

# Kensington Summary Activities Programme

(Chelsea activities available on the New Horizons programme)

## APRIL- JULY 2017

FOR MORE ASSISTANCE CALL 020 8962 4141

### MONDAYS

10.00	Bokwa	Second Half Centre Book 020 8962 5500
10.00	Gentle Chair Exercise	Nursery Lane
10.00	Kensington Activity Group	Central Library
10.00	Laptops & Computers 1 & 2	Second Half Centre Book 020 8962 5590
10.00	Local History Walks & Talks	Second Half Centre
10.30	Monday Forum	Gloucester Court
11.00	Latin American Dance	Second Half Centre Book 020 8962 5500
11.30	Gentle Chair Exercise	Pepper Pot
12.00	Chair Exercise	Central Library
12.00	International Cooking	Second Half Centre Book 020 8962 5500
12.15	Free Computer Time	Second Half Centre
12.30	Lip Reading for Beginners	North Kensington Library Book 0208 962 5590

1.00	Windows 10 (2)	Second Half Centre Book 020 8962 5590
1.00	iPads 2	Second Half Centre Book 020 8962 5590
1.30	Music Appreciation	Thomas Darby Court
1.30	Still Life & Life Drawing	Second Half Centre
1.30	Singing For All	Second Half Centre
2.30	Phone Club: Men's Current Affairs Talk	In YOUR own home! Book 0203 713 8736
3.15	Free Computer Time	Second Half Centre
3.30	Men's Space: Meet-up and Social	Second Half Centre Book 0208 962 5583
4.00	Phone Club: Creative Writing Group	In YOUR own home! Book 0203 713 8736
4.00	Microsoft Word	Second Half Centre Book 020 8962 5590
4.00	Cloud on The Computer 1	Second Half Centre Book 020 8962 5590

### TUESDAYS

10.00	Zumba Gold	Second Half Centre Book 020 8962 5500
10.00	Community Kitchen Garden	Second Half Centre
10.00	Cloud on The Computer 1	Second Half Centre Book 020 8962 5590
10.00	Digital Life 3 Extender	Second Half Centre Book 020 8962 5590
10.00	Ipads 1	Second Half Centre Book 020 8962 5590
10.00	Smartphones 1	Second Half Centre Book 020 8962 5590
10.00	Creative Writing	Earl's Court Health & Wellbeing Centre Book 020 8962 5590
10.30	Healthy Lungs	Westway Sports Centre Book 020 8962 4141
11.00	Men's Space: Community Gardening	Plot 10 St Charles Kitchen Garden Call 0208 962 5583
11.00	Gentle Chair Exercise	Salvation Army Hall Portobello Road
11.15	Kundalini/Yoga Mediation	Second Half Centre Book 020 8962 5500
12.15	Free Computer Time	Second Half Centre
12.30	Men's Space: Active Men Group	Hardy House Call 0208 962 5583
12.45	Steady & Stable	Second Half Centre Book 0208 962 5582

1.00	T'ai Chi	St Francis' Church
1.00	Smartphones 3 Extender	Second Half Centre Book 020 8962 5590
1.00	Internet and Email	Second Half Centre Book 020 8962 5590
1.30	Zumba Gold	Westway Fitness Centre
1.45	Steady & Stable	Second Half Centre Book 020 8962 5582
2.00	T'ai Chi	St George's Church
2.00	Yoga	Venture Centre
2.00	Drama & Theatre Club	Second Half Centre
3.00	Body Wellbeing Pilates Intermediate	Second Half Centre Book 020 8962 5500
3.15	Work Club: New Job Opportunities	Second Half Centre Book 020 8960 4853
4.15	Men's Space: The Magic of Music	Second Half Centre Book 0208 962 5583
4.15	Awareness Through Movement Pilates Beginners <b>NEW</b>	Second Half Centre Book 020 8962 5500

## WEDNESDAYS

10.00	Social Cycling	Westway Sports Centre Book 07494268855
10.00	English Conversation	Thomas Darby Court Book 020 8962 5590
10.00	GO Generation 50:50 Multi Sports	Westway Sports Centre
10.00	Smartphones 1	Second Half Centre Book 020 8962 5590
10.00	Smartphones 2	Second Half Centre Book 020 8962 5590
10.00	Painting & Drawing	Second Half Centre
10.15	Philosophy	Second Half Centre
10.30	Creative Threads	Second Half Centre
12.00	Men's Space: Lunch and Cookery	Second Half Centre Book 0208 962 5583
12.15	Free Computer Time	Second Half Centre
12.30	Chair Exercise	Whitchurch House
12.45	Intermediate level Stretch & Tone	Second Half Centre Book 020 8962 5500
1.00	Advanced Social Cycling	Westway Sports Centre Book 0749468855
1.00	Mental Health Awareness <b>NEW</b>	North Kensington Library Book 020 8962 5590
1.00	Ipads 1	Second Half Centre Book 020 8962 5590

