

Kensington Summary Activities Programme

life's just begun

(Chelsea activities available on the New Horizons programme)

16th April – 20th July 2018

FOR MORE ASSISTANCE CALL 020 8962 4141

Mondays

| | | |
|-------|-----------------------------|--|
| 10.00 | Go Generation Bokwa | Second Half Centre Book 020 8962 5500 |
| 10.00 | Gentle Chair Exercise | Nursery Lane |
| 10.00 | Kensington Activity Group | Central Library (meeting room) |
| 10.00 | Italian for Beginners | The Reed Centre Book 020 8962 5594 |
| 10.00 | Social Media | Second Half Centre Book 020 8962 5594 |
| 10.00 | Local History Walks & Talks | Second Half Centre Book 020 8962 5500 |
| 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 Centre |
| 12.00 | Chair Exercise | Central Library (meeting room) |
| 12.00 | International Cooking | Second Half Centre Book 020 8962 5500 |

| | | |
|-------|------------------------------------|--|
| 12.15 | Free Computer Time | Second Half Centre |
| 1.00 | Current Affairs | The Reed Centre Book 020 8962 5594 |
| 1.00 | Digital Life | Second Half Centre Book 020 8962 5594 |
| 1.30 | Music Appreciation | Thomas Darby Court Book 020 8962 5594 |
| 1.30 | Still Life & Life Drawing | Second Half Centre |
| 1.30 | Singing For All | Second Half Centre |
| 2.30 | Phone Club: Current Affairs Talk | In YOUR own home! Book 0203 713 8736 |
| 2.30 | Step Up from Steady | Earl's Court Health & Wellbeing Centre |
| 3.30 | Men's Space: Meet-up and Social | Second Half Centre Book 0208 962 5583 |
| 4.00 | Digital Life (Instagram) | Second Half Centre Book 020 8962 5594 |
| 4.00 | Phone Club: Creative Writing Group | In the comfort of your home. Book 020 3713 8736 |

Tuesdays

| | | |
|-------|-------------------------------|--|
| 10.00 | Zumba Gold | Second Half Centre Book 020 8962 5500 |
| 10.00 | Yoga Women Only | Muslim Cultural Heritage Centre |
| 10.00 | French for Beginners | The Reed Centre Book 020 8962 5594 |
| 10.00 | Computers for Beginners | Second Half Centre Book 020 8962 5594 |
| 10.00 | Smartphones | Second Half Centre Book 020 8962 5594 |
| 10.00 | Creative Writing | Earl's Court Health and Wellbeing Centre Book 020 8962 5594 |
| 10.30 | Healthy Lungs | Westaway Sports Centre Book 020 8962 4141 |
| 11.00 | Men's Space: Gardening | Garden Plot 10 St Charles Centre Book 020 8962 5583 |
| 11.00 | Gentle Chair Exercise | Salvation Army Hall Portobello |
| 11.15 | Kundalini Yoga/Meditation | 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 | iPad Photography | Second Half Centre Book 020 8962 5594 |

| | | |
|------|--|--|
| 1.15 | Water Splash NEW | Chelsea Sports Centre |
| 1.30 | Zumba Gold | Westaway Fitness Centre |
| 1.45 | Steady and Stable | Second Half Centre Book 0208962 5582 |
| 2.00 | Tai Chi | St George's Church |
| 2.00 | Improve English, Improve Health | Paddington Library |
| 2.00 | Yoga | Venture Centre |
| 2.00 | Drama and Theatre Club | Second Half Centre |
| 2.00 | Health and Happiness in 2018 | North Kensington Library Book 020 8962 5594 |
| 2.30 | Cruse Bereavement Support Group | The Reed Centre Book 020 8962 5500 |
| 2.30 | Shared Reading Group | The Reed Centre |
| 3.00 | Awareness Through Movement Pilates 1 | Second Half Centre Book 020 8962 5500 |
| 3.15 | Work Club Session | Second Half Centre Book 020 8960 4853 |
| 4.15 | Awareness Through Movement Pilates Beginners | Second Half Centre Book 020 8962 5500 |
| 4.15 | Men's Space: The Magic of Music | Second Half Centre Book 020 8962 5583 |

FOR MORE ASSISTANCE CALL 020 8962 4141

Wednesdays

| | | |
|---------------------|----------------------------------|---|
| 10.00 | English Conversation! | Reed Centre Book 020 8962 5594 |
| 10.00 | GO Generation 50:50 Multi Sports | Westway Sports Centre |
| 10.00 | iPads for Beginners | Second Half Centre Book 020 8962 5594 |
| 10.00 | Improve English, Improve Health | N. Kensington Library Info: 0208 962 5583 or 0208 962 5594 |
| 10.00 | Painting & Drawing | Second Half Centre |
| 10.15 | Philosophy | Second Half Centre |
| 10.30 | Creative Threads | Second Half Centre |
| 12.00 or 3.30 | Regent Street Classic Matinees | Regent Street Cinema Info: 020 3713 8737 |
| 12.15 | Free Computer Time | Second Half Centre |
| 12.30 | Men's Space: Lunch and Cookery | Second Half Centre Book 020 8962 5583 |
| 12.30 | Chair Exercise | Whitchurch House |
| 12.30 | Dance Fever! | Reed Centre |
| 12.45 | Intermediate Stretch & Tone | Second Half Centre Book 020 8962 5500 |
| 1.00 | Advanced Social Cycling | Westway Sports Centre Book 0749468855 |

| | | |
|------|---|--|
| 1.00 | Improve English, Improve Health | North Kensington Library Book 020 8962 5594 |
| 1.00 | iPad 2 | Second Half Centre 0208 962 5590 |
| 1.00 | Men's Spcae: Computers and iPad course | Second Half Centre Book 020 8962 5583 |
| 1.30 | Meditation, Mindfulness and Stress Management | Thomas Darby Court Book 0208 962 5594 |
| 1.30 | Creative Writing | Second Half Centre Book on 0208 962 5594 |
| 2.00 | Art for All | The Reed Centre |
| 2.00 | Regent Street Ballroom Dancing | The Bar Regent Street Cinema |
| 2.00 | 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 (meeting room) |
| 2.30 | Campden Ward Social | St George's Church 0203 713 8736 |
| 3.45 | Go Generation Bone Density Workout 2 | Second Half Centre Book 020 8962 5500 |
| 4.00 | Travel and Tech | Second Half Centre Book on 0208 962 5594 |
| 4.00 | Poetry | Second Half Centre Book on 0208 962 5594 |

