

Activities for people over 50
FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



Adult Community Learning 16th April – 20th July 2018

Dear Members, **WE NEED YOU.** Adult Community Learning (ACL) classes are denoted by the tree logo and are funded by RBKC. We are funded on 'unique' learners. This means that we only get paid once per member. In order to keep our funding we need to ask members who have not done an ACL class since September 2017 to look at our programme and please choose a course to do to help Open Age maintain the funding. Call - Maude on 0208962 5594 or Angela on 0208962 5590. THANK YOU



LOCAL EVENTS



MEN'S SPACE: FRIDAY FITNESS

Date: Friday 20th April

Time: 11.15am-12.15pm

Description

Maintain fitness improve core strength and stamina in this new gym session.

Address

St Charles Hybrid Gym
St. Charles Centre, Exmoor Street,
W10 6DZ.
Call Russell on 020 8962 5583 to book.



NT RECRUITMENT WORKSHOP

Date: Thursday 12th April

Time: 10am - 12noon

Description

Would YOU like to perform on the National Theatre's Olivier Stage as part of a new musical production of Shakespeare's Pericles? Be part of a cast of 200 over August Bank Holiday, including community members from seven partner organisations!

Address

Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ.
Call 07717201791 to book.



WATER SPLASH!!

Date: Tuesdays, Starting 17th April

Time: 1.15pm-2.00pm







Description


Water based exercises with a focus on improving stamina & strength. This class will get you burning some calories!

Address





Chelsea Sports Centre
Chelsea Manor Street
London
SW3 5PL
Call Armand on 07494268855 for more info.


Mondays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<p>Italian for Beginners MUST BOOK Starts 16th April to 2nd July</p> <p>NEW COURSE</p>	<p>10.00-12.00</p>  <p>10 week course Bank Holiday 7th May Half Term break 28th May</p>	<p>The Reed  28 Convent Gardens, London W11 1NH</p>	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	<p>Buongiorno. This course aims to introduce you to the basic aspects of the Italian language and to enable you to take part in simple conversations. You will have such fun as you learn Italian. Limited space so come in or call Maude on 020 8962 5594.</p>
<p>Social Media with Lena Dekair MUST BOOK Starts 16th April to 2nd July</p>	<p>10.00-12.00</p>  <p>10 week course Bank Holiday 7th May & Half Term break 28th May</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	<p>Get a real grip and learn how to communicate on popular social media platforms, such as Facebook, Skype, Twitter and Youtube. Learn how to post comments, photos and messages; connect with friends and family and make free calls! . You should be a confident English language user as well as being competent with the mouse and keyboard. Come in or call Maude on 020 8962 5594.</p>
<p>Digital Life With Ivor David MUST BOOK Starts 16th April to 2nd July</p>	<p>1.00-3.00pm</p>  <p>10week course Bank Holiday 7th May & Half Term break 28th May</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	<p>Learn how to use selected social media and online services in a fun, hands on environment. Shop online for groceries or books, learn to navigate with map apps, use Youtube to increase your knowledge of IT, get to learn about Cloud, send emails, use Selfie sticks, create online greeting cards to send through the mail. Discuss online banking and internet safety. You should be a confident English language user as well as being competent with the mouse and keyboard. Come in or call Maude on 020 8962 5594.</p>
<p>Current Affairs with Robert.S.Silver MUST BOOK Starts 16th April to 2nd July</p>	<p>1.00-3.00</p>  <p>10 week course Bank Holiday 7th May & Half Term break 28th May</p>	<p>The Reed  28 Convent Gardens, London W11 1NH</p>	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	<p>This course focuses on Current Affairs, Local and International news, sport, interesting facts and articles, topical talks. Meet people, share views and enjoy lively discussions. Come in or call Maude on 020 8962 5594.</p>







