

Silver Sunday 2026

Monday
28 September
to Friday
9 October

A guide to
free events
for residents
50+



SILVER SUNDAY
CELEBRATING OLDER PEOPLE



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Silver Sunday activities
across Kensington and Chelsea
are being coordinated by



Introduction

Silver Sunday is a two-week programme of fun activities for older people to come together.

Groups across Kensington and Chelsea have joined to provide a packed schedule of free activities for residents aged 50+ to meet people and try new hobbies.

For support on how to join online activities, visit the libraries' IT sessions:

- **Kensington Central Library:** Mondays (Comfortable Zone) 10am to 11.30am and 2pm to 4pm, and Tuesdays 10am to 11.30am
- **North Kensington Library:** Tuesdays 10am to 12pm and 5.30pm to 7.30pm
- **Chelsea Library:** Tuesdays 2pm to 3pm
- **Brompton Library:** Thursdays 1pm to 3pm



We recommend
**making bookings in
advance** due to
limited spaces
available.

List of activities

Date	Activities
Monday 28 September 	1. Patchwork Craft Class A friendly and relaxed patchwork class suitable for beginners, where you can learn the basics, build confidence and enjoy getting creative. All materials provided. Time: 10am to 11.30am Venue: The Avenues, 3-7 Third Avenue, W10 4RS Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk  Located in Westminster
Monday 28 September 	2. Film Festival A fun afternoon enjoying a film with light refreshments. The film will be known one week ahead so please call to find out what it is. Time: 1.15pm to 3.15pm Venue: The Avenues, 3-7 Third Avenue, W10 4RS Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk  Located in Westminster
Tuesday 29 September  	3. Open House at Carlyle's House An introductory talk before a self-led exploration of the historical literary house. Time: 11am to 2pm Venue: 24 Cheyne Row, Chelsea, SW3 5HL Booking: timeslots 11am, 11.30am, 12pm (noon), 12.30pm, 1pm. Call Leo on 020 4516 9971 or email bookings@openage.org.uk 
 Limited parking available at nearby meters. Outside toilet with limited access. Unsuitable for wheelchair access due to the many stairs. Guide dogs/assistance dogs only.	

Date	Activities
Thursday 1 October  	4. Creative Coasters Create your own set of beautiful cork and leather coasters using paint or simple hand stitching. This relaxed, beginner friendly workshop includes step by step guidance, and is perfect for anyone looking to try something creative. All materials provided. Time: 10am to 12pm (noon) Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk
Thursday 1 October 	5. Move to Groove – “The Lambada” Flowing and rhythmic dance session full of fun and creativity. Time: 12.15pm to 1pm Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk
Thursday 1 October 	6. Move to Groove – “Creative Dance” Move freely, express yourself and build confidence through imagination and storytelling. Time: 1.15pm to 2pm Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk

Date	Activities
Thursday 1 October 	7. All Abilities Art Class Join this art class to explore creating with different materials. All materials provided. Time: 1.30pm to 3.30pm Venue: St Margaret's Centre, 1 Carey Place, SW1V 2RT Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk  Located in Westminster
Thursday 1 October 	8. Watercolours for All Enjoy a calming afternoon of watercolour painting in this beginner-friendly class, perfect for learning new skills and meeting new people. Time: 1.45pm to 3.15pm Venue: The Avenues, 3-7 Third Avenue, W10 4RS Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk  Located in Westminster



Date	Activities
Thursday 1 October 	9. Golden Shovel Poetry Choose your favourite line of poetry or song lyric and make a poem from it! No experience needed, just come and give it a try. Time: 3pm to 5pm Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk
Friday 2 October 	10. Philosophy (online) Engage with some key debates in the history of Philosophy with this stimulating talk and discussion. Time: 10.30am to 11.30am Venue: Online via Zoom Booking: email bookings@openage.org.uk 
Friday 2 October 	11. History of Art (online) Travel back in time and discover stories about older people in art with this fascinating online talk and discussion. Time: 1pm to 2pm Venue: Online via Zoom Booking: email bookings@openage.org.uk 



Date	Activities
Friday 2 October  	12. Creative Coasters Create your own set of beautiful cork and leather coasters using paint or simple hand stitching. This relaxed, beginner friendly workshop includes step by step guidance, and is perfect for anyone looking to try something creative. All materials provided. Time: 2pm to 4pm Venue: Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk
Saturday 3 October 	13. Banqueting House Private Tour 1 Experience a private tour of Banqueting House! Admire the epic Rubens' ceiling and discover the site of Charles I's execution.  Located in Westminster Time: 10am to 11.15am Venue: Banqueting House, Whitehall, SW1A 2ER Booking: There are limited spaces. To book, email communities@hrp.org.uk with the subject line 'Silver Sunday Banqueting House Tour 1'.

Date	Activities
Saturday 3 October  HISTORIC ROYAL PALACES	14. Banqueting House Private Tour 2 Experience a private tour of Banqueting House! Admire the epic Rubens' ceiling and discover the site of Charles I's execution.  Located in Westminster Time: 12.30pm to 1.45pm Venue: Banqueting House, Whitehall, SW1A 2ER Booking: There are limited spaces. To book, email communities@hrp.org.uk with the subject line 'Silver Sunday Banqueting House Tour 2'.
Monday 5 October  HISTORIC ROYAL PALACES	15. Warm and Welcome Space at Kensington Palace Drop in to the Clore Learning Centre at Kensington Palace for tea, coffee and company. There will be books, board games, art materials, an optional fitness class, an art class, and a selection of snacks. Time: 10am to 3pm Venue: Clore Learning Centre, Kensington Palace, W8 4PX Booking: No booking required. For questions email communities@hrp.org.uk.