Thursdays

| | | |
|--------|--|--|
| 10.00 | Yoga 4 Health | The Reed Centre |
| Varied | Trips Around London | Meet at North Kensington Library Book 020 8962 4141 |
| 10.00 | Intermediate French | Thomas Darby Court Book 020 8962 5594 |
| 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 | Windows 10 | Second Half Centre Book 020 8962 5594 |
| 10.00 | History of Art | Second Half Centre |
| 10.30 | Mosaic & Ceramics | Second Half Centre |
| 11.00 | Steady & Stable Book: 020 8962 5582 | Earl's Court Health & Fitness 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 |
| 1.00 | Beginner's Stretch and Tone | Second Half Centre Book 020 8962 5500 |
| 1.00 | Computers for Beginners | Second Half Centre Book 020 8962 5594 |
| 1.30 | Men's Space: Reminiscence Group | 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 – Last Thursday of Month | 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 | Yoga 4 Health | Second Half Centre Book 0208 952 5500 |
| 4.00 | Phone Club: Discussion Groups | In YOUR own home! Info: 0203 713 8736 |

FOR MORE ASSISTANCE CALL 020 8962 4141

Fridays

| | | |
|-------|---|---|
| 10.00 | Shitasu | Positive Age Centre Book 077 1551 2703 |
| 10.00 | Reflexology | Positive Age Centre Book 020 7266 5762 or 07865080969 |
| 10.00 | Steady & Stable | The Reed Centre Book 020 8962 5582 |
| 10.00 | Healthy Lungs Must Book: 020 8962 4141 | Earl's Court Health & Wellbeing centre |
| 10.00 | Awareness Through Movement Pilates | Second Half Centre Book 020 8962 5500 |
| 10.00 | Spanish 2 | Thomas Darby Court Book 020 8962 5594 |
| 10.00 | Build Your Own Website | Second Half Centre 0208 962 5590 |
| 10.20 | Pilates | Westway Fitness Centre |
| 10.30 | Time for Me IT | Second Half Centre Book 020 8962 4536 |
| 11.00 | All Ability Cycling | Little Wormwood Scrubs Call: 0208 980 7998 |
| 11.00 | Time for Me Carers Activities | Second Half Centre Info: 0208 963 4536 |
| 11.15 | Men's Space: Friday Fitness | St Charles Hybrid Gym Book 020 8962 5583 |
| 11.30 | Tai Chi | Westway Fitness Centre |
| 11.30 | Bus-Pass to Broadway | Second Half Centre |

| | | |
|-------|----------------------------------|--|
| 12.00 | Men's Space: Monthly Lunch | La Bodega Book 020 8962 5583 |
| 12.00 | Men's Space: Trips around London | Meet Ladbroke Grove Station Book 020 8962 5583 |
| 12.15 | Free Computer Time | Second Half Centre |
| 12.30 | Meet, Eat & Learn (MEAL) | La Bodega Book 0208 962 4141 |
| 12.30 | Breathing Yoga | Westway Fitness Centre |
| 1.00 | Line Dancing | Venture Centre |
| 1.00 | Digital Photography and Editing | Second Half Centre Book 020 8962 5594 |
| 1.00 | Spanish 1 | The Reed Centre Book 020 8962 5594 |
| 1.00 | Abs, Bums and Thighs | Second Half Centre Book 020 8962 5500 |
| 1.30 | Conversational English | Second Half Centre Book 020 8962 5594 |
| 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 | Second Half Centre Book 0208 962 4141 |
|-------|-------------------|--|

FOR MORE ASSISTANCE CALL 020 8962 4141

VENUE ADDRESSES & TRANSPORT

| | | |
|--|--|---|
| Central Library (Meeting Room) | 12 Phillimore Walk, W8 7RX Meeting room is located under the Central Library | C1, 9, 10, 27, 28, 49, 52, 70, 328, 452 |
| Chelsea Sports Centre | Chelsea Manor Street, SW3 5PL | 319, 49, 211, 11, 22 |
| 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 |
| Gloucester Court | 2 Basset Road, off Ladbroke Grove, W10 6JJ | 7, 23, 52, 70, 228, 295, 452 |
| Hardy House | 64 Great Western Road | 28, 31, 328 |
| La Bodega | 78 Tavistock Rd, W11 1AN | 7, 23, 52, 70, 228, 295, 452 |
| Little Wormwood Scrubs | call Bikeworks 020 8980 7998 for more information | 7, 70, 316 |
| 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 |
| 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 |
| Positive Age Centre (PAC) Tel: 020 8960 4853 | Peabody Estate, Dalgarno Way, W10 5JN | 7, 70, 316 |
| The Reed Centre | 28 Convent Gardens, London, W11 1NH | 7, 23, 52, 70, 452 |
| Regent Street Cinema | 309 Regent St, London, W1B 2UW | 88, 453, C2 |
| 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 | Wormington 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**