



Penfold Community Hub

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

ACTIVITY PROGRAMME

10th September to 15th December 2021

<p>Monday to Friday 10 am - 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>Weekly Mondays 2 pm</p>	<p><u>Matinee Classics at Regent Street Cinema</u></p> <p>Regent Street Cinema has restarted its weekly matinees for the Over 55's on Monday afternoons, tickets at £4 13th September - Now Voyager with Bette Davis www.regentstreetcinema.com/whats-on</p>	<p>Contact the Cinema for more information 02079115050 307 Regents Street W1B 2H</p>
<p>Tuesdays Various dates in October / November Depart 10am Return 4pm</p>	<p><u>Outings to Kew Gardens</u></p> <p>Join us for a visit to these beautiful gardens and experience the magical autumnal colours The spectacular Temperate House – the world's biggest Victorian Glasshouse with over 10,000 plants has now reopened – Minibus transport available</p>	<p>Entry to Kew Gardens are free Minibus cost £5 0203815 0033</p>

PENFOLD COMMUNITY HUB

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

<p>Every Tuesday</p> <p>2 pm to 3 pm</p>	<p><u>Shared Reading Group</u> A reading aloud together adventure Discover people, books, stories. A chance to read or just listen - No preparation required.</p> <p><u>Session supported by staff from Westminster Libraries.</u></p>	<p>Contact the Hub to book a place. Session on Microsoft Teams</p>
<p>Wednesdays</p> <p>10.45 am - 11.45am From 15th September</p>	<p><u>Chair Yoga session on Zoom</u> A session that will benefit your sense of wellbeing, stimulate, and energise the mind, reduce anxiety, and improve physical strength and stability</p>	<p>You must book a place in advance Contact the Penfold Hub</p>
<p>Wednesday</p> <p>20th October</p> <p>10.45 am</p>	<p><u>Boat Trips at Little Venice</u> Enjoy a gentle cruise along with the Regents Canal towards Little Venice with tea and cake on a special trip on board Paddington's GoBoat. Boats will be captained, and refreshments provide by volunteers from Paddington businesses. Please note that access to the boats required stepping down from the canal pontoon</p> <p>Organised by The Paddington Partnership and GoBoat London.</p>	<p>Free You must book a place in advance with e Penfold Hub</p> <p>Call 0203 815 0033</p>
<p>Thursdays</p> <p>September 16th October 21st November 18th</p> <p>10.30 am</p>	<p><u>Gentle Local History Walks</u> Join the Penfold Hub History walking group and discover some of the hidden history of Westminster and other parts of London.</p> <p><u>16th September</u> Exploring the history to the east of Marylebone High Street including Marylebone Parish Church, Cavendish Square, Wigmore Hall, Broadcasting House and ending at Great Portland Street Station Meet at the Sherlock Holmes Statue in front of the Main Entrance to Baker Street Station</p> <p><u>21st October</u> Visiting the area around the Inns of Court, our route includes the Temple Church and Middle Temple Hall where Shakespeare's Twelfth Night was performed in 1602</p> <p><u>18th November</u> A walk around the City of London discovering the extraordinary heritage left by the Romans 2000 years ago.</p>	<p>Free</p> <p>You need to book a space in advance</p> <p>Contact the Penfold Hub for more information</p>

<p>Thursday the 30th September</p> <p>12.30pm - 1.30pm</p>	<p><u>Marylebone - Rock and Pop - Guided Tour</u></p> <p>A live in-person guided stroll through the stomping ground the iconic names from the music business lived, worked played and married in Marylebone</p> <p><u>Organised by the Baker Street Quarter</u></p>	<p>Free Must be booked in advanced Contact the Penfold Hub 0203 8150033</p>
<p>Thursday 12 30pm – 1.30 pm</p> <p>Starts 16th September</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 Session open to Church Street and Paddington Green Estate Residents 50+</p> <p>Held at St Paul's Centre, 5 Rossmore Street, NW1 6NT</p> <p><u>Supported by Church Street Neighbourhood Keepers Programme</u></p>	<p>You must book in advance</p> <p>Contact the Penfold Hub 0203 8150033</p>
<p>Thursday 21st October</p> <p>2 pm – 4 pm</p>	<p><u>Games Afternoon</u></p> <p>Come along for an afternoon of some fun and enjoy some nice refreshments. Do you have a favourite tabletop game?? Let us know we will try to include it in the session.</p>	<p>Free you need to book a space Contact the Penfold Hub on 0203 8150033</p>
<p>Thursday 11 am - 3pm</p> <p>Friday 10 am - 3pm</p>	<p><u>New Pin Church Street Drop-In</u></p> <p>The Drop-In is now open, the place to go for a cup of tea and a chat – take a break from the shopping and find out what is happening in the Neighbourhood</p> <p>The Drop-In is located at 10 Church Street, near the Lisson Grove end of the market.</p>	<p>Free</p> <p>No need to book</p> <p>Just turn up</p> <p>Open to all</p>

<p>Friday 24th September 10 am to 12 noon</p>	<p align="center"><u>Welcome Back</u> <u>Coffee and Chat Morning</u></p> <p>Join us for a Coffee + Cake morning, a chance to catch up with neighbours, find out what is going on in the community and enjoy a coffee and a chat with volunteers from local businesses. To be held in the Front Garden at 60 Penfold Street.</p>	<p>Free - you need to book a space</p> <p>Contact the Penfold Hub on 0203 8150033</p>
<p>Saturdays 11 am to 12.30 pm</p>	<p align="center"><u>Church Street Community Singers</u></p> <p>Join in our Virtual Choir No need to have previous experience, just a positive attitude towards making music and having fun. A range of popular songs from Peggy Lee to Louis Armstrong, Tom Jones to Doris Day 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 Spaces available</p>	<p align="center"><u>Supporting Good Health and Wellbeing</u></p> <p>Are you over 50 or an unpaid carer living in Church Street Ward / Paddington Green? Free one to one online consultation Including Reflexology, Self – Massage, Dietary Advice, Chi Kung and Shiatsu</p> <p align="center"><u>Supported by the 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>Sunday 3rd October 12 pm - 5 pm</p>	<p align="center"><u>Church Street Library</u> <u>Happy Silver Sunday</u></p> <p>An afternoon of great entertainment, join in with the flamenco dancing, listen to a soothing clarinet or listen to some poetry</p>	<p>Free but you need to book in advance at the Library Reception</p>
<p>Sunday 3rd October 3 pm - 4 pm</p>	<p align="center"><u>Silver Sunday</u> <u>Old-Time Variety Show</u></p> <p>Variety Collective presents Jonathan Stevens who will entertain with acoustic guitar, songs from the 50s to the '80s - Join for some singing, dance or just listen Refreshments</p>	<p>Free</p> <p>Open to Residents at 60 Penfold Street</p>

<p>Range of dates available</p>	<p align="center"><u>Visit Kew Gardens</u></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. Bookings must be made in advance.</p>
<p>Various days and time</p> <p>3 sessions every week</p>	<p align="center"><u>LET'S GET IN SHAPE @ HOME</u></p> <p>Free online classes for Church Street and Paddington Green Estate Residents</p> <p>Exercise and Dance sessions - Zumba Gold Over 50's all levels welcome</p> <p>paola.gianelli@fun4over50s.co.uk</p> <p><u>Supported by Church Street Neighbourhood Keepers Programme</u></p>	<p>Free</p> <p>Contact</p> <p>Andrea</p> <p>07878357833</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.nhg.org.uk/penfold