

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



Kensington Activity Programme

January- March 2019

Dear Members, Adult Community Learning (ACL) classes are denoted by the tree logo (right) and funded by RBKC. Our classes will start again from 14th January and the full list is included in this Programme. You need to secure your place by coming in week of 10th December or from Monday, 7th January to get your name on the course of your choice. 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 7th January. 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! **Some classes start on different dates so do please check!**

LOCAL EVENTS



SASH: RELATIONSHIPS AND DATING

Date: Monday 18th February

Time: 10.00am – 12noon

Description

For those in long term relationships and those looking for new, this is the first half of a two-part workshop series on relationships and dating, after turning 50! **Call Kaidee for more information on 0208 962 5500.**

Address

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

SCIENCE MUSEUM

SCIENCE MUSEUM AT OPEN AGE

Dates: Monday 11th February
Wednesday 6th March

Time: CHECK BACK OF THIS PROGRAMME

Description

Open Age are teaming up with The Science Museum to explore the world of chemistry and learn about the Science behind every day.

Address

Second Half Centre and Science Museum, please check back of this programme.



BOXING FITNESS

Date: Thursdays 17th January

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 14 th January	10.00-11.00 Half Term break 18 th February	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 14 th January	10.00-11.00 Half Term break 18 th February	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 14 th January	10.00-12.00 Half term break 18 th February	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 MUST BOOK & ENROL Starts 14 th January to 25 th March	10.00-12.00  10 week course Half Term break 18 th February	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 beginners who have had 20 hours of teaching. The emphasis will be on the development of speaking and listening skills to enable you to take part in simple conversations. Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594
Beginners Computers with Lena Dekair MUST BOOK & ENROL Starts 14 January to 25 th March	10.00-12.00  10 week course Half Term break 18 th February	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 7th January. Any queries call Maude on 020 8962 5594.
Local History Walks and Talks Starts 14 th January	10.00-12.00 Half Term break 18th February	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 14 th January Fortnightly	10.30-12.00 Half Term break 18th February	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 14 th January	11.00-12.00 Half Term break 18th February	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 14 th January	11.30-12.30 Half Term break 18 th February	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 14 th January	12.00-1.00 Half Term break 18 th February	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 7 th January	12.00-1.30 Half Term break 18 th February	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. Call to find out which cuisine it is this week! Book 020 8962 5500.
Free Computer Time Starts 7 th January	12.15-1.00	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 14 th January to 25 th March	1.00-3.00  10 week course Half Term break 18 th February	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free 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 7th January. Any queries call Maude on 020 8962 5594.
IPads for Beginners with Ivor David MUST BOOK & ENROL Starts 14 th January to 25 th March	1.00-3.00  10 week course Half Term break 18 th February	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	Begin your journey with using iPads. This course is an introduction designed to help you understand how to begin using an iPad device; how to control it and gradually move on to more intermediate features. Learn the location of buttons and what 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 ...It will be fun and informative. Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594
Music Appreciation Starts 14 th January to 25 th March	1.30-3.00 10 weeks Half Term break 18 th February	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 7 th January	1.30-3.30 Half Term break 18 th February	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 7 th January	1.30-3.30 Half Term break 18 th February	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 28 th Jan, 25 th Feb and 25 th March	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 7 th January (Monthly Health and Wellbeing Toolbox, 21 st Jan, 18 th Feb and 18 th March)	3.30-5.30 Half Term break 18th February	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.
Windows 10 with Ivor David MUST BOOK & ENROL Starts 14 th January to 25 th March	4.00-6.00  10 week course Half Term break 18 th February	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	You will need to have been taught the basics of using computers, i.e. how to use a mouse and keyboard fairly confidently. This is a beginners' course introducing you to how to begin using Windows 10 with its many features and become a confident user Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594

Tuesdays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Zumba Gold MUST BOOK Starts 15 th January	10.00-11.00 Half Term break 19 th February	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 15 th January	10.00-11.30 Half Term break 19 th February	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


