

Kensington Summary Activities Programme

(Chelsea activities available on the New Horizons programme)

JANUARY-MARCH 2017

FOR MORE ASSISTANCE CALL 020 8962 4141

MONDAY

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	Second Half Centre Book 020 8962 5590
10.00	Local History Walks & Talks	Second Half Centre
10.30	Line Dancing	Edward Woods Community 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	Smartphones 1	Second Half Centre Book 020 8962 5590
1.00	iPads 1	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
2.00	Dance Mix	Edward Woods Community Centre
2.30	Phone Club: Men's Current Affairs Talk	In YOUR own home! Book 020 8962 5584
3.15	Work Club: Access New Job Opportunities	Second Half Centre Book 020 8960 4853
3.30	Men's Space: Meet-up and Social	Second Half Centre
4.00	Phone Club: Creative Writing Group	In YOUR own home! Book 020 8962 5584
4.00	iPads 2	Second Half Centre Book 020 8962 5590
4.00	Smartphones 2	Second Half Centre Book 020 8962 5590

TUESDAY

10.00	Zumba Gold	Second Half Centre Book 020 8962 5500
10.00	Community Kitchen Garden	Second Half Centre
10.00	Smartphones 1	Second Half Centre Book 020 8962 5590
10.00	iPads 1	Second Half Centre Book 020 8962 5590
10.00	Digital Life 2	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 Ctr Book 020 8962 4141
11.00	Men's Space: Community Gardening	Plot 10 St Charles Kitchen Garden
11.00	Gentle Chair Exercise	Salvation Army Hall Portobello Road
11.00	Yoga – Women only	Muslim Cultural Heritage Centre
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
12.45	Steady & Stable	Second Half Centre Book 0208 962 5582

1.00	T'ai Chi	St Francis' Church
1.00	Digital Life 1	Second Half Centre Book 020 8962 5590
1.00	Cloud on The Computer 1	Second Half Centre Book 020 8962 5590
1.00	Relaxation & Health Awareness	North Kensington Library
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	Conversational Health Café	Paddington Library Book 0208 962 5590
2.00	Yoga	Venture Centre
2.00	Drama & Theatre Club	Second Half Centre
3.00	Body Wellbeing Pilates	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	Body Wellbeing Pilates Beginners NEW	Second Half Centre Book 020 8962 5500

WEDNESDAYS

10.00	English Conversation	Thomas Darby Court Book 020 8962 5590
10.00	GO Generation 50:50 Multi Sports	Westway Sports Centre
10.00	Windows 10	Second Half Centre Book 020 8962 5590
10.00	Computers For Beginners 1	Second Half Centre Book 020 8962 5590
10.00	Painting & Drawing	Second Half Centre
10.00	Conversational Health Café	North Ken Library Book 0208 962 5590
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	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 NEW	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 Call 0208 962 5584
3.15	Work Club: Access New Job Opportunities	Second Half Centre Book 020 8960 4853
4.00	Poetry NEW	Second Half Centre Book on 0208 962 5590
4.15	Bone Density Workout 2 NEW	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	Computers for Beginners 1	Second Half Centre Book 020 8962 4853
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
11.00	Strictly Ballroom	Edward Woods Community Centre
11.00	Gentle Tai Chi	Alan Morkhill House
11.05	Strictly Dance	Westway Fitness Centre
11.30	Zumba	Mary Smith Court
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 NEW	Second Half Centre Book 020 8962 5590
1.00	Phone Club: Discussion Groups	In YOUR own home! Info: 020 8962 5584
1.00	Beginner's Stretch and Tone	Second Half Centre Book 020 8962 5500
1.00	Microsoft Office / Social Media 2	Second Half Centre Book 020 8960 4853
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 NEW	Second Half Centre
2.30	Book Talk: Phone Discussion Group	In YOUR own home! Info: 020 8962 5584
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 NEW	Second Half Centre Book 0208 952 5500
4.00	Phone Club: Discussion Groups	In YOUR own home! Info: 020 8962 5584

FRIDAYS

10.00	Conversational Health Café	Queen's Park Library Book 0208 962 5590
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	Digital Photography 1	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
11.00	Time for Me Carers Activities	Second Half Centre or Special Programme
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 NEW VENUE	Whitchurch House Book 020 8962 4141
12.30	Breathing Yoga	Westway Fitness Centre
1.00	Line Dancing	Venture Centre
1.00	Build Your Own Website 1 & 2	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
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
3.15	Current Affairs Discussion Group	Second Half Centre (Fortnightly)

SUNDAYS

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

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



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