

Kensington Activity Programme

6th January - 3rd April 2020

Dear Members, Adult Community Learning (ACL) classes are denoted by the tree logo (right) and funded by RBKC. We **URGENTLY** need members who have not yet tried ACL this year to enable us to secure our funding. We will need you to **complete an enrolment form** and secure your place on a course(s) by **coming in to the Second Half Centre (SHC) from Monday 9th December.**



The Second Half Centre will be taking bookings from Friday 3rd January
Please note at The Second Half Centre and in our Community venues we cannot let members who are more than 5 minutes late into exercise classes!!

Kensington and Chelsea Residents priority in busy classes

Open Age wants to encourage members to attend any of our venues. However, as you might be aware from our programmes, some of our funders have strict guidelines about funds being allocated only to benefit residents in respective boroughs. Therefore for over subscribed groups, Kensington and Chelsea residents can book for their next class on the day of the class in person or by phone. Members from other boroughs will be able to book two working days after the class

LOCAL EVENTS



Boxing exercise

Date: Thursdays

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. To book contact the Second Half Centre on **0208 962 5500**

Address

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



Matinée performance of AfterPlay at The Coronet Theatre

Date: 2nd April

Time: 2.30pm - 3.30pm

Description

Afterplay is a one-act bittersweet play focussing on two of Chekhov's disappointed characters. The play explores the twists and turns their lives have taken. See trips Programme.

Address

103 Notting Hill Gate, London W11 3LB.



Film Club

Date: Mondays, Fortnightly

Time: 3.30pm-5.30pm

Description




Catch up with a variety of films, courtesy of Warner Brothers. With thanks to The Second Half Foundation. See back page for the upcoming film schedule.




Address



Second Half Centre, St Charles Centre for Health & 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
Dance Mix MUST BOOK Starts 13 th Jan	10.00-11.00 Half Term break 17 th & 24 th Feb	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£1/£3	A lively energizing Bokwa and Zumba inspired class. Must book max 1 week in advance. Call 020 8962 5500.
Gentle Chair Exercise Starts 13 th Jan	10.00-11.00 Half Term break 17 th & 24 th Feb	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.
Italian for Beginners MUST BOOK & ENROL Starts 13 th Jan to 23 rd March	10.00-12.00  10 week course Half Term Break, 17 th Feb (NO CLASS)	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	RESIDENTS FROM ANY LONDON BOROUGH WELCOME Reap the benefits of improved memory, attention span and having fun. This course is for those who have had a little Italian tuition or with a rusty knowledge that will enable you to communicate in the language with confidence and flair in a holiday environment. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594
Going Further with Computers with Derek White MUST BOOK & ENROL Starts 13 th Jan to 23 rd March	10.00-12.00  10 week course Half Term Break, 17 th February (NO CLASS)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£3/Free if on benefits	RESIDENTS FROM ANY LONDON BOROUGH WELCOME This course is for you if you have got the basics and want to find your way around Windows 10. You will learn some of the tips and tricks to further develop your computer skills. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594.
Local History Walks and Talks Starts 13 th Jan	10.00-12.00 Half Term Break, 17 th Feb	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£2/£5	Discover North Kensington's hidden gems and secrets during these guide walks & talks. Please call 0208 962 5500 to be notified of the weekly programme.
Monday Forum Starts 13 th Jan Fortnightly	10.30-12.00 Half Term break 17 th February	Gloucester Court, 2 Bassett Road, W10 6JJ.	7, 23, 52, 70 228, 295, 452	£1.50	Fortnightly social group with different guest speakers. List of speakers and dates at back of this programme
Kensington Activity Group Starts 6 th Jan	10.30-12.00 Half Term break 17 th February	Meeting Room (under Central Library), Phillimore Walk, W8 7RX.	C1,9, 10,27, 28,49, 52,70, 328, 452	£1.50	An interesting programme of speaker and classical concerts, see back for full programme. Refreshments are available at this friendly social group. Please call 020 3713 8736 before attending to check programme updates to avoid disappointment on specific activities.