<p>French for Beginners</p> <p>MUST BOOK & ENROL</p> <p>Starts 15th January to 26th March</p>	<p>10.00-12.00</p>  <p>10 week course Half Term break 19th February</p>	<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>This course is aimed at those who have had, eg, 20 hours of taught French 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</p> <p>Come in to enrol from 7th January Any queries call Maude on 020 8962 5594.</p>
<p>Create Greeting Cards on Computers with Ivor David</p> <p>MUST BOOK & ENROL</p> <p>Starts 15th January to 26th March</p> <p>NEW COURSE</p>	<p>10.00-12.00</p>  <p>10 week course Half Term break 19th February</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 is for those who are confident with switching on their computer/laptop and are able to use the mouse and keyboard fairly confidently. On this fun course, learn how to create and design your very own postcards and greetings cards on computers. Learn to use Canva to design them using your own photos. Learn how to use Funky Pigeon to print them to send physically i.e. Royal Mail. Learn how to use your images with Google Photos.</p> <p>Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594</p>
<p>Smartphones are Easy with Lena Dekair</p> <p>MUST BOOK & ENROL</p> <p>Starts 15th January to 26th March</p>	<p>10.00-12.00</p>  <p>10 week course Half Term break 19th February</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 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 7th January. Any queries call Maude on 020 8962 5594</p>
<p>Creative Writing with Robert.S.Silver</p> <p>MUST BOOK & ENROL</p> <p>Starts 15th January to 26th March</p>	<p>10.00-12.00</p>  <p>10 week course Half Term break 19th February</p>	<p>Response Community Projects 300 Old Brompton Road, London SW5 9JF</p>	<p>C1, C3, 74, 328, 430</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.</p> <p>Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594.</p>



<p>Lip-reading and Managing Hearing Loss with Jacques Gholam MUST BOOK & ENROL Starts 15th January to 26th March</p>	<p>10.30-12.30</p>  <p>10 week course Half Term break 19th February</p>	<p>The Reed  28 Convent Gardens, London W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3 or free if on certain benefits</p>	<p>This course aims to enable adults who have acquired hearing loss to develop coping strategies to manage their hearing loss better, in both social gathering and in the environment at large. This is in conjunction with a series of lessons introducing basic lipreading skills which encompass consonant groups, lip shapes, vowel groups together with basic finger spelling. Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594.</p>
<p>Healthy Lungs MUST BOOK Starts 8th January</p>	<p>10.30-11.30</p>	<p>Everyone Active Westway Sports Centre, Crowthorne Road, W10 6RP.</p>	<p>295, 316</p>	<p>FREE</p>	<p>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.</p>
<p>Men's Space: Gardening Starts 8th January</p>	<p>11.00-1.00 Half Term break 19th February</p>	<p>Garden Plot 10 St. Charles Centre for Health & Wellbeing, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>FREE</p>	<p>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.</p>
<p>Gentle Chair Exercise Starts 15th January</p>	<p>11.00-12.00 Half Term break 19th February</p>	<p>Salvation Army Hall, 205 Portobello Road, London, W11 1TT.</p>	<p>7, 23, 52, 70, 452</p>	<p>FREE</p>	<p>Fun, low impact exercise class to improve strength & mobility. For RBKC residents.</p>
<p>Kundalini Yoga / Meditation MUST BOOK Starts 15th January</p>	<p>11.15-12.15 Half Term break 19th February</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>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.</p>
<p>Free Computer Time Starts 8th January</p>	<p>12.15-1.00</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>Drop-in & use a computer - no booking required! Bring own USB stick to store documents. Please follow guidelines relating to online safety.</p>
<p>Men's Space: Active Men Group Starts 15th January</p>	<p>12.30-1.30 (Weekly) Half Term break 19th February</p>	<p>Hardy House, 64 Great Western Road, W11 1AN.</p>	<p>28,31, 328</p>	<p>FREE</p>	<p>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.</p>
<p>Steady & Stable MUST BOOK Starts 8th January</p>	<p>12.45-1.45</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>




