

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



Kensington Activity Programme

September to December 2018

Dear Members, Adult Community Learning (ACL) classes are denoted by the tree logo (right) and funded by RBKC. Our classes will start again from 12th September and the full list is included in this Programme. You need to enrol to secure your place by coming in from Monday 3 September to get your name on the course of your choice and completing the enrolment form. Best wishes, Maude (0208 962 5594) and Angela (0208 962 5590)



The Second Half Centre will be taking bookings for activities and trips from Monday 3rd September. The majority of exercise classes require a maximum of booking one week in advance. Do call Jenny or Kaidee on 0208 962 5500 to book your class!

LOCAL EVENTS



HEALTH DAY

Date: Wednesday 17th Oct

Time: 10am-3pm

Description

The day is focused on a holistic approach to health and wellbeing for older adults. We will offer various talks on health topics; complimentary services along with various physical activity taster sessions. This is a FREE event. Includes light refreshments. **For more information call Armand on 074 9426 8855**

Address

Everyone Active Westway Sports and Fitness Centre,
1 Crowthorne Road,
W10 6RP



NATIONAL THEATRE WORKSHOP

Date: Wednesdays 26th Sept

Time: 10am – 12.30pm

Description

Come & explore the joy of expressing stories through dance & movement in this class led by professional artists from the National Theatre. Sessions will be fun, active, playful and full of music! Limited spaces available so call **07717201791** to book.

Address

Open Age QPHR Hub, New Avenues
3-7 Third Avenue, London,
W10 4RS



BOXING FITNESS

Date: Thursdays 13th Sept

Time: 3.45pm -4.45pm

Description




Come and try this fun and interactive boxing fitness class designed to improve your heart health, strength and co-ordination. **Call Jenny or Kaidee for more info on 0208 962 5500.**




Address


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

Open Age has instigated a pricing structure of £1 per hour. With no obligation however to do so, it is our hope that those who are in a position to pay a higher fee of £3 per hour & £5 for a 2 hour class will do so. Thank you!






Mondays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
GO Generation Bokwa MUST BOOK Starts 10 th September	10.00-11.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	A lively energizing cardio workout routine based around drawing letters and numbers in the air. Must book max 1 week in advance. Call 020 8962 5500.
Gentle Chair Exercise Starts 10 th September	10.00-11.00	Nursery Lane, Sheltered Scheme, 1 Nursery Lane, W10 6QD.	7,70, 220	£1	Fun, low impact exercise class to improve strength and mobility. For RBKC residents.
Kensington Activity Group Starts 10 th September	10.00-12.00 Half Term break 22nd October	Meeting Room (under Central Library), Phillimore Walk, W8 7RX.	C1,9, 10,27, 28,49, 52,70, 328, 452	£1.50	KAG is a friendly, social group featuring speakers covering a range of interesting topics. Refreshments are available.
Italian for Beginners with Monera Takla MUST BOOK & ENROL Starts 17 th September to 26 th November	10.00-12.00  10 week course Half Term break 22 nd October	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	This course is aimed at complete beginners. The emphasis will be on the development of speaking and listening skills to enable you to take part in simple conversations. You will learn the alphabet, numbers, the calendar, how to greet and introduce yourself. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594
Beginners Computers with Lena Dekair MUST BOOK & ENROL Starts 17th September to 26th November	10.00-12.00  10 week course Half Term break 22 nd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Don't be scared of computers! Come and take the first steps with using Windows 10 PCs in this interactive course. Learn how to use the mouse, power on and off, access the internet, browse the web, create and use emails in this fun and friendly course. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594.
Local History Walks and Talks Starts 17 th September	10.00-12.00 Half Term break 22 nd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	Discover North Kensington's hidden gems and secrets during these guided walks & talks.
Monday Forum Starts 17 th September	10.30-12.00	Gloucester Court, 2 Bassett Road, W10 6JJ.	7, 23, 52, 70, 228, 295, 452	£1.50	Weekly social group with different guest speakers.






Latin American Dance MUST BOOK Starts 10 th September	11.00-12.00 Half Term break 22nd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Workout whilst having lots of fun – come and move your feet to the Latin beat! For RBKC residents. Must book max 1 week in advance on 020 8962 5500.
Gentle Chair Exercise Starts 10 th September	11.30-12.30	Pepper Pot, 1a Thorpe Close, W10 5XL	7, 23, 52, 70, 228, 295, 452	£1	Fun, low impact exercise class to improve strength and mobility. For RBKC residents.
Chair Exercise Starts 10 th September	12.00-1.00	Meeting Room under the Central Library, Phillimore Walk, W8 7RX.	C1, 9, 10, 27, 28, 49, 52, 70, 328, 452	£1	Gym in a chair: this is a fun exercise session suitable for all levels. For RBKC residents.
International Cooking MUST BOOK Starts 10 th September	12.00-1.30 Half Term break 22 nd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/£6 incl. lunch	Come & learn how to cook cuisines from around the world from some of best chefs in London. Book 020 8962 5500.
Free Computer Time Starts 17 th September to 10 th December	12.15-1.00 Half Term break 22 nd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Drop-In no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.
Current Affairs with Robert.S.Silver MUST BOOK & ENROL Starts 17 th September to 26 th November	1.00-3.00  10 week course Half Term break 22 nd October	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	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 to enrol from 3rd September. Any queries call Maude on 020 8962 5594.
IPads for Beginners with Ivor David MUST BOOK & ENROL Starts 17 th September to 26 th November	1.00-3.00  10 week course Half Term break 22 nd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Begin your journey with using iPads, learn what the location of buttons and their usage are; how to turn on/off, using finger gestures; how to open apps, learn how to use Email, take and edit photos, navigate the internet and web pages, download Skype and make a video call with it, plus much more in this fun and informative course. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594
Yoga Starts 10 th September NEW	1.00-2.15	Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.	7, 23, 52, 70, 228, 295, 452	£2	The class focusses on standing & lying yoga positions to increase core strength & flexibility. For RBKC residents.