Gentle Chair Exercise Starts 13 th Jan	11.30-12.30 Half Term break 17 th & 24 th Feb	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.
Creative Dance NEW CLASS MUST BOOK Starts 13 th Jan	11.45-12.45 Half Term break 17 th & 24 th Feb	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£1/£3	Structured improvisational dance class exploring new ways of movement. Must book max 1 week in advance on 020 8962 5500.
Chair Exercise Starts 13 th Jan	12.00-1.00 Half Term break 17 th & 24 th Feb	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 13 th Jan	12.00-1.30 Half Term break, 17 th Feb	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 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 Drop In Starts 2 nd Sept	12.15-1.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£1* *Suggested Donation	Drop-In no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.
Today's Issues with Robert.S.Silver NEW MUST BOOK & ENROL Starts 13 th Jan to 23 rd March	1.00-3.00  10 week course Half Term break, 17 th February (NO CLASS)	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	RESIDENTS FROM ANY LONDON BOROUGH WELCOME This lively course focusses on the big issues that underpins the news. We consider the immediate questions raised by the news as well as the wider cultural and historical points of interest. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594.
Cloud with Ivor David MUST BOOK & ENROL NEW Starts 13 th Jan to 23 rd Mar	1.00-3.00  10 week course Half Term break, 17 th February (NO CLASS)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£3/Free if on benefits	RESIDENTS FROM ANY LONDON BOROUGH WELCOME 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 at SHC. Any queries call Maude on 020 8962 5594.
Yoga Ongoing	1.00-2.15	Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.	7, 23, 52, 70, 228, 295, 452	£2	The class focusses on standing & lying yoga positions to increase core strength & flexibility. For RBKC residents.


<p>Singing for All Starts 6th Jan</p>	<p>1.15-3.15 Half Term Break 17th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£2/£5</p>	<p>If you are new to singing or you'd like to brush up on your technique then this is the perfect class for you!</p>
<p>Music Appreciation Starts 13th January to 23rd March</p>	<p>1.30-3.00 10 weeks Half Term break 17th February (NO CLASS)</p>	<p>Thomas Darby Crt 133 Lancaster Rd. W11 1TT.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2</p>	<p>An enlightening, relaxing and enjoyable class listening & learning from a professional musician about all aspects of classical music. You can just turn up but we like to know who's coming so come in or call Maude on 020 8962 5594 to be booked on to the course</p>
<p>Still Life & Life Drawing Starts 13th Jan</p>	<p>1.30-3.30 Half Term break, 17th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£2/£5</p>	<p>Look at objects through the eyes of an artist. Learn about perceptive outline, shape, proportion, tone, colour, texture, form & composition.</p>
<p>Men's Space: Meet-up & Social Starts 13th Jan (Monthly Health and Wellbeing Toolbox, 20th Jan, 17th Feb, 23rd Mar, 20th April)</p>	<p>3.30-5.30 Half Term break, 17th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2</p>	<p>Weekly social group meet up to play dominoes, chess, draughts and ping pong. A wide range of information available through monthly health and wellbeing talks. Call Russell on 020 8962 5583 to book.</p>
<p>Film Club Fortnightly 13th and 27th Jan 10th and 24th Feb 9th and 23rd March See back page for list of films</p>	<p>3.30-5.30 </p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>Free* *Suggested Donation £2</p>	<p>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!</p>
<p>IPads for Beginners with Ivor David MUST BOOK & ENROL Starts 13th Jan-23rd March</p>	<p>4.00-6.00  10 week course Half Term break, 17th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME 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. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594.</p>
<p>Phone Club: Creative Writing Group Starts 13th Jan</p>	<p>4.15-5.15</p>	<p>In the comfort of your own home, for those less able to get out and about</p>	<p>N/A</p>	<p>Free</p>	<p>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.</p>