Date	Activities
Monday 5 October 	16. Découpage Workshop Come along to transform old gift boxes into recycled decoupage-patterned boxes. All materials provided. Time: 11am to 1pm Venue: Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk
Monday 5 October 	17. Coronet Theatre Tour Come along to an exclusive tour of the iconic Coronet Theatre – a beautifully restored Grade II listed gem in the heart of Notting Hill. Time: 11.30am to 12.30pm Venue: 103 Notting Hill Gate, W11 3LB Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk 
Monday 5 October 	18. Social Singing Join this group for a singalong to some well-known tunes. Time: 12.15pm to 1.15pm Venue: St Margaret's, 1 Carey Place, SW1V 2RT Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk  Located in Westminster



Not suitable for wheelchair users and anyone who needs support using stairs. This is a walking tour of the theatre for an hour and there are many stairs and small spaces



Registration is now
open. Have a look and
see what events are
happening near
you.



Date	Activities
Monday 5 October 	19. Spanish Conversation: Coffee and Chat (online) Practice speaking Spanish over a friendly coffee-style chat via Zoom. This session is for people who already have a basic understanding of the language and to help them build confidence. Time: 12.45pm to 1.45pm Venue: Online via Zoom Booking: email bookings@openage.org.uk 
Monday 5 October 	20. Open Space Talk: The Life of Jane Austen Come along and join this informal and fascinating talk about the life of Jane Austen. Time: 1.15pm to 2.15pm Venue: The Avenues, 3-7 Third Avenue, W10 4RS Booking: email bookings@openage.org.uk  Located in Westminster
Monday 5 October 	21. Singing for All: Sing the Classics! A lively singing group where new faces are welcomed. Join this session and sing the classics from the “golden age.” Time: 1.45pm to 3.45pm Venue: Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk

Date	Activities
Monday 5 October 	22. Fun with Art – Mixed Media Class Dive into experimenting with paint, collage, ink and found objects to create your own art. All materials provided. Time: 2.15pm to 4.15pm Venue: Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk
Monday 5 October 	23. Collaging Workshop An hour of collaging with recycled materials, newspapers, magazines and other paper supplies. All materials provided. Time: 3pm to 4pm Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk



Date	Activities
Tuesday 6 October  HOME OF THE CHELSEA PENSIONERS	24. Tour of Royal Hospital and Art Session A tour of the Royal Hospital, home to the Chelsea Pensioners. Explore the history and architecture of this amazing site in the heart of Chelsea. Time: 10.30am to 12pm – wellbeing session and 1.30pm to 2.30pm – tour. Participants are asked to do both sessions for this event. Venue: Royal Hospital Road, SW3 4SR Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk
Wednesday 7 October  OPEN AGE	25. Board Games Café A fun event where you can meet new people and play Scrabble, Rummikub and Dominoes. Time: 10am to 12pm (noon) Venue: The Avenues, 3-7 Third Avenue, W10 4RS Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk
Wednesday 7 October  OPEN AGE	26. Quiz and Social Games A fun and relaxed quiz session where you can meet new people and test your general knowledge skills. After an hour of quizzing, there will be an opportunity to play Uno with the group. Time: 2.30pm to 4.30pm Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk

Date	Activities
Wednesday 7 October 	27. Social Singing at New Horizons A fun and relaxed singing session where you can meet new people and sing along to well-known songs. Time: 2.30pm to 4.30pm Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF Booking: call Leo on 020 4516 9971 or email bookings@openage.org.uk
Thursday 8 October 	28. Literature and Poetry An engaging session where you can learn about poems, short stories and novels in a social setting. Time: 10am to 12pm (noon) Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF Booking: call Leo on 020 3713 8737 or email bookings@openage.org.uk
Thursday 8 October 	29. Tour of the National Army Museum Two tours exploring the history and impressive collection of artefacts at the National Army Museum. Time: Tour 1 (11am to 12.30pm) Tour 2 (1pm to 2.30pm) Venue: Royal Hospital Road, SW3 4HT Booking: call Leo on 020 3713 8737 or email bookings@openage.org.uk (Please state which tour you are booking for)

Date	Activities
Thursday 8 October 	30. Eco Crafts Workshop Give plastic a second life! In this workshop, learn how to crochet plastic into accessories for a stunning effect. All materials provided. Time: 3.15pm to 4.30pm Venue: Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ Booking: call Leo on 020 3713 8737 or email bookings@openage.org.uk
Friday 9 October 	31. Move to Groove: “Soul Train Line” An energetic, feel-good event where rhythm, music and movement come alive in disco line dancing. Time: 11.15am to 12pm (noon) Venue: Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ Booking: call Leo on 020 3713 8737 or email bookings@openage.org.uk
Friday 9 October 	32. Move to Groove: “Caribbean Grooves” A vibrant and energetic dance style inspired by the rich cultures of the Caribbean. Come along and get into your dancing groove. Time: 12.15pm to 1pm Venue: Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ Booking: call Leo on 020 3713 8737 or email bookings@openage.org.uk

Date	Activities
Friday 9 October 	33. Junk Book Workshop Turn everyday rubbish, such as magazines, packaging and envelopes, into a handmade art journal. All materials provided but bring your own if you wish. Time: 2pm to 4pm Venue: Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ Booking: call Leo on 020 3713 8737 or email bookings@openage.org.uk
Friday 9 October 	34. Mahjong Social A fun afternoon of sociable Mahjong playing amongst a friendly group of different abilities. Time: 2pm to 4pm Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF Booking: call Leo on 020 3713 8737 or email bookings@openage.org.uk

Find out more

For more information on what is happening for Silver Sunday scan the QR codes or visit:

 www.rbkc.gov.uk/events

 www.openage.org.uk