Music Appreciation Starts 24 th September to 3 rd December	1.30-3.00 10 weeks Half Term break 22 nd October	Thomas Darby Crt 133 Lancaster Rd. W11 1TT.	7, 23, 52, 70, 228, 295, 452	£2	An enlightening, relaxing and enjoyable class listening & learning from a professional musician about all aspects of classical music. Come in or call Maude on 020 8962 5594.to be booked on to the course
Still Life & Life Drawing Starts 10 th September	1.30-3.30 Half Term break 22 nd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	Look at objects through the eyes of an artist. Learn about perceptive outline, shape, proportion, tone, colour, texture, form & composition.
Singing for All Starts 17 th September	1.30-3.30 No class on 29 th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	If you are new to singing or you'd like to brush up on your technique then this is the perfect class for you!
Phone Club: Current Affairs Talk For the Housebound	2.30-3.30	In the comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Local and International news, sport, interesting facts and articles, topical talks. Phone Hester for more info & to join on 020 3713 8736.
Norland Ward Monthly Social Starts 24 th September	2.30-4.30	Edward Wood Community Centre, 60-70 Norland Rd, London W11 4TX	316, 228	FREE	Group meets once a month for an interesting programme of speakers and trips ranging from classical concerts and art documentaries to exercise tasters and creative classes. For ward residents only. Phone Hester on 020 3713 8736 for more info and dates.
Men's Space: Meet-up & Social Starts 10 th September (Monthly Health and Wellbeing Toolbox, 17 th Sept, 15 th Oct and 19 th Nov)	3.30-5.30 Half Term break 22 nd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Monthly health and wellbeing talks and the chance to play ping pong, chess, draughts and dominoes with a wide range of information available. Call Russell on 020 8962 5583 to book.
Phone Club: Creative Writing Group For the Housebound	4.00-5.00	In the comfort of your own home.	N/A	FREE	Tutor led with Robert Silver. Word games, writing exercises, sharing work aloud for feedback with optional homework. Phone Hester for more info & to join on 020 3713 8736.
Instagram with Ivor David MUST BOOK & ENROL Starts 17 th September to 26 th November	4.00-6.00  10 week course Half Term break 22 nd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Instagram is getting bigger and bigger and this course will show you how to log-in and use Instagram including uploading photos/videos to share with everyone in your world easily, quickly and with fun. You will find out how to follow your family, friends, celebrities, etc. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594

Tuesdays in Kensington


ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Zumba Gold MUST BOOK Starts 11 th September	10.00-11.00 Half Term break 23 rd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Easy-to-follow steps and routines for everyone to enjoy - ditch the workout - join the party! For RBKC residents Must book max 1 week in advance on 020 8962 5500.
Yoga Women Only Starts 11 th September	10.00-11.30	Muslim Cultural Heritage Centre, 244 Acklam Rd, W10 5YG	23	FREE	Suitable for all levels from beginners to improvers. For RBKC residents. For more details call Armand on 074 8322 5682
French for Beginners with Monera Takla MUST BOOK & ENROL Starts 18 th September to 27 th November	 10 week course Half Term break 23 rd October	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	This course is aimed at complete beginners or for those who want to refresh what they learnt at school. It will enable you to communicate in the language in every day situations. Topics covered will be personal identity, family, where you live, food, shopping, asking for directions, telling the time, leisure activities Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594.
Beginners Computers – Step 2 – with Ivor David MUST BOOK & ENROL Starts 18 th September to 27 November	 10 week course Half Term break 23 rd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	This is the follow on from Beginners Computers to increase your confidence with using a PC. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594
Smartphones are Easy with Lena Dekair MUST BOOK & ENROL Starts 18 th September to 27 th November	 10 week course Half term break 23 rd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Learn the very basics, how to turn on/off, access apps. use the camera, connect online and much more. A Doro smartphone will be supplied for you to learn on during the course if you do not have your own mobile to use. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594
Creative Writing with Robert.S.Silver MUST BOOK & ENROL Dates and venue to be confirmed	 10 week course Half Term break 23 rd October	TBC	C1, C3, 74, 328, 430	£3/Free if on benefits	Write about travel, nature, autobiographies, memoirs, essays, rants, almost anything else you can think of. Air your opinions, share fascinating facts and learn how to improve the quality of your writing with new techniques. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594.



Healthy Lungs MUST BOOK Starts 4 th September	10.30-11.30	Westway Sports Centre, Crowthorne Road, W10 6RP.	295, 316	FREE	Exercise classes specifically designed for people with breathing difficulties or conditions. Must have a respiratory condition. Book with Hansa: 020 8962 4141. For RBKC residents.
Men's Space: Gardening Starts 11 th September	11.00-1.00 Half Term break 23 rd October	Garden Plot 10 St. Charles Centre for Health & Wellbeing, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Be part of the group and help to look after our garden plot growing your own fruits, veg, and herbs for yourself and the cooking groups. Call Russell on 020 8962 5583 to confirm your attendance.
Gentle Chair Exercise Starts 11 th September	11.00-12.00	Salvation Army Hall, 205 Portobello Road, London, W11 1TT.	7, 23, 52, 70, 452	FREE	Fun, low impact exercise class to improve strength & mobility. For RBKC residents.
Kundalini Yoga / Meditation MUST BOOK Starts 11 th September	11.15-12.15	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	This class is designed to elevate consciousness, promote physical well-being and expand awareness. For RBKC residents. Must book max 1 week in advance on 020 8962 5500.
Free Computer Time Starts 18 th September to 11 th December	12.15-1.00 Half Term break 23 rd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228,295, 452	FREE	Drop-in & use a computer - no booking required! Bring own USB stick to store documents. Please follow guidelines relating to online safety.
Men's Space: Active Men Group Starts 11 th September	12.30-1.30 (Weekly) Half Term break 23 rd October	Hardy House, 64 Great Western Road, W11 1AN.	28,31, 328	FREE	Are you getting enough exercise? Join the Active Men's group for weekly exercise, walks and circuit training. Call Russell on 020 8962 5583 for more information or to join the group.
Steady & Stable MUST BOOK Starts 4 th September	12.45-1.45	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	A fun tried and tested exercise programme to improve balance, strength, reduce falls and ensure independent mobility. Book with Tina on 020 8962 5582.
Tai Chi Starts 11 th September	1.00-2.00	St. Francis Church, Dalgarno Way, W10 5JN.	7, 70, 316	£1.50	A slow moving and gentle exercise, carried out in a relaxed manner. Suitable for anyone irrespective of age or physical condition. For RBKC residents.
Zumba GOLD Starts 11 th September	1.30-2.30	Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.	7, 23, 52, 70, 228, 295, 452	£2	A lively dance exercise class to Latin music. Must show Membership Card. (Health warning: not for people with back or knee problems) For RBKC residents.





