



OPEN AGE

Opening doors to an active life for people over 50

Open Age Hub

Glastonbury House

Abbots Manor Estate

Warwick Way SW1V 4NT

Open Mon - Fri 10am - 4pm

Telephone: 020 7976 6354

Registered Charity 1039520

020 8964 1900

Website: www.openage.org.uk Email: mail@openage.org.uk

MONDAY	HUB TIMETABLE: APRIL - JUNE 2010	COST	START/END DATES
10.00 - 12.00	Beauty Therapy (various treatments)	£5	12th April - 28th June (Break: 3rd & 31st May)
12.00 - 4.00	Reflexology (by appointment)	£5	12th April - 28th June (Break: 3rd & 31st May)
10.00 - 12.30	Coffee Morning	FREE	12th April - 28th June (Break: 3rd & 31st May)
10.00 - 12.00	Hairdressing (Drop in)	£5	12th April - 28th June (Break: 3rd & 31st May)
12.30 - 1.45	Computer Drop In	FREE	12th April - 28th June (Break: 3rd & 31st May)
2.00 - 3.00	Keep Fit on Chairs	£1.25	12th April - 28th June (Break: 3rd & 31st May)
3.30 - 4.30	English Conversation*	£1	12th April - 28th June (Break: 3rd & 31st May)
TUESDAY			
10.00 - 12.00	Intermediate Computers (6 weeks)	£1.75	30th March - 4th May & 11th May - 15th June
10.00 - 12.00	Pensions Service Advice (Monthly)	FREE	6th April, 4th May, 1st June, 6th July
12.15 - 2.15	Beginners Internet Course (6 weeks)	£1.75	30th March - 4th May & 11th May - 15th June
2.30 - 4.30	Singing For All	£1.75	13th April - 29th June
WEDNESDAY			
10.00 - 4.00	'Unwind and Revive' Shiatsu for Carers (Monthly)	£5	7th April, 5th May, 2nd June, 7th July
1.00 - 4.00	Reiki Healing (by appointment)	FREE	14th April - 30th June
10.30 - 12.30	Knitting Group	FREE	7th April - 30th June
12.45 - 2.45	Arts and Crafts	£1.75	14th April - 30th June
3.00 - 4.30	Pranayama (Breathing Yoga)	FREE	7th April - 30th June
THURSDAY			
10.30 - 12.30	Yoga*	£2	8th April - 24th June
2.30 - 4.00	Computer Drop In	FREE	15th April - 24th June
FRIDAY			
10.00 - 4.00	Shiatsu (by appointment)	£5	9th April - 25th June
10.00 - 12.00	Photoshop for Beginners	£1.75	9th April - 25th June (3 month course)
12.30 - 2.30	Internet Refresher Course	£1.75	9th April - 14th May, 21st May - 25th June
2.45 - 4.45	Photoshop Intermediate	£1.75	9th April - 25th June (3 month course)
SATURDAY			
2.00 - 4.00	NEW! Filmmaking for Beginners*	£2	10th April - 26th June



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MONDAY	CENTRAL & SOUTH WESTMINSTER TIMETABLE: APRIL - JUNE 2010	COST	START/END DATES
11.00 - 1.00	YOGA At Holy Apostle Church Hall, 47 Cumberland Street, SW1V 4LY	£1.75	12th April - 28th June
TUESDAY			
1.00 - 2.00	TAI CHI - BEGINNERS* At Dryburgh Hall, Abbots Manor Es- tate, Alderney Street, SW1V 4ET	£1	13th April - 29th June
2.00 - 3.00	TAI CHI - INTERMEDIATE At Dryburgh Hall (see address above)	£1.25	13th April - 29th June
WEDNESDAY			
10.00 - 11.30	NEW! ART & CRAFT* At Churchill Gardens Hall, SW1V 3AL	£2	14th April - 30th June
THURSDAY			
1.00 - 2.00	LINE DANCING* At St Gabriel's Vestry Hall, 30 Warwick Square, SW1V 2AD	£1	8th April - 24th June

- ◆ **AGEWELL ON WHEELS LAUNCH @ Open Age Hub! THURSDAY 8TH APRIL 1-3pm!**
Agewell on Wheels is launching an exciting new cycling course for over 50s. Come along to find out more. Refreshments and taster sessions available.

- ◆ Try out a new activity FREE* of charge with Open Age and New Horizons during Adult Learners Week 15-21 May 2010

For more information or an activity listing contact:

Open Age 020 8964 1900 or

New Horizons 020 7590 8970

*Exclusions may apply in some cases. Please check.

- ◆ Volunteer handyman needed for the Hub garden! Please call Jess on 020 7976 6354

How to get to Open Age Hub, Glastonbury House

Underground: Victoria (15 minutes walk away)

Buses: C10, 24 & 360

*** Reaching U**



CITYWEST HOMES

Reaching U is a joint project between Age Concern Westminster, Open Age & Westminster Adult Education Service (WAES) that offers a wide range of activities and classes for the over 50's in Westminster.

Supported by



City of Westminster



Westminster City Partnership

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