Tai Chi Starts 15 th January	1.00-2.00 Half Term break 19th February	Dalgarno Community Centre, 1 Webb Close, Dalgarno Way, London W10 5LE	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 15 th January	1.30-2.30 Half Term break 19th February	Everyone Active 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.
Shared Reading Group Starts 15 th January	1.30-3.00 	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	FREE	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.
Steady & Stable MUST BOOK Starts 8 th January	1.45-2.45	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 15 th January	2.00-3.00 Half Term break 19th February	St. George's Church, Aubrey Walk, Camden Hill, W8 7JG.	31, 27, 28, 52, 70, 94, 148, 328, 390, 452	£1	Gentle Exercise, great for relieving stress & bringing about mental calm with the associated health benefits! For RBKC residents.
Yoga Starts 15 th January	2.00-3.30 Half Term break 19th February	Venture Centre, Wornington Road, W10 5QQ.	23, 52, 70, 228, 295, 452	£1.50	The class focusses on standing & lying yoga positions to increase core strength & flexibility. For RBKC residents.
Drama & Theatre Club Starts 8 th January	2.00-4.00 Half Term break 19 th February	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	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!
Improve English, Improve Health With Val Phillips MUST BOOK Start date confirmed upon booking	2.00 – 4.30 10 week course Half Term break 19th February	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 15 th January	3.00-4.00 Half Term break 19th February	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 8 th January	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 15 th January	4.15-5.15 Half Term break 19th February	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 8 th January	4.15-5.45 Half Term break 19th February	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	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
Microsoft Word Ivor David MUST BOOK & ENROL Starts 16th January to 27 th March	10.00-12.00  10 weeks Half Term break 20 th February	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 for those who are confident with switching on their computer/laptop and are able to use the mouse and keyboard fairly confidently. Microsoft Word will enable you to create and edit documents using features such as spellcheck, fonts and size, bold and underline, paragraphing, inserting images, etc. What you see on your screen will be what you get when you print. Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594
GO Generation 50:50 Multi Sports Starts 16 th January	10.00-12.00	Everyone Active 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.




<p>Beginners Computers Starts 16th January to 27th March</p>	<p>10.00-12.00 10 week course Half Term break 20th February</p>	<p>The Curve Community Centre 10 Bard Road W10 6TP</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>Free</p>	<p>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 to enrol at the Curve 9 January 10am-12. Any queries call Maude on 020 8 962 5594</p>
<p>Improve English, Improve Health With Val Phillips MUST BOOK Start date confirmed upon booking</p>	<p>10.00 – 12.30 10 week course Half Term break 20th February</p>	<p>North Kensington Library, 108 Ladbroke Grove, W11 1PZ</p>	<p>7, 23, 52, 70, 228, 295, 452</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 North Kensington Library. For further details or to express an interest call Russell on 020 8962 5583 or Maude on 020 8962 5594.</p>
<p>Speak with Confidence with Ghada Gaylani MUST BOOK & ENROL Starts 16th January to 27th March</p>	<p>10.00 – 12.00  10 week course Half Term break 20th February</p>	<p>The Reed  28 Convent Gardens W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>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 7th January. Any queries call Maude on 020 8962 5594</p>
<p>Painting and Drawing Starts 9th January</p>	<p>10.00-12.00 Half Term break 20th February</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>This painting & drawing class is suitable for all levels. Explore all kinds of technique, including colour theory & perspective.</p>
<p>Philosophy Starts 9th January</p>	<p>10.15-12.15 Half Term break 20th February</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>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.</p>
<p>Creative Threads Starts 16th January</p>	<p>10.30-12.30 Half Term break 20th February</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£1.50/ £3</p>	<p>Knit, sew, embroider & indulge in the art of needlework, in just a few basic steps with a cuppa & good company.</p>
<p>Regent Street Classic Matinees EVERY WEEK</p>	<p>12.00-2.00 or 3.30-5.00</p>	<p>Regent Street Cinema 309 Regent St London, W1B 2UW</p>	<p>88, 453 C2</p>	<p>£1.75</p>	<p>Weekly matinee film screening at the newly renovated Regent Street Cinema.(north of Oxford Circus) For details of films 020 3713 8737</p>
<p>Free Computer Time Starts 9th January</p>	<p>12.15-1.00</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>Drop-In no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.</p>