<p>Shared Reading Group Starts 11th September</p>	<p>1.30-3.00</p> 	<p>The Reed  28 Convent Gardens, London W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>FREE</p>	<p>Together we listen to great stories and poems read aloud. You can sit back, relax and listen, join in the conversation, or read aloud - it's up to you. Everyone is welcome at this friendly Shared Reading group run by charity The Reader.</p>
<p>Cruse Bereavement Support Group MUST BOOK Starts 31st October</p>	<p>1.30-3.00</p>  <p>6 week course</p>	<p>The Reed  28 Convent Gardens, London W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>FREE</p>	<p>A small, friendly, group offered by Cruse Bereavement Care, to members who may be experiencing difficulty coping after someone has died. The group will be facilitated by 2 trained Cruse volunteers for 6 weeks - a safe place for members to share their feelings and learn how others are coping. Attending the first session is essential, so the facilitators can explain what is on offer and you can decide if you think this is the sort of support that might be helpful to you. Please call 0208 962 5500 to book or for more information.</p>
<p>Steady & Stable MUST BOOK Starts 4th September</p>	<p>1.45-2.45</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>FREE</p>	<p>A fun tried and tested exercise programme to improve balance, strength, reduce falls and ensure independent mobility. Book with Tina on 020 8962 5582.</p>
<p>Tai Chi Starts 11th September</p>	<p>2.00-3.00</p>	<p>St. George's Church, Aubrey Walk, Camden Hill, W8 7JG.</p>	<p>31, 27, 28, 52, 70, 94, 148, 328, 390, 452</p>	<p>£1</p>	<p>Gentle Exercise, great for relieving stress & bringing about mental calm with the associated health benefits! For RBKC residents.</p>
<p>Yoga Starts 11th September</p>	<p>2.00-3.30</p>	<p>Venture Centre, Wornington Road, W10 5QQ.</p>	<p>23, 52, 70, 228, 295, 452</p>	<p>£1.50</p>	<p>The class focusses on standing & lying yoga positions to increase core strength & flexibility. For RBKC residents.</p>
<p>Drama & Theatre Club Starts 11th September</p>	<p>2.00-4.00 Half Term break 23rd October</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2/£5</p>	<p>Discover your inner thespian: join this fun drama class! Express yourself, develop self-confidence & creativity. Sign up for combined workshops with West End visits. Priority tickets for Drama and Theatre Club members, call The SHC on 0208 962 5500 to find out this term's production!</p>
<p>Health and Wellbeing With Paul Langton</p> <p>MUST BOOK & ENROL Starts 18th September to 27th November</p>	<p>2.00-4.00</p>  <p>10 week course Half Term break 23rd October</p>	<p>The Curve Community Centre, 10 Bard Road W10 6TP</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/free if on benefits</p>	<p>Assess your health and life style and then come and learn about various complementary and alternative health therapies and techniques to help you feel good and enjoy life. You will be guided to use techniques that help you to get the most out of the world we live in.</p> <p>Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594.</p>




Improve English, Improve Health With Val Phillips	2.00 – 4.30	Paddington Library 45 Porchester Road W2 5DU	7, 18, 23, 27, 36	FREE	A 10 week course to improve your understanding of health, on how to stay well, learn how to access health services and to improve your English at Paddington Library. For details or to express interest call Russell on 020 8962 5583 or Maude on 020 8962 5594.
Awareness Through Movement Pilates 1 MUST BOOK Starts 11 th September	3.00-4.00 Half Term break 23 rd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Pilates is a slow, controlled system of mind-body exercise that focuses on body awareness & good posture to increase core strength, flexibility & agility. For RBKC residents. Must book max 1 week in advance on 020 8962 5500.
Work Club Session Starts 11 th September	3.15-4.45	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	By referral from the New Futures 50 Plus Employment Programme. Must book on 020 8960 4853. Please follow guidelines relating to online safety.
Awareness Through Movement Pilates BEGINNERS MUST BOOK Starts 11 th September	4.15-5.15 Half Term break 23 rd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Great for those new to Pilates as this class will also provide a foundation in body awareness. For those with experience, it will enhance your Pilates performance. Must book max 1 week in advance on 020 8962 5500.
Men's Space: The Magic of Music MUST BOOK Starts 11 th September	4.15-5.45 Half Term break 23 rd October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1.50	If you play a musical instrument, enjoy listening to live music and want to be part of a band for a weekly jam session, Call Russell on 020 8962 5583 to book.



