

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



Kensington Activity Programme

22nd July - 30th August 2019

As we have a shorter programme over the summer period, some activities are one-off events, so do please do make sure you check dates!

LOCAL EVENTS



SAATCHI GALLERY



TENNIS

Date: Wednesday 24th July –
16th October 2019

Time: 12.00 – 2.00pm

Description

Join our NEW Tennis Sessions led by an Idverde licenced, qualified and experienced coach. Whether you are an experienced player or complete beginner this session is for you! Whatever your fitness level, you will enjoy a great game of tennis! Bring your own racquet!
For more info call Armand on 077 9936 9733!

Address

Kensington Memorial Tennis Courts,
St Marks Road, W10 6DG.

OPEN AGE AT THE SAATCHI GALLERY!

Dates: Tuesday 6th August -
Thursday 8th August

Time: Details at the back of
programme

Description

Come to The Saatchi Gallery's Education room, to explore the stunning art work from Open Age members. **More details at the back of programme!**

Address

Education Room at The
Saatchi Gallery, Duke of York's
HQ, King's
Rd, Chelsea, London, SW3 4RY

FREE PETANQUE AND BOWLING TASTER SESSIONS

Dates: Thursday 8th August
Thursday 15th August
Thursday 22nd August

Time: 2.00 – 4.00pm


Description

Always wanted to learn more about pétanque and bowling? Come and give it a go at the West London Bowling Club. The sessions are free and will be led by the Club's seasoned players.

Address



West London Bowling Club
112A Highlever Rd, London,
W10 6PL

Mondays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
An Introduction to Self-Awareness with Renata Taylor Starts 29 th July NEW FOR SUMMER	10.00-12.00 Bank Holiday 26th August	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/5	Join this group to start a small journey of personal growth. Members can learn how to increase confidence, improve self-esteem and explore self-discovery.
Latin American Dance MUST BOOK	11.00-12.00 29 th July, 5 th , 12 th August only	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.
Chair Exercise	12.00-1.00 29 th July, 5 th , 12 th August only	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.
Free Computer Time Starts 22 nd July	12.00-1.00	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.
Yoga	1.00-2.15 (Ongoing)	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.
Phone Club: Current Affairs Talk For the Housebound	2.30-3.30 Bank Holiday 26th August	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 Ewa for more info & to join on 020 3713 8736.
Men's Space: Meet-up & Social	3.30-5.30 22 nd , 29 th July 5 th August only	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	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.
Film Club Fortnightly	3.30-5.30  29 th July and 12 th August only	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Catch up with a variety of films, courtesy of Warner Brothers. With thanks to The Second Half Foundation. Please make sure you call The SHC on 0208 962 5500 to find out what the next film may be!

Phone Club: Creative Writing Group For the Housebound	4.00-5.00 Bank Holiday 26th August	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 Ewa for more info & to join on 020 3713 8736.
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Tuesdays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Zumba Gold MUST BOOK	10.00-11.00 30th July, 6th August & 13th August Only	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	10.00-11.30 30th July, 6th August & 13th August Only	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 077 9936 9733.
Healthy Lungs MUST BOOK	10.30-11.30 23rd July, 30th July and 6th August Only	Everyone Active 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.
Free Computer Time Starts 23 rd July	12.00-1.00	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.
Steady & Stable (High Level) MUST BOOK Starts 23 rd July	12.45-1.45 23rd July – 6th August	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.
Zumba GOLD	1.30-2.30 30th July, 6th August & 13th August Only	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 22 nd July	1.30-3.00  Last class 13th August	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 (Low Level) MUST BOOK Starts 23 rd July	1.45-2.45 23rd July – 6th August	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.


Yoga	2.00-3.30 30 th July, 6 th August & 13 th August Only	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.
Awareness Through Movement Pilates 1 MUST BOOK	3.00-4.00 30 th July, 6 th August & 13 th August Only	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	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	4.15-5.15 30 th July, 6 th August & 13 th August Only	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.

Wednesdays in Kensington


ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Tennis	12.00-2.00 24 th July – 16 th October	Kensington Memorial Tennis Courts, St Marks Road, W10 6DG	316	£2	Come and join our NEW Tennis Session led by an Idverde licenced, qualified and experienced coach. Whether you are an experienced player or a complete beginner this session is for you! Whatever your fitness level, you will enjoy the great game of tennis! Bring your own racket! For more information, please contact Armand on 077 9936 9733.
Free Computer Time Starts 24 th July	12.00-1.00	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.
Intermediate Stretch & Tone MUST BOOK	12.45-1.45 31 st July, 7 th & 14 th August Only	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.