1.00	Men's Space: Computers & iPads course	Second Half Centre 0208 962 5583
1.30	Creative Writing	Second Half Centre Book on 0208 962 5590
2.00	Art for All	Thomas Darby Court
2.30	Bolder Not Older Dance Classes	Second Half Centre
2.30	Advanced French	Second Half Centre Book 0208 962 5500
2.30	Dance Exercise	Central Library
2.30	Campden Ward Social	St George's Church 0203 713 8736
4.00	IPad Photography 1	Second Half Centre Book on 0208 962 5590
4.00	IPad Photography 2	Second Half Centre Book on 0208 962 5590
4.00	Poetry	Second Half Centre Book on 0208 962 5590
4.15	Bone Density Workout 2	Second Half Centre Book 020 8962 5500

## THURSDAYS

Varied	Trips Around London	Book 020 8962 4141
10.00	Steady & Stable Book: 020 8962 5582	Earl's Court Health & Wellbeing Centre
10.00	GO Generation: Table Tennis	Second Half Centre
10.00	Photoshop Google Picasso	Second Half Centre Book 020 8962 5590
10.00	Laptops & Computers 1/2	Second Half Centre Book 020 8962 5590
10.00	Intermediate French	Thomas Darby Court Book 020 8962 5590
10.00	History of Art	Second Half Centre
10.30	Mosaic & Ceramics	Second Half Centre
10.50	Steady & Stable Book: 020 8962 5582	Earl's Court Health & Wellbeing Centre
11.05	Strictly Dance	Westway Fitness Centre
11.45	Staying Strong Yoga	Second Half Centre Book 020 8962 5500
12.15	Free Computer Time	Second Half Centre
12.15	Exercise to Music & Health Management	Second Half Centre Book 0208 962 5500
12.30	German	Second Half Centre Book 020 8962 5590

1.00	Phone Club: Discussion Groups	In YOUR own home! Info: 0203 713 8736
1.00	Beginner's Stretch and Tone	Second Half Centre Book 020 8962 5500
1.00	Windows 10 (2)	Second Half Centre Book 020 8962 5590
1.00	Windows 10 (1)	Second Half Centre Book 020 8962 5590
1.30	Men's Space: Sporting Remiscence	Chelsea Theatre Call 0208 964 5583
2.00	Monthly Members' Meeting Last Thursday of Month	Thomas Darby Court (See Trips List)
2.00	Conversational French	Second Half Centre
2.30	Book Talk: Phone Discussion Group	In YOUR own home! Info: 0203 713 8736
2.30	Bone Density Workout	Second Half Centre Book 020 8962 5500
3.15	Work Club: Access New Job Opportunities	Second Half Centre Book 020 8960 4853
3.45	Exercise to Music/ African Dance <b>NEW</b>	Second Half Centre Book 0208 952 5500
4.00	Phone Club: Discussion Groups	In YOUR own home! Info: 0203 713 8736

## FRIDAYS

10.00	Shitasu	Positive Age Centre Book 077 1551 2703
10.00	Reflexology	Positive Age Centre Book 020 7266 5762
10.00	Steady & Stable	Latymer Community Church Book 020 8962 5582
10.00	Awareness Through Movement Pilates	Second Half Centre Book 020 8962 5500
10.00	Social Media	Second Half Centre Book 020 8962 5590
10.20	Pilates	Westway Fitness Centre
10.30	Time for Me IT	Second Half Centre Book 020 8962 4536
10.45	Healthy Lungs Must Book: 020 8962 4141	Earl's Court Health & Wellbeing Centre
11.00	All Ability Cycling	Little Wormwood Scrubs Call: 0208 980 7998
11.00	Time for Me Carers Activities	Second Half Centre or Special Programme Info: 0208 963 4536
11.30	Tai Chi	Westway Fitness Centre
11.30	Bus-Pass to Broadway	Second Half Centre
12.00	Men's Space: Monthly Lunch	Various Book 020 8962 5583
12.00	Men's Space: Trips around London	Various Book 020 8962 5583

12.15	Free Computer Time	Second Half Centre
12.30	Meet, Eat & Learn	Whitchurch House Book 020 8962 4141
12.30	Breathing Yoga	Westway Fitness Centre
1.00	Line Dancing	Venture Centre
1.00	Smartphones 1	Second Half Centre Book 020 8962 5590
1.00	Digital Photography <b>NEWLY DESIGNED COURSE</b>	Second Half Centre Book 020 8962 5590
1.00	Abs, Bums & Thighs	Second Half Centre Book 020 8962 5500
1.30	Conversational English	Second Half Centre Book 020 8962 5590
2.00	Stroke Survivors' Social Group	Second Half Centre (Fortnightly)
2.00	Healthy Lungs	Second Half Centre Book 020 8962 4141
3.15	Free Computer Time	Second Half Centre