Wednesdays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Windows 10 with Ivor David MUST BOOK & ENROL Starts 19 th September to 5 th December	10.00-12.00  10 weeks Half Term break 24 th October No class on 10 th October	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 and learn all the features of Windows 10 and become a confident user. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594


GO Generation 50:50 Multi Sports Starts 12 th September	10.00-12.00 Half Term break 24 th October	Westway Sports & Fitness Centre, Crowthorne Rd, W10 6RP.	295, 316	£2	Participate in table tennis, badminton & short tennis, enjoy refreshments & socialise at the end! For RBKC residents.
Improve English, Improve Health With Val Phillips	10.00 – 12.30	North Kensington Library, 108 Ladbroke Grove, W11 1PZ	7, 23, 52, 70, 228, 295, 452	FREE	A 10 week course to improve your understanding of health, on how to stay well, learn how to access health services and to improve your English at North Kensington Library. For further details or to express an interest call Russell on 020 8962 5583 or Maude on 020 8962 5594.
Speak with Confidence with Ghada Gaylani MUST BOOK & ENROL Starts 19 th September to 28 th November	10.00 – 12.00  10 week course Half Term break 24 th October	The Reed  28 Convent Gardens W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	A course for learners who want to improve their spoken English, using various texts, videos, and scenarios in a fun and friendly environment Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594
Painting and Drawing Starts 12 th September	10.00-12.00 Half Term break 24 th October No class on 10 th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	This painting & drawing class is suitable for all levels. Explore all kinds of technique, including colour theory & perspective.
Philosophy Starts 12 th September	10.15-12.15 Half Term break 24 th October No class on 10 th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	Explore new concepts, challenge ideas, & stretch your mind through questioning & reasoning. Engage in lively debate & discuss topics such as religion, ethics, science and the arts. Call The SHC for more info, 0208 962 5500.
Creative Threads Starts 12 th September	10.30-12.30 Half Term break 24 th October No class on 10 th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1.50/ £3	Knit, sew, embroider & indulge in the art of needlework, in just a few basic steps with a cuppa & good company.
Regent Street Classic Matinees EVERY WEEK Starts 12 th September	12.00-2.00 or 3.30-5.00 PLEASE NOTE CHANGE IN TIMES	Regent Street Cinema 309 Regent St London, W1B 2UW	88, 453 C2	£1.75	Weekly matinee film screening at the newly renovated Regent Street Cinema.(north of Oxford Circus) For details of films 020 3713 8737
Free Computer Time Starts 19 th September to 12 th December	12.15-1.00 Half Term break 24 th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Drop-In no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.



<p>Men's Space: Lunch and Cookery MUST BOOK Starts 19th September</p>	<p>12.30-2.00 (1st and 3rd Wednesday of every month)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>FREE</p>	<p>Learn how to make a meal in this informal lunch & cookery group for men only – then share the food that has been made. Call Russell on 020 8962 5583 to book.</p>
<p>Chair Exercise Starts 12th September</p>	<p>12.30-1.30</p>	<p>Whitchurch House, 3 Kingsdown Close, W10 6SL.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£1</p>	<p>Seated exercise class, focusing on improving your limb mobility, muscle strength, co-ordination, balance and range of movement. For RBKC residents.</p>
<p>Dance Fever! With Armand Botha MUST BOOK & ENROL Starts 19th September to 12th December</p>	<p>12.30-1.30  (12 weeks) Half Term break 24th October</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>This course will teach you four different dance steps – Rumba, Cha Cha Cha, Waltz and Foxtrot. You will learn the foundation of the dances with different steps and routines. It will be a fun hour with warm-ups, dancing and stretches.. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Intermediate Stretch & Tone MUST BOOK Starts 12th September</p>	<p>12.45-1.45 No class on 10th October</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£1/£3</p>	<p>Strengthen your muscles to increase flexibility, improve posture, balance & helps reduce stress & tension. For RBKC residents. Must book max 1 week in advance on 020 8962 5500.</p>
<p>Advanced Social Cycling</p>	<p>1.00-3.00 Ongoing</p>	<p>Westway Sports & Fitness Centre, Crowthorne Rd, W10 6RP.</p>	<p>295, 316</p>	<p>FREE</p>	<p>This session for all confident advanced cyclists wishing to join social rides further afield. For RBKC residents. Call Armand on 07494268855.</p>
<p>Men's Space: Computers and Ipad course with Ivor David MUST BOOK & ENROL Starts 12th September to 17th October</p>	<p>1.00-3.00  5 week course No class on 10th October</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>Build up your computer, Ipad and Smartphone skills within a friendly and supportive group. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Men's Space: Computers and Ipad course with Ivor David MUST BOOK & ENROL Starts 31st October to 5th December</p>	<p>1.00-3.00  6 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>Build up your computer, Ipad and Smartphone skills within a friendly and supportive group. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594</p>


<p>Meditation, Mindfulness and Stress Management with Paul Langton MUST BOOK & ENROL Starts 19th September to 28th November</p>	<p>1.30-3.30  10 week course Half Term break 24th October</p>	<p>Thomas Darby Court, 133 Lancaster Rd. W11 1TT</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>A course to learn about various complementary and alternative health therapies and techniques. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Creative Writing with Robert.S.Silver MUST BOOK & ENROL Starts 19th September to 5th December</p>	<p>1.30-3.30  10 week course No class on 10th October Half Term break 24th October</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>Write about travel, nature, autobiographies, memoirs, essays, rants & almost anything else you can think of. Air your opinions, share fascinating facts and learn how to improve the quality of your writing with new techniques Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Art for All With Rishi Jogoo Starts 19th September to 28th November</p>	<p>2.00-4.00 10 week course Half Term break 24th October</p>	<p>The Reed  OCTAVIA 28 Convent Gardens, London, W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2</p>	<p>Master or apprentice? Come and join this informal and friendly art class suitable for all levels..Some materials provided. Come in or call Maude on 020 8962 5594.to be booked on to the course</p>
<p>Regent Street Ballroom Dancing EVERY WEEK Starts 12th September</p>	<p>2.00-3.00</p>	<p>The Bar Regent Street Cinema 309 Regent St London,W1B 2UW</p>	<p>88, 453 C2</p>	<p>FREE</p>	<p>Join us in the bar in Regent Street cinema, for a free informal ballroom dance class –doesn't matter if you haven't got a partner! All levels welcome.</p>
<p>Bolder Not Older Dance Classes Starts 12th September</p>	<p>2.00-3.00 Half Term break 24th October No class on 10th October</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>FREE</p>	<p>These movement classes for adults over 65 improve mobility, posture, balance and coordination. Have fun and move to music! A collaboration between DanceWest and Open Age.</p>
<p>Advanced French MUST BOOK Starts 12th September</p>	<p>2.30-4.30 Half Term break 24th October No class on 10th October</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2/£5</p>	<p>A fun and friendly French class for people who know the basics and want to improve their conversational French. Book on 0208 962 5500</p>
<p>Dance Exercise Starts 12th September</p>	<p>2.30-3.30</p>	<p>Meeting Room, under the Central Library, Phillimore Walk, W8 7RX.</p>	<p>C1, 9, 10, 27, 28, 49, 52, 70, 328, 452</p>	<p>£1</p>	<p>Build up your energy levels in this exciting class! For RBKC residents.</p>

