



Penfold Community Hub

All sessions open to Westminster residents over 50 years and carers.

ACTIVITY PROGRAMME

4th May to 25th July 2021
No sessions on Bank holidays

<p>Monday to Friday 10 am to 1 pm</p>	<p><u>Information and Advice</u> <u>Telephone Support</u></p> <p>Need some help or advice? Not sure which organisation to contact? Give us a call and we can direct you to the most suitable agency to provide the help you need. Information on what support is available and how you can join in a range of different activities across Westminster.</p>	<p>Telephone availability 10 am to 1 pm 0203 815 0033</p>
<p>Monday 19th July At 7.30 pm</p>	<p><u>Royal Albert Hall</u> <u>Special 150th Anniversary Concert</u></p> <p>A special concert of an original work by David Arnold (Composer - James Bond films, Independence Day, Sherlock and the music for the 2012 Olympic Games) to celebrate the Halls 150th Birthday We have a few complimentary tickets available.</p>	<p>Contact the Penfold Hub Applications by the 11th of June Random draw to select tickets</p>
<p>Mondays 3.30 pm to 4.30 pm</p>	<p><u>Chair Yoga session</u></p> <p>A session that will benefit your sense of wellbeing, stimulate and energise the mind, reduce anxiety and improve physical strength and stability. <u>Funded by Church Street Neighbourhood Keepers Programme</u></p>	<p>Zoom Session Contact the Penfold Hub to book a space Free</p>

PENFOLD COMMUNITY HUB

TELEPHONE 020 3815 0033 - EMAIL penfoldhub@nhg.org.uk

<p>Tuesdays</p> <p>June 8th to July 13th</p> <p>11 am to 1 pm</p>	<p><u>Book of Dreams</u></p> <p>The Book of Dreams project celebrates the Church Street community, uniting local people in the sharing of their stories, hopes and dreams. Together we will create beautiful books that represent both ourselves and the future.</p> <p><u>Funded by Church Street Neighbourhood Keepers Programme</u></p>	<p>Free</p> <p>Venue to be advised</p> <p>Contact Penfold Hub for more information</p>
<p>Tuesday 25th May</p> <p>12 pm to 1 pm</p>	<p><u>The History of the Royal Albert Hall</u></p> <p>Join a 'live ' guided tour by Zoom with the opportunity to put questions to the guide. This first tour will focus on everything '60s (so think the Beatles, Rolling Stones and Eurovision .)</p>	<p>Contact the Hub to book Zoom link will be forwarded by email.</p>
<p>Every Tuesday</p> <p>2 pm to 3 pm</p>	<p><u>Shared Reading Group</u></p> <p>A reading aloud together adventure Discover people, books, stories. A chance to read or just listen - No preparation required.</p> <p><u>Session led by staff from Westminster Libraries.</u></p>	<p>Contact the Hub to book a place. Session on Microsoft Teams</p>
<p>Tuesdays</p> <p>2.30 pm</p>	<p><u>Zumba Gold</u></p> <p>Living in the Church Street/Paddington Green area? Join our newest exercise class focused on balance, coordination, and fun! Provided by Zumba Gold</p> <p><u>Funded by Church Street Neighbourhood Keepers Programme</u></p>	<p>Zoom Session Contact the Penfold Hub to find out how you can join</p>
<p>Wednesdays</p> <p>11.45 am</p>	<p><u>Zumba Gold</u></p> <p>Living in the Church Street/Paddington area? Join our newest exercise class focused on balance, coordination, and fun! Provided by Zumba Gold</p> <p><u>Funded by Church Street Neighbourhood Keepers Programme</u></p>	<p>Zoom Session Contact the Penfold Hub to find out how you can join</p>
<p>9th of June</p> <p>16th of June</p> <p>Times to be confirmed.</p>	<p><u>IT Help Sessions</u></p> <p>Do you need some extra help to make better use of any of the IT systems such as Zoom, What's App, Microsoft Teams, Emails, sharing digital photos or Social Media.</p> <p>Join us for a Zoom workshop for a general question and answer session and then book a one to one follow up session to get some more personalised help.</p>	<p>Book a place with the Penfold Hub</p> <p>Call 07872811106</p>