<p>Men's Space: Lunch and Cookery MUST BOOK Starts 16th January</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 9th January</p>	<p>12.30-1.30 Half Term break 20th February</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 16th January to 10th April</p>	<p>12.30-1.30  (12 weeks) Half Term break 20th February</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 7th January. Any queries call Maude on 020 8962 5594</p>
<p>Intermediate Stretch & Tone MUST BOOK Starts 16th January</p>	<p>12.45-1.45 Half Term break 20th February</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>Everyone Active 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 27th February To 3rd April</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>This course is for absolute beginners who have NO or little IT knowledge. It is a taster designed to help you understand how to begin using IT (Information Technology) and start on a journey to discover the various uses of computerised devices such as desktop PCs and iPads within a friendly and supportive group. Come in to enrol from 7th January. Any queries call Russell on 020 8962 5583</p>

<p>Internet Browsing and Online Safety With Ivor David MUST BOOK AND ENROL Starts 16th January to 13th February NEW COURSE</p>	<p>1.00-3.00  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>This course is for those who are confident with switching on their computer/laptop and are able to use the mouse and keyboard fairly confidently. The course will introduce you to effective ways to browse the internet; give you a basic introduction to the Cloud; take you through obstacles you may face and the solutions to being safe with your computer/laptop/mobile use. You will look at and discuss some of the security perils and what you need to do to avoid them, such as, use of strong passwords; log in and log out securely; ensuring back-up and systems are updated; and that you safely download. Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594</p>
<p>Meditation, Mindfulness and Stress Management with Paul Langton MUST BOOK & ENROL Starts 16th January to 27th March</p>	<p>1.30-3.30  10 week course Half Term break 20th February</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 that explores learning about and practising meditation and mindfulness. You will also discuss stress and look at ways to reduce or manage stress. No previous experience of meditation or mindfulness is necessary. Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594</p>
<p>Creative Writing with Robert.S.Silver MUST BOOK & ENROL Starts 16th January to 27th March</p>	<p>1.30-3.30  10 week course Half Term break 20th February</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 7th January. Any queries call Maude on 020 8962 5594</p>
<p>Art for All With Barbara Jepps Starts 16th Jan to 27th March</p>	<p>2.00-4.00 10 week course Half Term break 20th February</p>	<p>The Reed  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.. Come in or call Maude on 020 8962 5594.to be booked on to the course</p>
<p>Regent Street Ballroom Dancing EVERY WEEK</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>

Bolder Not Older Dance Classes Starts 23 rd January	2.00-3.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	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.
Advanced French MUST BOOK Starts 9 th January	2.30-4.30 Half Term break 20th February	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	A fun and friendly French class for people who know the basics and want to improve their conversational French. Book on 0208 962 5500
Dance Exercise Starts 16 th January	2.30-3.30 Half Term break 20th February	Meeting Room, under the Central Library, Phillimore Walk, W8 7RX.	C1, 9, 10, 27, 28, 49, 52, 70, 328, 452	£1	Build up your energy levels in this exciting class! For RBKC residents.
Campden Ward Social Starts 9 th January	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 16 th January	3.45-4.45 Half Term break 20th February	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.
Cloud with Ivor David MUST BOOK & ENROL Starts 16 th January to 27 th March	4.00-6.00  10 week course Half Term break 20 th February	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Take the first steps to learning about the power of using the Cloud service and to understand what Cloud actually is. You will learn how to save your files, photos, music, etc. You will learn how to create an account, upload and copy and transfer files to keep your documents safe and secure and access them from your various devices and at home. Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594.
Poetry with Robert.S.Silver MUST BOOK & ENROL Starts 16 th January to 27 th March	4.00-6.00  10 week course Half Term break 20 th February	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 7th January. Any queries call Maude on 020 8962 5594

