



# EVERYONE

# OPEN AGE SILVER SUNDAY

## Activities from 1st Oct 24 - 8th Oct 24

### TAI CHI AT PADDINGTON RECREATION GROUND

**DATE**

Tuesday 1 October 2pm-3pm

**VENUE**

Paddington Recreation Ground,  
Randolph Avenue,  
W9 1PD  
Tel: 020 7644 6880

### SNR TENNIS AT PADDINGTON RECREATION GROUND

**DATE**

Thursday 3 October, 10am - 12pm

**VENUE**

Paddington Recreation Ground,  
Randolph Avenue,  
W9 1PD  
Tel: 020 7644 6880

### ZUMBA AT PORCHESTER HALL

**DATE**

Thursday 3 October, 12pm – 12:45pm

**VENUE**

Porchester Centre,  
Queensway, Bayswater, London  
W2 5HS  
Tel: 020 7221 6118

### INTRODUCTION TO CLIMBING

**DATE**

Friday 4 October, 1pm - 3pm

**VENUE**

Westway Sports and Fitness Centre,  
1 Crowthorne Road,  
W10 6RP  
Tel: 0208 969 0992

### 50+ GROUP CYCLE

**DATE**

Thursday 3 October, 2pm – 2.30pm

**VENUE**

Thursday 3 October, 2pm – 2.30pm  
Queen Mother Sports Centre,  
223 Vauxhall Bridge Road, Pimlico,  
SW1V 1EL  
Tel: 020 7798 2040

### DROP IN BADMINTON

**DATE**

Tuesday 8 October, 12pm – 1pm

**VENUE**

Queen Mother Sports Centre,  
223 Vauxhall Bridge Road, Pimlico,  
SW1V 1EL  
Tel: 020 7798 2040

### PILATES

**DATE**

Sunday 6 October 10am – 11am

**VENUE**

Westway Portobello Fitness Club,  
3-5 Thorpe Close,  
W10 5XL  
Tel: 020 8960 2221

People can book by either calling the centre  
or using the email

[volunteerwithwestmin@everyoneactive.com](mailto:volunteerwithwestmin@everyoneactive.com)

**TO BOOK NOW**

FOR  
50+  
YRS

  
City of Westminster

everyone  
ACTIVE