'Portrait of the Artist' and an informal art workshop. The tour, workshop and entry to the gallery are all free, and materials for the workshop as well as tea/coffee and biscuits are all provided! Call book on **020 7266 2776**.

American School Lunch- Thursday 26th January, 10.30am-1.30pm

Throughout the school year the American School hosts an intergenerational programme where you can meet students, chat, and have lunch together. Transport is provided. Call **020 7266 2776** to book!

FREE Serpentine Gallery Guided Tour- Tuesday 31st January, 11.00am

Join us for a guided tour of one of London's most popular art venues. The fantastic Serpentine Gallery in Kensington Gardens, exhibits modern and contemporary art. Call **020 7266 2776** to book!

FREE Kensington Palace Visit- Friday 10th February, 10.00am-1.30pm

Join us for a royal afternoon out as we visit the beautiful Kensington Palace and explore different periods of the palaces history with a little look into some of its great love stories! Refreshments provided. Call **020 7266 2776** to book!

The Round Table Members Think Tank- Monday 13th February, 11.00am-12.30pm

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 Biscuits provided! At Open Age Hub, The Beethoven Ctr, Third Avenue, Queen's Park, W10 4JL.

£2.50- Fitzroy House Visit- Wednesday 15th February, 11.00am

Set in the heart of Fitzrovia, Fitzroy House is a fine example of London architecture dating back to the 18th century. Home to George Bernard Shaw, 75 years later, writer and philosopher L. Ron Hubbard made 37 Fitzroy Street his London base. Visitors are invited to step into this 1950s time capsule where they can view original manuscripts, rare 1st edition books and artefacts relating to the life of one of the most prominent authors of the 20th century. Refreshments included, call **020 7266 2776** to book!

FREE Sky Garden Visit- Tuesday 28th February, 11.00am

Join us for this fantastic opportunity to see breath taking views from 155 metres up above the city! The spectacular Sky Garden offers views across the capital and far beyond! Call to book on **020 7266 2776**.

FREE Tower of London Visit- Wednesday 8th March, 10.00am

From the Crown Jewels to the infamous Tower Ravens, experience history first hand with a visit to the Tower Of London. Call **020 7266 2776** to book!

FREE Royal Albert Hall Songbook- Thursday 6th April, 11:00am-12:00pm

The Royal Albert Hall Songbook will see musicians from Albert's Band lead a nostalgic journey through the musical history of the Royal Albert Hall through songs, stories and audience participation. At The Beethoven Ctr, Third Avenue, Queen's Park, W10 4JL. Call to book on **020 7266 2776**.

Health Trainer Sessions in partnership with Living Well

1-to-1 support to improve health & wellbeing. Lose weight; eat a healthy diet; give up smoking; reduce stress; cut drinking & more! To book phone **0207 099 3333**.

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 **Liz Sowden 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 1 and 4pm on weekdays or email info@westwayCT.org.uk.

FREE SOCIAL SPEAKER SCHEDULE

FREE Monday Social with Speakers- 10.30am-12.30pm, Juniper House

January:

- 9th Art therapy is not just an “Art Class” Talk
- 16th Meet the Drivers & Share your views-Westbourne Park Bus Garage Visit (Meet 10am)
- 23rd Talk on Mansion House, the Home & Office of the Lord Mayor
- 30th Winter Herbal Remedies with Maria Vlotides

February:

- 6th TBC
- 13th Half Term- No Session
- 20th ‘British Cinema in the 1920’s’ from Silent London
- 27th TBC

March:

- 6th ‘The Failure of Modern Art’ from the V & A
- 13th TBC
- 20th TBC
- 27th ‘Morality and Melodrama in Victorian Paintings’ from the V & A

*At the time of printing we are still waiting to hear back from a number of speakers so please contact us directly for a full schedule!

FREE Wednesday Social with Speakers- 2.00pm-4.00pm, Juniper House

January:

- 11th Reiki Workshop
- 18th TBC
- 25th TBC

February:

- 1st Mindfulness Workshop from London Mindful
- 8th Talk from World Monuments Fund Britain
- 15th Half Term- No Session
- 22nd A Cup with Suzy B- Stand Up Comedy Performance & Workshop

March:

- 1st Rhythm and Blues Event – Beethoven Centre
- 8th TBC
- 15th Ovarian Cancer Awareness from Ovarian Cancer Action
- 22nd ‘British Cinema in the 1920’s’ from Silent London
- 29th TBC



CITYWEST HOMES



Email Bulletin

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!