Campden Ward Social Starts 12 th September	2.30-4.30 Ongoing	St. George's Church, Aubrey Walk, Campden Hill, W8 7JG.	31, 27, 28, 52, 70, 94, 148, 328, 390, 452	£2	An interesting programme of speakers and trips ranging from classical concerts and art documentaries to health talks and creative taster classes. For ward residents only. Phone Hester on 020 3713 8736 for more info.
GO Generation Bone Density Workout 2 MUST BOOK Starts 12 th September	3.45-4.45 Half Term break 24th October No class on 10th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Increase muscular & bone strength, joint mobility and flexibility using Pilates & other techniques. Must book max 1 week in advance on 020 8962 5500.
Digital Life with Ivor David MUST BOOK & ENROL Starts 19 th September to 5 th December	4.00-6.00  10 week course No class 10 th October Half Term break 24 th October	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 use technology to help you live life easier, better, faster and safer. From online shopping, booking tickets, researching reviews and comparison sites and much, much more in this fun interactive course. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594
Poetry with Robert.S.Silver MUST BOOK & ENROL Starts 19 th September to 5 th December	4.00-6.00  10 week course No class 10th October Half Term break 24th October	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 canon 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 to enrol from 3rd September. Any queries call Maude on 020 8962 5594

Thursdays in Kensington


ACTIVITY	TIME	PLACE	BUS	COST	DETAIL
Kundalini Yoga MUST BOOK Starts 13 th September NEW	10.00-11.00	The Reed  28 Convent Gardens, London, W11 1NH	7, 23, 52, 70, 228, 295, 452	FREE	Feeling stressed, worried or blue? Not sleeping properly or have no energy? Come along and give this session a go. The gentle exercise and breathing will help calm the mind, re-energise and improve your overall wellbeing.
Trips Around London MUST BOOK	See Trips Programmes	Meet North Kensington Library, 108 Ladbroke Grove, W11 1PZ.	n/a	varied	See Trips Programme – Must book on 020 8962 4141.




<p>Speaking with Confidence with Anna Czubak MUST BOOK & ENROL Starts 20th September to 29th November</p>	<p>10.00-12.00</p>  <p>10 week course Half Term break 25th October</p>	<p>The Curve Community Centre 10 Bard Road W10 6TP</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2</p>	<p>This course is for speakers of English as a second language who want to improve their English speaking skills, grammar and build up confidence.</p> <p>Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>GO Generation: Table Tennis Starts 13th September</p>	<p>10.00-11.30 No class on 11th October</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£1/£3</p>	<p>Come & play with other table tennis enthusiasts in this drop-in session. For RBKC residents.</p>
<p>History of Art Start date TBC</p>	<p>10.00-12.00</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2/£5</p>	<p>Please call Jenny or Kaidee on 0208 962 5500 to find out more info or to register interest regarding this upcoming course.</p>
<p>Creative Design using MS Word with Lena Dekair MUST BOOK & ENROL Starts 20th September to 6th December</p>	<p>10.00-12.00</p>  <p>10 week course No class on 11th October Half Term break 25th October</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>This course will show you the many features of MS word where you will create publications – for example, cards, posters and fliers. You will refresh your knowledge of Microsoft Word and then progress to more advanced features and techniques so that you get the most from this programme. You must be familiar with using Microsoft Word.Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Steady & Stable MUST BOOK Starts 6th September</p>	<p>10.15-11.15 (High Level)</p>	<p>Response Community Projects 300 Old Brompton Road London SW5 9JF</p>	<p>74, 430</p>	<p>FREE</p>	<p>A fun tried and tested exercise programme to improve balance, strength, reduce falls and ensure independent mobility. Call Tina on 020 8962 5582.</p>
<p>Mosaic & Ceramics Starts 13th September</p>	<p>10.30-12.30 No class on 11th October</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2/£5</p>	<p>Learn to make your own beautiful works of art. All materials supplied!</p>
<p>Salsa Starts 13th September</p>	<p>11.05-11.50 (Ongoing class)</p>	<p>Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2</p>	<p>Fitness based dance class focuses on using dance moves from the world of ballroom. Must show Open Age membership card.</p>
<p>Steady & Stable MUST BOOK Starts 6th September</p>	<p>11.15-12.15 (Low Level)</p>	<p>Earl's Court Health & Wellbeing Centre, 2B Hogarth Road, SW5 0PT.</p>	<p>C1, C3, 74, 328, 430</p>	<p>FREE</p>	<p>Fun evidence-based programme shown to improve balance and strength to help reduce falls. Book with Tina on 020 8962 5582.</p>