## SUNDAYS

12.30	Meet, Eat & Learn Book: Mon-Thur 020 3713 8736	Second Half Centre
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## VENUE ADDRESSES & TRANSPORT

<b>Alan Morkill House</b>	88 St. Mark's Rd, W10 6BY	7, 23, 52, 70
<b>Central Library (Meeting Room)</b>	12 Phillimore Walk, W8 7RX	C1, 9, 10, 27, 28, 49, 52, 70, 328, 452
<b>Chelsea Theatre</b>	7 World's End Place, King's Road, SW10 0DR	11, 22, 211, 328,19,49, 319, 345, C3
<b>Earl's Court Health &amp; Wellbeing Centre</b>	2B Hogarth Road, SW5 0PT	C1, C3, 74, 328, 430
<b>Edward Woods Community Centre</b>	60-70 Norland Road, W11 4TX	295, 316
<b>Gloucester Court</b>	2 Basset Road, off Ladbroke Grove, W10 6JJ	7, 23, 52, 70, 228, 295, 452
<b>Kensington United Reformed Church</b>	Corner of Adam and Eve Mews and Allen St, W8 6BL	C1, 9, 10, 27, 28, 49, 52, 70, 328, 452
<b>Latymer Community Church</b>	116 Bramley Road, W10 6SU	295, 316
<b>Little Wormwood Scrubs</b>	call Bikeworks 020 8980 7998 for more information	
<b>Mary Smith Court</b>	23 Trebovir Road, SW5 9NF	C1, C3, 74, 328
<b>MRCF (Migrant &amp; Refugee Communities Forum )</b>	2 Thorpe Close, W10 5XL	7, 23, 52, 70, 228, 452
<b>Muslim Cultural Heritage Centre</b>	244 Acklam Road, W10 5YG	23
<b>North Kensington Library</b>	108 Ladbroke Grove, W11 1PZ	7, 23, 52, 70, 228,295, 452
<b>Nursery Lane</b>	1 Nursery Lane, W10 6QD	7, 70, 220
<b>Over 50's Club</b>	Chelsea Worlds End, SW10 0EJ	11,22,211,328,19,4,9,319,345,C3
<b>OPEN AGE – Main Office Tel: 020 8962 4141</b>	<b>St Charles' Centre for Health &amp; Wellbeing, Exmoor Street, London, W10 6DZ</b>	<b>7, 23, 52, 70, 228, 295, 452</b>
<b>Paddington Library</b>	45 Porchester Rd, London W2 5DU	7,18,23,27
<b>Pepper Pot Centre</b>	1a Thorpe Close, Ladbroke Grove, W10 5XL	7, 23, 52, 70, 228,295, 452
<b>Play at Playfootball</b>	41 S Africa Rd, London W12 7RW	228 Tube: White City
<b>Positive Age Centre (PAC) Tel: 020 8960 4853</b>	<b>Peabody Estate, Dalgarno Way, W10 5JN</b>	<b>7, 70, 316</b>
<b>Queen's Park Library</b>	666 Harrow Road, London W10 4NE	28,18, 228
<b>Salvation Army Hall, Portobello Road</b>	205 Portobello Road, W11 1LU	7, 23, 52, 70, 452
<b>Second Half Centre Tel: 020 8962 5500</b>	<b>St Charles' Centre for Health &amp; Wellbeing, Exmoor Street, W10 6DZ</b>	<b>7, 23, 52, 70, 228, 295, 316, 452</b>
<b>St Charles Centre for Health &amp; Wellbeing</b>	Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 316, 452
<b>St Francis' Church</b>	Dalgarno Way, W10 5JN	7, 70, 316
<b>St George's Church</b>	Aubrey walk, Campden Hill, W8 7JG	27, 28, 31, 52, 70, 94, 148, 328, 390, 452
<b>Thomas Darby Court</b>	133 Lancaster Road, W11 1TT	7, 23, 52, 70, 228, 295, 452
<b>Venture Centre</b>	Wornington Road, W10 5QQ	7, 23, 52, 70, 295
<b>Whitchurch House</b>	3 Kingsdown Close, W10 6SL	295, 316
<b>Westway Fitness Centre</b>	3-5 Thorpe Close, London, W10 5XL	7, 23, 52, 70, 228,295, 452
<b>Westway Sports Centre</b>	Crowthorne Road, W10 6RP	295, 316



**FOR ACTIVITIES IN CHELSEA PLEASE CALL NEW HORIZONS  
on 020 7590 8970 or SEE THEIR PROGRAMME**