Thursdays in Kensington




ACTIVITY	TIME	PLACE	BUS	COST	DETAIL
Kundalini Yoga MUST BOOK Starts 10 th January	10.00-11.00 Half Term break 21 st February	The Reed  28 Convent Gardens, London, W11 1NH	7, 23, 52, 70, 228, 295, 452	£1	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.
GO Generation: Table Tennis Starts 17 th January	10.00-11.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Come & play with other table tennis enthusiasts in this drop-in session. For RBKC residents.
History of Art: Brave New World: Art in Britain and Europe (1900-1939) NEW COURSE Starts 10 th January	10.00-12.00 No class on 14 th February, and Half Term break 21st February	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	This course considers art in Britain with that of: France, Spain, Germany, Italy, Russia and the Netherlands from 1900 until World War II in 1939. It will trace developments of the early modern movement and how Edwardians dusted off the darkness and fussiness of their grandparents and parents — the Victorians.
Microsoft Excel made Easy with Lena Dekair NEW COURSE MUST BOOK & ENROL Starts 17 th January to 28 th March	 10 week course Half Term break 21 st February	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 show you how to use Excel the most popular spreadsheet in the world. It will help you get to grips with Excel function and formulae. You will be amazed at what you will be able to do. Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594
Steady & Stable MUST BOOK Starts 10 th January	10.15-11.15 (High Level)	Response Community Projects 300 Old Brompton Road London SW5 9JF	74, 430	FREE	A fun tried and tested exercise programme to improve balance, strength, reduce falls and ensure independent mobility. Call Tina on 020 8962 5582.
Speaking with Confidence with Anna Czubak MUST BOOK & ENROL Starts 17 th January to 28 th March	 10 week course Half Term break 21 st February	The Curve Community Centre 10 Bard Road W10 6TP	7, 23, 52, 70, 228, 295, 452	free	This course is for speakers of English as a second language who want to improve their English speaking skills, grammar and build up confidence. Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594



Mosaic & Ceramics Starts 10 th January	10.30-12.30 Half Term break 21 st February	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	Learn to make your own beautiful works of art. All materials supplied!
Salsa Starts 17 th January	11.05-11.50 (Ongoing class)	Everyone Active Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.	7, 23, 52, 70, 228, 295, 452	£2	Fitness based dance class focuses on using dance moves from the world of ballroom. Must show Open Age membership card.
Steady & Stable MUST BOOK Starts 10 th January	11.15-12.15 (Low Level)	Response Community Projects 300 Old Brompton Road London SW5 9JF	C1, C3, 74, 328, 430	FREE	Fun evidence-based programme shown to improve balance and strength to help reduce falls. Book with Tina on 020 8962 5582.
Staying Strong Yoga MUST BOOK Starts 17 th January	11.45-12.45 Half Term break 21 st February	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	12.15-1.00 Half Term break 21 st February	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 10 th January	12.15-1.15	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1.50/ £3	Gentle chair based exercise along to your favourite tunes! Must book on 020 8962 5500. 8 PLACES MAX
Stretch and Tone (Beginners) MUST BOOK Starts 17 th January	1.00-2.00 Half Term break 21 st February	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.
Social Media with Lena Dekair MUST BOOK Starts 17 th January to 27 th March	1.00-3.00  10 week course Half Term break 21 st February	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	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 make free calls! You should be competent with a computer, mouse and keyboard. Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594
Men's Reminiscence Group Starts 10 th January	1.30-3.00 Ongoing	New Horizons, located in the Guinness Trust Estate, Cadogan Street SW3 2PF	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 10 th January	1.30-2.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1.50/ £3	Gentle chair based exercise along to your favourite tunes! 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 17 th January	2.30-3.30 Half Term break 21st February	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 17 th January	2.45-4.45	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 17 th January	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.
Boxing Fitness Starts 17 th January	3.45-4.45 Half Term break 21st February	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.