<p>Digital Life (Instagram) with Ivor David MUST BOOK Starts 16h April to 2nd July</p>	<p>4.00-6.00</p>  <p>10 week course Bank Holiday 7th May & Half Term break 28th May</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>Learn how to use selected social media and online services in a fun, hands on environment. Upload pictures to Instagram, shop online for groceries or books, learn to navigate with map apps., use Youtube and start to use Cloud, send emails, use Selfie Sticks, create online greeting cards to send through email. Discuss online banking and internet safety. You should be a confident English language user as well as being competent with the mouse and keyboard. Ivor David needs to confirm you can be on this course. Come in or call Maude on 020 8962 5594 to secure your place</p>
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Tuesdays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<p>French for Beginners MUST BOOK Starts 24th April to 3rd July NEW COURSE</p>	<p>10.00-12.00</p>  <p>10 week course Half Term break 29th May</p>	<p>The Reed  28 Convent Gardens, London W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>Bonjour. This course aims to enable you to communicate in French in everyday situations. You will build up your knowledge and confidence gradually through a very interactive class. Limited spaces so come in or call Maude on 020 8962 5594.</p>
<p>Computers for Beginners with Ivor David MUST BOOK Starts 24th April to 3rd July</p>	<p>10.00-12.00</p>  <p>10 week course Half Term break 29th May</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>An introduction to the basic functions of the computer to start you on your IT journey! You will learn about keyboard and mouse control, hardware and software, basic word processing, what are megabytes and gigabytes anyway? You will learn how to browse the internet, use a memory stick and send an email. Come in or call Maude on 0202 8962 5594.</p>
<p>Smartphones with Lena Dekair MUST BOOK Starts 24th April to 3rd July</p>	<p>10.00-12.00</p>  <p>10 week course Half term break 29th May</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>Learn the first steps of using a touchscreen smartphone in this interactive course. Learn how to use all buttons and touchscreen gestures; emailing; using the internet, apps and social media; using the camera and photos and more. Bring your own smartphone or use one of our Doro ones. Come in or call Maude on 0208 962 5594.</p>
<p>Creative Writing with Robert.S.Silver</p>	<p>10.00-12.00</p>	<p>Earl's Court Health & Wellbeing Centre, 2B Hogarth Road.</p>	<p>C1, C3, 74, 328, 430</p>	<p>£3/Free if on benefits</p>	<p>Learn how to start writing a story that will give pleasure to the reader through learning about and using story writing techniques.</p>



<p>MUST BOOK Starts 24th April to 3rd July</p>	 <p>10 week course Half Term break 29th May</p>	<p>SW5 0PT.</p>		<p>Come in or call Maude on 020 8962 5594.</p>
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Wednesdays in Kensington



ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<p>English Conversation with Ghada Gaylar MUST BOOK Starts 25th April to 4th July</p>	 <p>10 week course Half Term break 30th May</p>	<p>The Reed  28 Convent Gardens, London W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>All are welcome at this very supportive class. Build confidence in your English speaking skills as well as getting to grips with grammar. Topics include current affairs. Come in or call Maude on 020 8962 5594.</p>
<p>Ipads for Beginners with Ivor David MUST BOOK Starts 25th April to 4th July</p>	 <p>10 week course Half Term break 30th May</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>Finally! A chance to find out 'what is the iPad?' And 'how does the thing work?' Join this interactive and fun filled course to learn how to hold the iPad, turn it on and off, take pictures and use the keyboard. Browse the internet, download apps and send an email. Use settings and various features to personalise the device and make it easier to use. Come in or call Maude on 020 8962 5594.</p>
<p>Dance Fever! Starts 25th April NEW!</p>	 <p>(12 weeks) Half Term break 30th May</p>	<p>The Reed  28 Convent Gardens, London W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£1.50/Free if on benefits</p>	<p>Get into the groove with Armand Botha and Dance now, think later, move your feet and enjoy your one hour journey. Call Maude on 020 8962 5594.</p>
<p>IPad 2 with Ivor David MUST BOOK Starts 25th April to 23rd May</p>	 <p>5 week course</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>Want to further your knowledge having conquered the basics? With a recap on iPad beginners skills to start the course will enable you to extend your knowledge – add email accounts to the iPad, attach photos to emails, take and organise photos, manage web pages, improve typing, tidy the home screen icons and activate</p>






					IPad security. You will need to have confident use of the English language. Come in or call Maude on 020 8962 5594
Men's Space: Computers and Ipad course with Ivor David MUST BOOK Starts 6 th June to 4 th July	1.00-3.00  5 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Build up your computer, IPad and Smartphone skills within a friendly supportive group. Come in or call Russell on 020 8962 5583.
Meditation, Mindfulness and Stress Management with Paul Langton MUST BOOK Starts 25 th April to 4 th July	1.30-3.30  10 week course Half Term break 30 th May	Thomas Darby Court, 133 Lancaster Rd. W11 1TT	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Give yourself time to learn, understand and practice meditation and mindfulness, increase your ability to 'be in the moment'. Brain stimulation and improved awareness included! Come in or call Maude on 020 8962 5594.
Creative Writing with Robert.S.Silver MUST BOOK Starts 25 th April to 4 th July	1.30-3.30  10 week course Half Term break 30 th May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Learn how to start writing a story that will give pleasure to the reader through learning about and using story writing techniques. Come in or call Maude on 020 8962 5594.
TRAVEL AND TECH with Ivor David MUST BOOK Starts 25 th April to 4 th July NEW COURSE	4.00-6.00  10 week course half term break 30 th May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Become familiar with some of the available online services, apps and smart services that can help make travel more efficient and enjoyable. Book flights, navigate using map app, book hotels and B&Bs, convert currency, take photos, use selfie stick, share photos, upload pictures to Instagram. Come in or call Maude on 020 8962 5594.
Poetry with Robert.S.Silver MUST BOOK Starts 25 th April to 4 th July	4.00-6.00  10 week course Half Term break 30 th May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	This course examines the cannon of British poetry. The aim is primarily to read and enjoy poetry while learning more about the social and cultural contexts out of which it came. Come in or call Maude on 020 8962 5590.