Staying Strong Yoga MUST BOOK Starts 13 th September	11.45-12.45 No Class on 11 th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Strengthen the body, building health from the inside and aiding pain-free movement. For RBKC residents Must book max 1 week in advance on 020 8962 5500.
Free Computer Time Starts 20 th September to 13 th December	12.15-1.00 Half Term break 31st May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Drop-In no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety
Exercise to Music & Health Management MUST BOOK Starts 13 th September	12.15-1.15 No Class on 11th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1.50/£3	Weight Management & Nutritional Advice. Must book on 020 8962 5500. 8 PLACES MAX
Stretch and Tone (Beginners) MUST BOOK Starts 13 th September	1.00-2.00 No Class on 11th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Strengthen your muscles to increase flexibility, improve posture, balance & helps reduce stress & tension. For RBKC residents. Must book max 1 week in advance on 020 8962 5500.
Internet and Email with Lena Dekair MUST BOOK Starts 20 th September to 6 th December	1.00-3.00pm  10 week course No Class on 11 th October Half Term break 25 th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	This course will enable you to explore and get the most out of the internet and email Come in to enrol from 3 September. Any queries call Maude on 020 8962 5594
Men's Reminiscence Group Starts 13 th September	1.30-3.00 Ongoing	Chelsea Theatre, 7 World's End Place, King's Road, SW10 0DR	11,22, 211, 328, 19,49, 319,345, C3	FREE	Do you have any memories you would like to share? A chance to reminisce with like-minded people. Call Russell on 0208 962 5583 for more information about the group.
Exercise to Music & Health Management MUST BOOK Starts 13 th September NEW	1.30-2.30 No Class on 11th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1.50/£3	Weight Management & Nutritional Advice. Must book on 020 8962 5500. 8 PLACES MAX
Monthly Members Meeting	2.00-4.00 Last Thursday of Month	Thomas Darby Crt, 133 Lancaster Rd. W11 1TT.	7, 23, 52, 70, 228, 295, 452	50p Raffle £1 Social	Lively afternoon where you can meet others, air ideas & listen to talks with refreshments & raffle. See Trips Programme for Listing.




Book Talk: Phone Discussion group For the Housebound	2.30-3.30 Last Thursday of the month	Comfort of your own home.	N/A	FREE	Discuss a different book each month delivered by home library service - from Crime to Historical Fiction. Call Hester for info on 020 3713 8736.
Bone Density Workout MUST BOOK Starts 13 th September	2.30-3.30 No Class on 11th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Increase muscular & bone strength, joint mobility and flexibility using Pilates & other techniques. For RBKC residents. Must book max 1 week in advance on 020 8962 5500
Conversational French Starts 13 th September	2.45-4.45 No Class on 11th October NEW TIME	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	In this class you will learn the basics of communicating simply & effectively. Covers grammar, vocabulary & pronunciation.
Work Club Session Starts 13 th September	3.15-4.45 No class on 11th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	By referral from the New Futures 50 Plus Employment Programme. Must book on 020 8960 4853. Please follow guidelines relating to online safety.
Boxing Fitness Starts 13 th September NEW	3.45-4.45 No class on 11th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Come and try this fun and interactive boxing fitness class designed to improve your heart health, strength and co-ordination.
Phone Club: Discussion Group For the Housebound	4.00-5.00	Comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Hester for more info & to join on 020 3713 8736

Fridays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Shiatsu MUST BOOK	10.00-4.00 Fortnightly	Positive Age Centre Dalgarno Estate, W10 5JN.	7, 70, 316	£13 for 30 mins	Please call Paula on 07715 512 703 to book and for more information.
Reflexology MUST BOOK	10.00-4.00 Fortnightly	Positive Age Centre Dalgarno Estate, W10 5JN.	7, 70, 316	£13 for 30 mins	Please call Ellen on 07737 635 694 or Rita on 078 650 80969 to book and for more information.
Steady & Stable MUST BOOK Starts 7 th September	10.00-11.00	The Reed  28 Convent Gardens, London, W11 1NH	295, 316	FREE	A fun tried and tested exercise programme to improve balance, strength, reduce falls and ensure independent mobility. Call Tina on 020 8962 5582.
Healthy Lungs MUST BOOK Starts 7 th September	TBC	The class at Earls Court Health & Wellbeing Centre will be moving. Venue TBC.		FREE	Exercise class for people with breathing difficulties/conditions. Must have a respiratory condition. Book with Hansa: 020 8962 4141. For RBKC residents.

<p>Awareness Through Movement Pilates MUST BOOK Starts 14th September</p>	<p>10.00-11.15 No class on 12th October and 14th December</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£1/£3</p>	<p>Pilates is a slow, controlled system of mind-body exercise that focuses on body awareness & good posture to increase core strength, flexibility & agility. Must book max 1 week in advance on 020 8962 5500</p>
<p>Build Your Own Website - Starter course With Lena Dekair MUST BOOK & ENROL Starts 14th September to 19th October</p>	<p>10.00-12.00  5 week course No class on 12th October</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 set up and design your own free website online. Learn how to add pages, insert pictures, photos and writings. Requires a valid email address. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Improve English, Improve Health With Val Phillips</p>	<p>10.00 – 12.30</p>	<p>Queen's Park Library, 66 Harrow Road, W10 4NE</p>	<p>18,28, 228</p>	<p>FREE</p>	<p>A 10 week course to improve your understanding of health, on how to stay well, learn how to access health services and to improve your English at Queen's Park Library. For further details or to express an interest call Russell on 020 8962 5583 or Maude on 020 8962 5590.</p>
<p>Pilates Starts 14th September</p>	<p>10.20-11.20</p>	<p>Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2</p>	<p>Pilates is a slow, controlled system of mind-body exercise focusing on body awareness, posture, core strength, flexibility & agility. For RBKC residents.</p>
<p>Time for Me IT with Lena Dekair MUST BOOK Starts 2nd November to 7th December</p>	<p>10.30-12.30  6 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>A range of IT will be introduced to this course specially for a carers only group, including the Smartphone, Pad and the PC. Call Liz Butters on 020 8962 4536 to register your interest</p>
<p>All Ability Cycling with Bikeworks</p>	<p>11.00-1.00 Ongoing</p>	<p>Little Wormwood Scrubs, W10. (Near playground)</p>	<p>7, 70, 316</p>	<p>FREE</p>	<p>Have a go on bikes or trikes or refresh your skill on your own. Safe fun session with trained tutors. On day call 020 8980 7998 to check!</p>
<p>Step Up From Steady NEW Starts 7th September</p>	<p>11.00-12.00</p>	<p>The Reed  28 Convent Gardens, London, W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£1</p>	<p>This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.</p>
<p>Time for Me Carer's Activities</p>	<p>11.00-1.00 No class on 12th October and 14th December</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>FREE</p>	<p>A diverse programme of fun & interesting FREE activities & trips for unpaid carers. Call Liz Butters for more information 020 8962 4536.</p>