<p>Thursdays</p> <p>May 27th June 24th July 15th</p> <p>Start at 10.30 am</p>	<p><u>Local History Walks</u></p> <p>Join the Penfold Hub History walking group and discover some of the hidden history of Westminster</p> <p>May 27th Secrets of Regents Park June 24th Famous Residents and Buildings of Little Venice July 15th Discover the little-known lanes of Marylebone</p>	<p>Contact the Penfold Hub to book a space</p> <p>Free</p>
<p>Fridays</p> <p>12 pm to 1 pm</p>	<p><u>Chair Yoga session</u></p> <p>A session that will benefit your sense of wellbeing, stimulate and energise the mind, reduce anxiety and improve physical strength and stability</p> <p><u>Funded by Church Street Neighbourhood Keepers Programme</u></p>	<p>Zoom Session</p> <p>Contact the Penfold Hub to book a space</p>
<p>Saturdays</p> <p>11 am to 12.30 pm</p>	<p><u>Church Street Community Singers</u></p> <p>Join in our Virtual Choir</p> <p>No need to have previous experience, just a positive attitude towards making music and having fun.</p> <p>A range of popular songs from Peggy Lee to Louis Armstrong, Tom Jones to Doris Day</p> <p>Starting with some verbal warm-up exercises, you will by end of the session bopping along to some wonderful songs.</p>	<p>Zoom Session</p> <p>Contact the Penfold Hub to book a place</p> <p>Free</p>
<p>Pre-booked appointment</p> <p>Spaces available</p>	<p><u>Supporting Good Health and Wellbeing</u></p> <p>Are you over 50 or an unpaid carer living in Church Street Ward / Paddington Green?</p> <p>Free one to one online consultation</p> <p>Including Reflexology, Self – Massage, Dietary Advice, Chi Kung and Shiatsu</p> <p><u>Funded by Church Street Neighbourhood Keepers Programme</u></p>	<p>Contact Munro Health</p> <p>Session on Zoom</p> <p>nazan@munrohealth.com</p> <p>07422972142</p>
<p>Various dates available</p>	<p><u>Telephone Discussion Groups</u></p> <p>Join our regular chit-chat with like-minded community members. Feel free to invite your friends to join in - it's a free phone number</p> <p>- there are no charges for the call</p>	<p>Contact the Hub to book a session</p> <p>07872811106</p>

<p>Sunday</p> <p>18th of July</p> <p>2 pm</p>	<p><u>Holland Park Opera</u></p> <p>Situated in the beautiful surrounds of Holland Park in a socially distanced auditorium, a chance to enjoy an afternoon of music.</p> <p>D'Amico Fritz is a feel-good romantic comedy set amidst cherry orchards and vineyards by the composer of Cavalleria Rusticana, showing us his gentler side and reminding us what friends are for.</p> <p>Tickets available as a 2-person Bubble</p>	<p>Tickets Free</p> <p>Applications by the 11th June</p> <p>Random draw to select tickets</p>
<p>Range of dates available</p>	<p><u>Visit Kew Gardens</u></p> <p>With summer coming it's time to consider joining one of our group outings to Kew.</p> <p>As members of the Kew Gardens Community Access Programme, we can avail of free entry to these wonderful gardens.</p> <p>If you are part of a local project or club, contact the Hub to find out how your group can access the programme.</p>	<p>Contact the Penfold Hub for further details.</p> <p>Bookings must be made in advance.</p>

For more information about Penfold Hub activities for the over 50s in Westminster, please contact:
Denis Kane, Penfold Community Hub, 60 Penfold Street, London NW8 8PJ - TEL 020 3815 0033 - EMAIL penfoldhub@nhg.org.uk You can also find more information about the Penfold Community Hub and the most up-to-date activity programme on the Notting Hill Genesis website: www.nhhg.org.uk/penfold