

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



Kensington Summer Activity Programme

23rd July-7th September 2018

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

There are some new activities running over the summer. Come along and take part in BioDanza- The Dance of Life, get tech savvy with Barclays' Digital Eagles in their workshop, have a cuppa and conversation in our NEW monthly Norland Social Group or even try a summer special, Boxing Fitness and much more!

LOCAL EVENTS



MEN'S SPACE: FRIDAY FITNESS

Date: Friday, 27th July

Time: 11.15am-12.15pm

Description

How physically active are you? Research shows to stay healthy or to improve your health you need 150 minutes of exercise each week. Join this group to maintain fitness improve core strength and stamina in this new gym session.

Address

St Charles Hybrid Gym
St. Charles Centre, Exmoor Street,
W10 6DZ.
Call Russell on 020 8962 5583 to book.



HEALTH AND WELLBEING DAY IN PARTNERSHIP WITH CLEMENT JAMES

Date: Wednesday, 8th August

Time: 11am-4pm

Description

Feel empowered, inspired and delve into some creativity for our Health and Wellbeing Day in partnership with Clement James. Stay tuned for exciting workshops to take part in!

Address

Second Half Centre, St Charles
Centre for Health and Wellbeing,
Exmoor Street,
W10 6DZ.
For more info call Jenny or Kaidee
on 0208 962 5500



REED SUMMER PARTY!

Date: Wednesday, 15th August

Time: 12.30pm-3.30pm

Description

Join us for a get together for all users of The Reed, to embrace the Summer time with a delicious BBQ and the best company in town! Please bring a contribution of £2.

Address

The Reed
28 Convent Gardens,
London
W11 1NH
For more info call Jenny on 0208 962
5500

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 |
|---|---|---|------------------------------|-------|--|
| Weekly Walking Group Starts 23rd July | 11.00-12.00pm No class on Bank Holiday 27 th August | Various Locations around London. | Various | £1/£3 | Get out and enjoy the summer with a walk around some of London's loveliest green areas. The group will meet at a different location each week. Phone Kaidee on 020 8962 5500 to book your place and find out more. |
| Free Computer Time Starts 23 rd July | 12.15-1.00 No class on Bank Holiday 27 th August | 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. |
| Singing for All 30 th July only | 1.30-3.30 | 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 No group on Bank Holiday 27 th 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 Hester for more info & to join on 020 3713 8736. |
| Norland Social 20 th August only NEW MONTHLY GROUP | 2.30- 4.30 | Edward Woods Community Centre, 60 Norland Rd, London, W11 4TX | 295, 316 | FREE | The Norland social group includes talks chosen by participants on subjects such as history, art, music, exercise, alternative health; as well as film shows and visiting speakers from museums. Call Hester on 020 3713 8736 for more info. |
| Men's Space: Meet-up & Social Starts 23 rd July | 3.30-5.30 No class on Bank Holiday 27 th August | 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 No class on Bank Holiday 27 th 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 Hester for more info & to join on 020 3713 8736. |

Tuesdays in Kensington

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|---|-------------|---|------------------------------|-------|---|
| Zumba Gold MUST BOOK 24 th July only | 10.00-11.00 | 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 Book 020 8962 5500. |

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|--|--|---|------------------------------|-------|---|
| Healthy Lungs MUST BOOK Starts 31 st July | 10.30-11.30 No class on 24 th July and 21 st August | 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 24 th July | 11.00-1.00 | 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. |
| Kundalini Yoga / Meditation MUST BOOK Starts 24 th July | 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 Book 020 8962 5500. |
| Free Computer Time Starts 24 th July | 12.15-1.00 | 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. |
| Men's Space: Active Men Group Starts 24 th July | 12.30-1.30 (Weekly) | 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 24 th July | 12.45-1.45 (Last class 7 th August) | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 452 | FREE | Fun tried & tested programme to improve balance, reduce falls & increase your confidence. Book with Tina on 020 8962 5582. |
| Steady & Stable MUST BOOK Starts 24 th July | 1.45-2.45 (Last class 7 th August) | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 452 | FREE | Fun tried & tested programme to improve balance, reduce falls & increase your confidence. Book with Tina on 020 8962 5582. |
| Work Club Session Starts 24 th July | 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. |
| Men's Space: The Magic of Music MUST BOOK Starts 24 th July | 4.15-5.45 | 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. |

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Wednesdays in Kensington

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|--|--|--|---|-------|--|
| Painting and Drawing 25 th July only | 10.00-12.00 | 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. |
| Healthy Hearts: Cook and Eat Starts 1 st August MUST BOOK | 11.00-1.00 (6 week course) | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 452 | FREE | If you are interested in joining this course (or any other Healthy Hearts course) you must first book in for a healthy hearts assessment. Call 020 3434 2500 or visit www.HealthyHearts.org.uk to book your free initial assessment and start your journey towards improved health. |
| Free Computer Time Starts 25 th July | 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. |
| Men's Space: Lunch and Cookery MUST BOOK | 12.30-2.00 (3rd Wednesday of every month) | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 452 | FREE | 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. |
| BioDanza- Dance of Life | 2.00-4.00 | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 452 | £1/£3 | Join this series of workshops to connect with your own body, emotions, feelings and affections through physical activity, games and more! Biodanza helps you restore your harmony, through the integration between what you feel, what you think and how you act in your life. |
| Campden Ward Social 1 st and 8 th August only | 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. |