<p>Steady & Stable MUST BOOK Starts 11th January</p>	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.
<p>Awareness Through Movement Pilates MUST BOOK Starts 18th January</p>	10.00-11.15 No class on 22 nd March	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. Must book max 1 week in advance on 020 8962 5500
<p>Build Your Own Website 2 With Lena Dekair MUST BOOK & ENROL starts 1st March to 5th April</p>	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 is a progression course from Course 1. This course will enable you to update your own website. You will get the chance to work with widget, links, sharing option, contact form and many more tools to make your website more professional. Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594.
<p>Improve English, Improve Health With Val Phillips Start date confirmed upon booking</p>	10.00 – 12.30 10 week course Half Term break 22 nd February	Queen's Park Library, 666 Harrow Road, W10 4NE	18,28, 228	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 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>Pilates Starts 18th January</p>	10.30-11.30 Half Term break 22 nd February	Everyone Active Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.	7, 23, 52, 70, 228, 295, 452	£2	Pilates is a slow, controlled system of mind-body exercise focusing on body awareness, posture, core strength, flexibility & agility. For RBKC residents.
<p>Time for Me IT with Lena Dekair MUST BOOK Starts 18th January to 15th February</p>	10.30-12.30  6 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	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>Healthy Lungs MUST BOOK Starts 11th January</p>	10.45-11.45	Response Community Projects 300 Old Brompton Road London SW5 9JF	74, 430	FREE	Exercise class for people with breathing difficulties/conditions. Must have a respiratory condition. Book with Hansa: 020 8962 4141. For RBKC residents.

All Ability Cycling with Bikeworks	11.00-1.00 Ongoing	Little Wormwood Scrubs, W10. (Near playground)	7, 70, 316	FREE	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!
Step Up From Steady Starts 11 th January	11.00-12.00 Half Term break 22nd February	The Reed  28 Convent Gardens, London, W11 1NH	7, 23, 52, 70, 228, 295, 452	£1	This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.
Mens Space: Friday Social Starts 11 th January NEW!	11.00-12.30	The Reed  28 Convent Gardens, London, W11 1NH	7, 23, 52, 70, 228, 295, 452	£1.50	Join this social group to meet other people, share information and have a cuppa. Call Russell for more info on 0208 962 5583
Time for Me Carer's Activities	11.00-1.00 No class on 29 th March	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	A diverse programme of fun & interesting FREE activities & trips for unpaid carers. Call Liz Butters for more information 020 8962 4536.
Tai Chi Starts 18 th January	11.30-12.30 Ongoing class	Everyone Active 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 11 th January	11.30-12.45 Half term break 22 nd February	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 18 th January	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 11 th January	12.15-1.00 Half Term break 22nd February	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	La Bodega, 74 Tavistock Rd, W11 1AN	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 18 th January	12.30-2.30 (Ongoing class)	Everyone Active 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.

<p>Spanish for Beginners with Anna Czubak MUST BOOK & ENROL Starts 18th January to 29th March</p>	<p>12.30-2.30  10 week course Half Term break 22nd February</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>This is a Spanish course for those who are just beginning to learn Spanish and have had some teaching – for example, 20 hours Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594</p>
<p>Line Dancing Starts 18th January</p>	<p>1.00-2.30 Half Term break 22nd February</p>	<p>Venture Centre, Wornington Road, W10 5QQ.</p>	<p>23, 52, 70, 228, 295, 452</p>	<p>£1.50</p>	<p>Have fun learning steps and sequences to some great tunes. For RBKC residents.</p>
<p>Art on iPads With Lena Dekair MUST BOOK & ENROL NEW COURSE Starts 18th January to 29th March</p>	<p>1.00-3.00  10 week course Half Term break 22nd February</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>Come and discover the world of being creative on iPad using Tayasui Sketches. Learn how you can draw using different digital pencils, pens and brush tools within the app. Work with different colours and patterns.Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594</p>
<p>Abs, Bums and Thighs MUST BOOK Starts 18th January</p>	<p>1.00-2.00 No class on 29th March</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>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</p>
<p>Spanish Conversation Starts 18th January MUST BOOK</p>	<p>1.30-3.30 No class on 29th March</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 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. Call Jenny or Kaidee in advance on 020 8962 5500 to book.</p>
<p>Stroke Survivors Social Group Starts 11th January</p>	<p>2.00-4.00 Fortnightly</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>An informal social group for people who have had a stroke & their carers'. Enjoy tea, coffee, & the support of other stroke survivors with Rachel.</p>
<p>Healthy Lungs MUST BOOK Starts 11th January</p>	<p>2.00-3.00 No class on 29th March</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>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.</p>
<p>Spanish 2 with Anna Czubak MUST BOOK & ENROL Starts 18th January to 29th March</p>	<p>3.00-5.00  10 week course Half Term break 22nd February</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>For beginners who have had a small experience of Spanish classes – i.e. 80 hours and want to further their Spanish experience.Come in to enrol from 7th January. Any queries call Maude on 020 8962 5594</p>
<p>Free Computer Time Starts 11th January</p>	<p>3.15-4.30 No group on 29th March</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>Drop-in with no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.</p>