Mens Space: Social	2.30-4.00 24th ,31st July 7th August NEW TIME	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
Dance Exercise	2.30-3.30 31 st July, 7 th & 14 th August Only	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	2.30-4.30 Summer break all of August	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.


Thursdays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAIL
Kundalini Yoga	10.00-11.00 1 st , 8 th , 15 th , 22 nd & 29 th August	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. Please call the SHC for more info on 0208 962 5500.
Table Tennis	10.00-11.30 1 st , 8 th & 15 th August only	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.
Steady & Stable MUST BOOK Starts 25 th July	10.15-11.15 (High Level) 25th July – 8th August	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.
Salsa	11.00-12.00 (Ongoing)	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 25 th July	11.15-12.15 (Low Level) 25th July – 8th August	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	11.45-12.45 1 st , 8 th & 15 th August only	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 25 th July	12.00-1.00	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.
Exercise to Music & Health Management MUST BOOK Starts 25 th July	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
Bone Density Workout MUST BOOK	1.00-2.00 1 st , 8 th & 15 th August only	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
Exercise to Music & Health Management MUST BOOK Starts 25 th July	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
Free Pétanque and Bowling Taster Sessions NEW FOR SUMMER!	2.00-4.00 8 th , 15 th and 22 nd August	West London Bowling Club 112A Highlever Rd, London W10 6PL. Map available on request	7,70	FREE	Always wanted to learn more about pétanque and bowling? Come and give it a go at the West London Bowling Club. The sessions are free and will be led by the Club's seasoned players. Must Book! Please phone 020 8962 4141
Book Talk: Phone Discussion group For the Housebound	2.30-3.30	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 Ewa for info and to join on 020 3713 8736.
Stretch and Tone (Beginners) MUST BOOK	2.30-3.30 1 st & 8 th August only	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.
Work Club Session	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	3.45-4.45 Last class 15th August	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 Bank Holiday 26th August	Comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Ewa 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 26 th July	10.00-11.00 26th July – 9th August	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.
Pilates	10.25-11.25 2nd, 9th & 16th August only	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.
Healthy Lungs MUST BOOK	10.45-11.45 Last class 26th July and will restart 30th August	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.
Time for Me Carer's Activities	11.00-1.00 No class on 23rd August	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	11.30-12.30 (Ongoing)	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.

Men's Space: Trips around London MUST BOOK	12.00-4.00 26th July 2nd,9th August	Meet at Ladbroke Grove Tube Station.	n/a	varied	Call Russell on 020 8962 5583 for men's trips programme and to book.
Breathing Yoga	12.30-2.30 2 nd , 9 th & 16 th August only	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.
Abs, Bums and Thighs MUST BOOK	1.00-2.00 2 nd , 9 th & 16 th August only	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
Healthy Lungs MUST BOOK	2.00-3.00 Class ends 26 th July and resumes on 30 th August	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.

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	12.30-2.30 28 th an 4 th August only	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 WORKSHOPS & EVENTS

BOOK CLUB with Jane Goldstaub: Thursday, 29th August. £2



Summer BBQ The Reed
Thursday 25th July
12.30pm—2.30pm
 at
The Reed Centre
28 Convent Gardens, W11 1NH

Join us for a get together for all users of The Reed, to embrace the season of summer and smiles! Grab some grub, with the best company in town and enjoy some special performances!

Please bring a contribution of £2





Open Age Mile
Tuesday 20th August
11.00am start
Paddington Recreation Ground, W9 1PD

Come and join us at Paddington Recreation Ground and walk, jog or run the first Open Age Mile. Friends and family also welcome to participate!

If you want to 'go the extra mile', sponsorship forms will be available if you wish to raise money for Open Age.

For more information and to **register for the Mile**, please call 0208 962 4141.



Registered Charity Number: 1160125

Stand Up for the Over 50s




Want to write comedy?
Want to perform a stand up routine in front of an audience?
Coming this autumn!

Comedian Simon Watts and Open Age member, Sandra Anlin, are bringing you the chance to learn to write a comedy script. And, if you're willing to test yourself, you can also perform your routine to a live audience at an evening fundraising performance in support of Open Age!

LOOK OUT FOR FULL DETAILS AND HOW TO SIGN UP IN THE AUTUMN PROGRAMME!





Open Age Art Exhibition
 at
The Saatchi Gallery
Open Age Member's artwork will be exhibited in the Saatchi Gallery

In the Education Room, Saatchi Gallery, Duke of York's HQ, King's Rd, Chelsea, London SW3 4RY.
 on the following dates and times:
 Tuesday 8th August—10am-6pm**
 Wednesday 7th August—12.30pm-6pm
 Thursday 8th August—10am—6pm

****Private viewing for Exhibiting members will be held on this date, details TBC****