Thursdays in Kensington

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|--|--|---|-------------------------------|------|---|
| Steady & Stable MUST BOOK Starts 26 th July | 10.00-11.00 (High Level) (Last class 9 th August) | Earl's Court Health & Wellbeing Centre, 2B Hogarth Road, SW5 0PT. | C1, C3, 74, 328, 430 | FREE | Fun evidence-based programme shown to improve balance and strength to help reduce falls. Call Tina on 020 8962 5582. |


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|--|---|--|------------------------------------|--------------|---|
| Steady & Stable MUST BOOK Starts 26 th July | 10.00-11.00 (High Level) (Last class 9 th August) | Earl's Court Health & Wellbeing Centre, 2B Hogarth Road, SW5 0PT. | C1, C3, 74, 328, 430 | FREE | Fun evidence-based programme shown to improve balance and strength to help reduce falls. Call Tina on 020 8962 5582. |
| Table Tennis Starts 26 th July | 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. |
| Steady & Stable MUST BOOK Starts 26 th July | 11.00-12.00 (Low Level) (Last class 9 th August) | Earl's Court Health & Wellbeing Centre, 2B Hogarth Road, SW5 0PT. | 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. |
| Free Computer Time Starts 26 th July | 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. |
| Exercise to Music & Health Management MUST BOOK Starts 26 th July | 12.15-1.30 | 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 |
| Boxing Fitness- NEW FOR SUMMER! Starts 26 th July | 1.00-2.00 | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 452 | £1 | Come and try this fun and interactive boxing fitness class designed to improve your heart health, strength and co-ordination. |
| 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. |
| Work Club Session Starts 26 th July | 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. |
| 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. |

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|---|--|--|------------------------------------|-----------------------|--|
| Reflexology MUST BOOK | 10.00-4.00 Fortnightly | Positive Age Centre Dalgarno Estate, W10 5JN. | 7, 70, 316 | £13 for 30 mins | Please call Maria on 020 7266 5762 or Rita on 078 650 80969 to book and for more information. |
| Steady & Stable MUST BOOK | 10.00-11.00 (last class 10 th August) | The Reed  28 Convent Gar- dens, London, W11 1NH | 295, 316 | FREE | Fun tried & tested programme to improve balance, reduce falls & increase your confidence. Book with Tina on 020 8962 5582. |
| Healthy Lungs MUST BOOK Starts 24th August | 10.00-11.00 | Earl's Court Health & Wellbeing Centre, 2B Hogarth Road, SW5 0PT. | C1, C3, 74, 328, 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! |
| Time for Me Carer's Activities | 11.00-1.00 No class 24 th August | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7,23,5270, 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. |
| Men's Space: Fri- day Fitness MUST BOOK Starts 27 th July | 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. |
| 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. |
| Free Computer Time Starts 27 th July | 12.15-1.00 | 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. |
| Healthy Lungs MUST BOOK Starts 24th August | 2.00-3.00 | 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 |
|---|------------|--|------------------------------------|-------|--|
| Meet, Eat & Learn (MEAL) MUST BOOK Starts 29 th July | 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. |

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THE SECOND HALF CENTRE TRIPS AND WORKSHOPS (Booking essential for all trips: 0208 962 5500)
Please note, tickets are on a first-come, first - serve basis and require prompt payment to secure your place.

BUCKINGHAM PALACE TRIP Thursday 2 August 9:30am—11.50am, FREE (19 Tickets)

EMBROIDERY AT KENSINGTON PALACE Friday 3 August 1.30-4.30pm, FREE (7 Tickets)

SPLENDOURS OF THE SUBCONTINENT at The Queen's Gallery, Wednesday 8th August 11am-1pm, FREE (15 Tickets)

HEALTH AND WELLBEING DAY with The Clement James Centre at The Second Half Centre, Wednesday 8th August 10am-12pm, FREE

DIGITAL EAGLES TEA AND TEACH WORKSHOP with Barclays Bank at the Second Half Centre , Friday 10th August 10am-12.30pm, FREE

ROYAL PARKS KENSINGTON ALLOTMENT WORKSHOP at the Kensington Allotments Monday 13th August 10am –12pm, FREE (15 Tickets)

ARISTOCRATS at The Donmar Warehouse, Thursday 23rd August 2:30 pm, £20 (12 Tickets)

FRIDA KHALO: MAKING HER SELF UP at The V&A, Friday 24 August 10:15am, FREE (9 Tickets)

FRIDA KHALO: MAKING HER SELF UP at The V&A, Thursday 30 August 3:15pm, FREE (9 Tickets)

THE THOMAS COLE EXHIBITION at The National Gallery Friday 31st August, 2.30pm, FREE (15 Tickets)

BOOK CLUB with Jane Goldstaub: Thursday, 23 August 2.30pm-4pm



Reed Centre Summer Party

Wednesday 15th August

12.30pm—3.30pm

at

The Reed Centre

28 Convent Gardens, W11 1NH

Join us for a get together for all users of The Reed, to embrace the Summer time with a delicious BBQ and the best company in town!

Please bring a contribution of £2

Badminton Competition



Fancy putting your badminton skills to the test then come and join our first Summer competition! This will be a fun and informal afternoon giving you the chance to compete against fellow Open Age members.

For more information and to register please contact Jade on 0208 962 4537 or via email at jdalton@openage.org.uk

Date: 4th August

Venue: St Augustine Hall, Oxford Road, NW6 5SN

Time: 1pm - 4pm

Cost: £3

 **OPEN
AGE**
life's just begun



Promoting healthy active communities