Men's Space: Friday Fitness MUST BOOK Starts 14 th September	11.15-12.15	St Charles Hybrid Gym St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1	Maintain fitness improve core strength and stamina in this new gym session. Call Russell on 020 8962 5583 to book.
Tai Chi Starts 14 th September	11.30-12.30 Ongoing class	Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.	7, 23, 52, 70, 228, 295, 452	£2	Tai Chi helps promote health & wellbeing. It increases confidence, stability, cardio-vascular function, relaxation & relief from joint pain.
Bus Pass to Broadway Starts 14 th September	11.30-12.45 No class on 12 th October and 14 th December	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Singing and dancing, no expertise required. The most fun you will ever have on a Friday!
Men's Space: Monthly Lunch MUST BOOK	12.00-2.00 Last Friday of the month	La Bodega, 74 Tavistock Rd, W11 1AN	7, 23, 52, 70, 228, 295, 452	£4.50	Monthly 2 course lunch in a local restaurant, men only! Book with Russell on 020 8962 5583.
Men's Space: Trips around London MUST BOOK Starts 21 st September	12.00-4.00 Fornightly 1st & 3rd Friday	Meet at Ladbroke Grove Tube Station.	n/a	varied	Call Russell on 020 8962 5583 for men's trips programme and to book.
Free Computer Time Starts 21 st September to 14 th December	12.15-1.00 No class on 8th June and 20th July	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Drop-in with no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.
Meet, Eat & Learn (MEAL) MUST BOOK Twice a Month	12.30-2.30	VENUE TBC	7, 23, 52, 70, 228, 295, 452	£4.50	Two course healthy hot cooked meal in convivial surroundings. Must Book in advance on 020 8962 4141.
Breathing Yoga Starts 14 th September	12.30-2.30 (Ongoing class)	Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.	7, 23, 52, 70, 228, 295, 452	£2	The practice of this form of Yoga is intended to promote health, rejuvenation, happiness & inner harmony. For RBKC residents.
Spanish for Beginners with Anna Czubak MUST BOOK & ENROL Starts 21 st September to 30 th November	12.30-2.30  10 week course Half Term break 26 th October	The Reed  28 Convent Gardens, London, W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	This is a Spanish course for those who are new to Spanish or just beginning to learn Spanish. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594
Line Dancing Starts 14 th September	1.00-2.30	Venture Centre, Wornington Road, W10 5QQ.	23, 52, 70, 228, 295, 452	£1.50	Have fun learning steps and sequences to some great tunes. For RBKC residents.

Digital Photography and Editing With Lena Dekair MUST BOOK & ENROL Starts 21 st September to 7 th December	1.00-3.00  10 week course No class on 12 th October Half Term break 26 th October	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	A digital photography course learning how to take photos using either your iPad, smartphone or digital camera. Take pictures and learn how to download and upload them onto a computer, edit, crop, change colours and more. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594
Abs, Bums and Thighs MUST BOOK Starts 14 th September	1.00-2.00 No class on 12 th October and 14 th December	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£1/£3	Combines aerobic exercise with toning to help you firm your legs, bums & thighs. For RBKC residents. Must book max 1 week in advance on 020 8962 5500
Spanish Conversation Start date TBC NEW	1.30-3.30 No class on 12 th October and 14 th December	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£2/5	A group for people who have had some experience of being taught Spanish, a minimum of 60 hours. The class will further develop your language skills in a fun and friendly environment.
Stroke Survivors Social Group Starts 14 th September	2.00-4.00 Fortnightly	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	An informal social group for people who have had a stroke & their carers'. Enjoy tea, coffee, & the support of other stroke survivors with Rachel.
Healthy Lungs MUST BOOK Starts 14 th September	2.00-3.00 No class on 12 th October and 14 th December	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Exercise classes specifically designed for people with breathing difficulties or conditions. Must have a respiratory condition. Book with Hansa: 020 8962 4141. For RBKC residents.
Spanish 2 with Anna Czubak MUST BOOK & ENROL Starts 21 st September to 30 th November	3.00-5.00  10 week course Half Term break 26 th October	The Reed  28 Convent Gardens, London, W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	For beginners who have had a small experience of Spanish classes – i.e. 20 hours and want to further their Spanish experience. Come in to enrol from 3rd September. Any queries call Maude on 020 8962 5594
Free Computer Time Starts 21 st September to 14 th December	3.15-4.30 No class on 12 th October and 14 th December	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Drop-in with no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.

Sundays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Meet, Eat & Learn (MEAL) MUST BOOK Starts 16 th Sept	12.30-2.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£4.50	Two course healthy hot cooked meal in convivial surroundings. Come and socialise with others! Must Book on 020 8962 4141.