Sundays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Free Gym! All day Sunday NEW (Open to ALL boroughs!)	10.00-5.00	Jubilee Hall Trust, 30 The Piazza, Covent Garden WC2E 8BE	23	FREE	Drop in any Sunday and you can exercise in the gym for free! This is available to anyone of any age so why not bring a friend. Classes and gym inductions are available throughout the day. A membership form will need to be completed on your first session.
Meet, Eat & Learn (MEAL) MUST BOOK Starts 13 th January	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 5500.

THE SECOND HALF CENTRE TRIPS (Booking essential for all trips: 0208 962 5500) Monday 7th January

Maximum of 2 trips per person.

MANTEGNA AND BELLINI EXHIBITION at The National Gallery. **Monday 21st January, 2pm FREE (15 tickets).** A tale of two artists and brothers-in-law, 'Mantegna and Bellini' tells a story of art, family, rivalry, and personality. It is a once in a lifetime opportunity to see in London rare loans of paintings and drawings from around the world by two of the most influential artists of the Renaissance.

THE LAST TSAR: BLOOD AND REVOLUTION at The Science Museum, **Friday 1st February, 3pm, FREE (15 tickets).** Explore the extraordinary lives and deaths of Tsar Nicholas II and his family and go behind the scenes to uncover the science behind one of the greatest mysteries of the 20th century.

THE AMERICAN CLOCK at The Old Vic, **Monday 11th February, 7.30pm, FREE (10 tickets)**

In an American society governed by race and class, we meet the Baum family as they navigate the aftermath of an unprecedented financial crisis. The world pulses with a soundtrack fusing 1920s swing and jazz with a fiercely contemporary sound, creating a backdrop that spans a vast horizon from choking high rises to rural heartlands.

THE SUN: LIVING WITH OUR STAR at The Science Museum, **Thursday 28th February, 3pm FREE (15 tickets)**

Discover the incredible story of our closest star—the Sun—through fun hands-on experiences, unique objects, and stunning imagery

CHRISTIAN DIOR: DESIGNER OF DREAMS at The V&A, **Thursday 7th March, 3.45. FREE (15 tickets).**

Spanning 1947 to the present day, this exhibition will trace the history and impact of one of the 20th century's most influential couturiers, exploring the enduring influence of the fashion house, and Dior's relationship with Britain.

BERBERIAN SOUND STUDIO at The Donmar Warehouse, **Thursday 14th March, 2.30pm £20 (12 tickets).** Peter Strickland's acclaimed subliminal horror film is adapted for the stage by Joel Horwood and Director Tom Scutt in this darkly comedic, sonic experience.

A LEGACY OF ANCIENT OAKS EXHIBITION at Kew Gardens, **Friday 15th March, 10.30am-12.30pm £1 (10 tickets)**

This series of 20 highly intricate, large scale graphite drawings by Mark Frith depicts Britain's most characterful veteran oaks, many of which are more than 1,000 years old. After viewing the exhibition enjoy a stroll through the gardens.

WORKSHOPS AND CLUBS at THE SECOND HALF CENTRE

BOOK CLUB with Jane Goldstaub: Thursday, 24th January, 21st February and 21st March 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 17th January, 12.30pm-2pm. £4.50.