Thursdays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Windows 10 with Lena Dekair MUST BOOK Starts 26 th April to 5 th July	10.00-12.00  10 week course Half term break 31 st May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Get to grips with this software. Learn all about the features of Windows 10 (a computer operating system by Microsoft) so that you become a confident user and know what it can do for you. Come in or call Maude on 020 8962 5590.
Computers for Beginners with Lena Dekair MUST BOOK Starts 26 th April to 5 th July	1.00-3.00  10 week course Half Term break 31 st May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	An introduction to the basic functions of the computer to start you on your IT journey! You will learn about keyboard and mouse control, hardware and software, basic word processing, what are megabytes and gigabytes anyway? You will learn how to browse the internet, use a memory stick and send an email. Come in or call Maude on 0202 8962 5594.

Fridays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Spanish 2 with Anna Czubak MUST BOOK Starts 27 th April to 6 th July	10.00-12.00  10 week course Half Term break 1 st June	Thomas Darby Crt, 133 Lancaster Rd. W11 1TT.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	For those who have completed an introductory course learning Spanish, or studied Spanish with us before. Come in or call Maude on 020 8962 5594.
Build Your Own Website 2 With Lena Dekair MUST BOOK Starts 15 th June to 13 th July	10.00-12.00  5 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	This Course is designed to give you the opportunity to update your own website using WordPress. It will give you the chance to be creative while also being able to choose what you will be creating. Come in or call Maude on 020 8962 5594.
Time for Me IT with Lena Dekair	10.30-12.30	Second Half Centre, St. Charles Centre, Exmoor	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	An IT course specifically for carers for fun and confidence building with technology. Call Liz Butters on 020

<p>MUST BOOK Starts 27th April to 25th May</p>	 5 week course	<p>Street, W10 6DZ.</p>			<p>8962 4536 to register your interest</p>
<p>Digital Photography and Editing With Lena Dekair MUST BOOK Starts 27th April to 6th July NEW COURSE</p>	 10 week course Half Term 1 st June and no class 8 th June	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>.Bring your smartphone or tablet (you can use ours) and take some amazing pictures on location. Learn about focusing, framing, colour and composition of taking photos. Learn how to download and upload your pictures from your tablets/smartphones, edit and crop, change colours, schemes and more on Windows PC.. Come in or call Maude on 0202 8962 5594.</p>
<p>Spanish 1 with Anna Czubak MUST BOOK Starts 27th April to 6th July</p>	 10 week course Half Term break 1 st June	<p>The Reed  OCTAVIA 28 Convent Gardens, London, W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>For beginners who have had a small experience of Spanish classes – i.e. 20 hours and want to further their Spanish experience. Come in or call Maude on 020 8962 5594..</p>
<p>Conversational English with Robert Silver Starts 27^h April to 6th July</p>	 10 week course Half Term break 1 st June and no class 8 th June	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>All are welcome at this very supportive class. Brush up your English speaking skills, do a spot of grammar and build your confidence. For those where English is a second language. Come in or Call Maude on 020 8962 5594/</p>



National Theatre Recruitment Workshops

Thursday 12th April 10.00am - 12.00pm

Would YOU like to perform on the National Theatre's Olivier Stage as part of a new musical production of Shakespeare's Pericles? Performed over the August Bank Holiday by a cast of 200 people, including community members from seven partner organisations, as well as a small cast of professional actors and musicians. It promises to be a huge, heartfelt and joyful celebration of the city and its people and YOU can be part of it too!

*Please note attendance at 2 evening and 1 weekend rehearsal each week for 8 weeks is required to take part in the project.

BOOK NOW to attend the recruitment sessions!
Absolutely no previous experience necessary, everyone welcome!

Call to Book on: 07717201791
The Second Half Centre, St Charles
Centre for Health & Wellbeing,
Exmoor Street, London, W10 6DZ.



Charitable Incorporated Organisation no: 1160125



Promoting healthy active communities