THE SECOND HALF CENTRE TRIPS (Booking essential for all trips: 0208 962 5500)

Please note, we will be taking bookings for the below trips from **Monday 3rd September**

BROMPTON CEMETRY GUIDED TOUR North East Lode Room at Brompton Cemetery, Thursday 27th September, 2pm
£3 (15 spaces)

MARY SHELLEY AND THE BIRTH OF FRANKENSTEIN at The Century Club, Wednesday 3rd October, 6:30pm-
8:30pm, £10 (10 spaces)

WISE CHILDREN at The Old Vic Theatre, Wednesday 17 October, 2pm £12.50 (12 tickets)

MEASURE FOR MEASURE at The Donmar Warehouse, Thursday 25th October, 2:30pm. £20 (12 tickets).

KEW GARDENS TRIP at Kew Gardens Victoria Gate, Friday 26th October, 10:30am – 12:30pm FREE (15 Tickets)

BANK OF ENGLAND MUSEUM TALK AND VISIT at The Bank of England Museum, Friday 2nd November, 2pm-4pm
FREE (20 tickets)

CHRISTMAS WITH THE READER at Banqueting House, Tuesday 4th December, 10am-12pm FREE (15 Tickets)

A CHRISTMAS CAROL at The Old Vic Theatre, Wednesday 12th Dec, 1pm £20 (12 Tickets)

WORKSHOPS AND CLUBS at THE SECOND HALF CENTRE

BOOK CLUB with Jane Goldstaub: Thursday, 20th September, 18th October, 15th November and 13th December FREE.

FORTNIGHTLY LUNCH AT SHC with Manju Malhi. No need to book! Come to The SHC for a delicious
home-cooked meal and the best company in town! Starting Thursday 13th September, 12.30pm-2pm. £4.50.

COME EAT, DRINK AND BE MERRY AT OUR CHRISTMAS PARTY Friday 14th December 12noon–2pm

**Kensington Activity Group – Everyone is welcome!
Social Group with Guest Speakers**

Every Monday 10.00-12pm £1.50

Meeting Room (under Central Library), Phillimore Walk, W8 7RX

Buses C1, 9, 10, 27, 28, 49, 52, 70, 328, 452

September 2018

10th Musical Performance: Accordion Iosif Purits T.B.C

17th Topical Talk: Material Recovery at Smugglers Way RBKC Recycling with Samantha Gibbons

24th Art Documentary Screening: The Private Life of a Masterpiece with Hester Jones

October 2018

1st Trip: Kensington Palace – Handling Collection Workshop ‘Medicine Cabinet’ To meet at Kensington
Palace at 10.15am MUST BOOK call Hester on: 020 3713 8736

8th Topical Talk: Baltic Travels – Estonia, Latvia & Lithuania with Barbara Kelsall

15th The Reader: Shared Reading Group with Erin Carlstrom

22nd HALF TERM- no group

29th Yoga Documentary Screening & Yoga Breathing Taster with Hester Jones

November 2018

5th Topical Talk: William Morris in 50 Objects with David Saunders

12th Trip: Banqueting House Whitehall Creative Workshop. To meet at venue in Whitehall at 10.15am
MUST BOOK call Hester on: 020 3713 8736

19th Topical Talk: Oriental Carpets with Dimity Spiller

26th Documentary Screening: Around the World in 80 Gardens with Hester Jones

December 2018

3rd Topical Talk: The Good Housekeeping Institute with Virginia Main

10th Creative Christmas’ Workshop with Hester Jones

Monday Forum - a warm welcome to all, enjoy learning in a social setting

Every Monday 10.30-12pm £1.50

Gloucester Court, 2 Bassett Road, W10 6JJ

Just off Ladbroke Grove: Buses: 7, 23, 70, 52, 228, 295, 452

Social Group with Information & Guest Speakers – booking essential for the lunches

September 2018

10th September Talk on Westway Community Transport with Purvita Bhatt

17th September Talk from Sarah-Jane Law about Benjamin Franklin House.

24th September Find out about the work Healthy Hearts do with Practitioner Derek Neale followed by lunch (£4.50).

October 2018

1st October- Secret Life of a Masterpiece art documentary and discussion

8th October- Sharing memories and discussing the past

15th October – Discover our local library services with a talk from Attila Dora followed by lunch (£4.50).

22nd October - HALF TERM – no group.

29th October- Bob Garvin facilitates a current affairs session

November 2018

5th November- Discover Holland Park Opera with a talk from Lucy Curtis

12th November – The Reader: Taster Activity

19th November- Planning meeting followed by lunch (£4.50).

26th November- tbc

December 2018

3rd December- End of term Christmas quiz and mince pies

10th December- Talk on English Heritage blue plaques from Cathy Power



SILVER SUNDAY 2018

This year, Silver Sunday will be Sunday 7th October, with a week of free activities running from Sunday 7th – Saturday 13th October 2018 in a variety of venues.

OPEN AGE IS TEAMING UP WITH THE SCIENCE MUSEUM, TUESDAY 9TH OCTOBER

2.30pm -4.30pm Gadget Drop In with Simon Shum

Join our Gadget drop in and bridge the digital divide. Come along with your gadget of choice and engage with our team to put those technological stresses to rest...the science of today is the technology of tomorrow!

4.35pm -5.30pm Brain, Balance and Biology with Jade Dalton

How does the brain affect your balance, reaction times and coordination? Use the laws of science to understand how the body works and the benefits that exercise has on it. Come and join us to find out.

Friday 12th October

10am-2pm The Second Half Career Art Exhibition And Sale 2018: A Celebration Of Older Masters organised by The Second Half Foundation to support the work of The Second Half Centre.

For enquiries relating to Silver Sunday, or to book, please call Jenny or Kaidee on 0208 962 5500





Join us for our: **Members' Feedback Days**

Open Age is developing a new strategy and we want your input. Feedback sessions for members as well as some activities will be held on this day. More information will be available closer to the time, but please mark your diaries for the below dates!

Monday 15th October

QPHR Hub, New Avenues, 3-7 Third Avenue
London, W10 4RS

Monday 22nd October

The Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, London W10 6DZ

Wednesday 24th October

New Horizons, Guinness Trust Estate, Cadogan Street SW3



OPEN AGE
life's just begun