COME EAT, DRINK AND BE MERRY AT OUR EASTER PARTY Friday 29th March 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

January

- 14th Topical Talk: Community Gardening , Preparing to Grow for Summer with Lisa Wilkinson
- 21st Topical Talk: Glimpses of the Cosmos, my favourite astronomical images with Kevin Walsh
- 28th Community Living Well 'Wellbeing' Workshop with Freddie Thompson

February

- 4th TRIP: Kensington Palace 'Object Handling Workshop' Meet at main entrance of palace at 10.15am for 10.30am start. MUST BOOK call Hester on: 0203 713 8736
- 11th Topical Talk: Independent Age with Ashraf Choudhury
- 18th HALF TERM BREAK
- 25th Workshop: The Reader with Erin Carlstrom

March

- 4th Topical Talk: Gaudi with David Saunders
- 11th TRIP: Banqueting House at Whitehall. Meet at main entrance to the house at 10.15am for 10.30am start. MUST BOOK call Hester on: 0203 713 8736
- 18th Topical Talk: Cruse Bereavement with Peter Ward / Jane Buchanan
- 25th Piano & Violin Concert from Royal College of Music with Danilo Mascetti & Flora Fontanell

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

Fortnightly Mondays, 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

January

- 14th Sheltered Housing Talk with Sajda Munshi from Octavia Housing
- 28th Talk with Holland Park Ecology Centre and the important work they do.

February

- 18th Current Affairs Talk with Bob Garvin

March

- 4th John Wesley House Talk with Gemma Smith
- 18th Holland Park Opera TBC



Pop in, for a cuppa and conversation!

The Reed Café

The Reed

28 Convent Gardens,

London , W11 1NH

Monday- Friday, 10.00am- 4.30pm

Pop in for a 3 course meal for £5.50! Teas & coffees and
snacks served throughout the day!

EVERYBODY WELCOME!





THE VIRTUAL IMAGINARIUM

Draw and paint in 3D
with artists  DNA
using Virtual Reality goggles

Mon. 18 February 19
drop-in from 12noon - 3pm
Wed. 20 February 19
11am - 3pm for participants to create a collective artwork

The Reed, 28 Convent Gardens, London W11 1NH

Call rb&hArts for information
tel: 0330 352 8121 ext 84087

 **OPEN AGE**
Welgeest begint

 **rb&hArts**

 **NHS**

 **THE ROYAL BOROUGH OF KENSINGTON AND CHELSEA**



Cruse. Helping people through the grieving process.

For most of us, bereavement will be the most distressing experience we will ever face and our feelings of grief, although a natural process, will be a unique experience for every one of us.

The importance of talking to others about grief and loss is well recognised and Cruse provides both

one-to-one and now group support for Open Age members. The group is a weekly 90 minute session, running for six weeks and Cruse encourages attendance at all the sessions in order to benefit from the support.

The group is facilitated by two experienced Cruse volunteers who will provide a safe space for you to share your feelings, learn how others are coping and helping you to come to terms with your loss, building hope for a new future.

The support groups are free.

If you would like to join a group please sign up or if you'd like more information then please contact Jenny at Open Age on 0208 962 5500.

If you would like to learn more about Cruse please contact

Telephone 020 8964 3455

Email kchf@cruse.org.uk

SCIENCE MUSEUM

Science Museum at Open Age

11th February 2019 at 10-11.30am

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

Come and learn about the science behind the everyday. Explore the fascinating world of chemistry, as a taster for our event happening at the Science Museum in March. This is an opportunity to try some hands on experiments and help shape our future events!

Call Jenny or Kaidee to book on 0208 962 5500

Science Museum Workshop

6th March 2019 at 3-5pm

Science Museum, Exhibition Rd, Kensington, London SW7 2DD

Help us celebrate the 150th anniversary of the periodic table with an afternoon delving into the wonderful world of chemistry. We'll be exploring our collection in a new way. Come and discover how mistakes have led to some of the world's most colourful, life changing and loud discoveries.

To get your **FREE ticket(s)** please book from the **1 February 2019** over the phone by calling **020 7942 4000** between 08.30 and 18.00 (please note that the lines can get very busy) OR you can book online here www.sciencemuseum.org.uk/see-and-do/06-03-2019 from February onwards.



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Building in jobs and skills



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