Tuesdays in Kensington




ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Zumba Gold MUST BOOK Starts 14 th Jan	9.45 -10.45 Half Term break 18 th & 25 th Feb	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 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 14 th Jan	10.00-11.00 Half Term break 18 th & 25 th Feb	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.
French for Beginners MUST BOOK & ENROL 14 th Jan to 24 th Mar	10.00-12.00  (10 week course) Half Term break 18 th February (NO CLASS)	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	RESIDENTS FROM ANY LONDON BOROUGH WELCOME Make the most of the benefits such as improved memory, attention span and having fun. This course is for those who have had a little French tuition or those with a rusty knowledge that will enable you to communicate in the language with confidence and flair in a holiday environment. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594
Beginners Computers with Derek White MUST BOOK & ENROL 14 th Jan to 24 th Mar	10.00-12.00  10 week course Half Term break 18 th February (NO CLASS)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£3/Free if on benefits	RESIDENTS FROM ANY LONDON BOROUGH WELCOME 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, , browse the web, create and use emails in this fun and friendly course. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594.
Me and My iPhone with Lena Dekair MUST BOOK & ENROL 14 th Jan to 24 th Mar	10.00-12.00  10 week course Half Term break 18 th February (NO CLASS)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£3/Free if on benefits	RESIDENTS FROM ANY LONDON BOROUGH WELCOME This course will give you the confidence to get to know and use your iPhone to call, text, send an email, take photos and share them and introduce you to the many shortcuts that will make this phone work for you. You will need to have your iPhone and bring it with you. Come in to SHC to enrol. Any queries call Maude on 020 8962 5594


<p>Creative Writing with Robert.S.Silver</p> <p>MUST BOOK & ENROL 14th Jan to 24th Mar</p>	<p>10.00-12.00</p>  <p>(10 week course) Half Term break 18th February (NO CLASS)</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>RESIDENTS FROM ANY LONDON BOROUGH WELCOME 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 at SHC. Any queries call Maude on 020 8962 5594.</p>
<p>Healthy Lungs MUST BOOK Starts 7th Jan</p>	<p>10.30-11.30</p>	<p>Everyone Active Westway Sports Centre, Crowthorne Road, W10 6RP.</p>	<p>295, 316</p>	<p>£1</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 14th Jan</p>	<p>11.00-1.00 Half Term break 18th Feb</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* *Suggested Donation £2</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 14th Jan</p>	<p>11.00-12.00 Half Term break 18th & 25th Feb</p>	<p>Salvation Army Hall, 205 Portobello Road, London, W11 1TT.</p>	<p>7, 23, 52, 70, 452</p>	<p>£1</p>	<p>Fun, low impact exercise class to improve strength & mobility. For RBKC residents.</p>
<p>Kundalini Yoga / Meditation MUST BOOK Starts 14th Jan</p>	<p>11.15-12.15 Half Term break 18th & 25th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 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 Drop In Starts 7th Jan</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, 316, 452</p>	<p>£1* *Suggested Donation</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 14th Jan</p>	<p>12.30-1.30 (Weekly) Half Term break 18th Feb</p>	<p>Hardy House, 64 Great Western Road, W11 1AN.</p>	<p>28,31, 328</p>	<p>£1</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 (High Level) MUST BOOK</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, 316, 452</p>	<p>Free</p>	<p>A fun tried and tested exercise programme to improve balance, strength, reduce falls and ensure independent mobility. Book with Tina on 020 8962 5582.</p>





<p>First Steps to a Healthy On-Line Life with Derek White MUST BOOK & ENROL 14th Jan to 24th Mar</p>	<p>1.00-3.00</p>  <p>(10 week course) Half Term break 18th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME This course is for you if you already know the basics of how to use a PC, Laptop or Tablet to browse the internet, send and receive email. You will learn how to search for, and sign-up to, websites and internet services related to your health and well-being, a healthy lifestyle, supporting someone with a health condition to do research Come in to enrol at SHC. Any queries call Maude on 020 8962 5594.</p>
<p>Tai Chi Starts 14th Jan</p>	<p>1.00-2.00 Half Term break 18th & 25th Feb</p>	<p>Dalgarno Community Centre, 1 Webb Close, Dalgarno Way, London W10 5LE</p>	<p>7, 70, 316</p>	<p>£1.50</p>	<p>A slow moving and gentle exercise, carried out in a relaxed manner. Suitable for anyone irrespective of age or physical condition. For RBKC residents.</p>
<p>Zumba GOLD Starts 14th Jan</p>	<p>1.30-2.30 Half Term break 18th & 25th Feb</p>	<p>Everyone Active Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2</p>	<p>A lively dance exercise class to Latin music. Must show Membership Card. (Health warning: not for people with back or knee problems) For RBKC residents.</p>
<p>Steady & Stable (Low Level) MUST BOOK</p>	<p>1.45-2.45</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>Free</p>	<p>A fun tried and tested exercise programme to improve balance, strength, reduce falls and ensure independent mobility. Book with Tina on 020 8962 5582.</p>
<p>Tai Chi Starts 14th Jan</p>	<p>2.00-3.00 Half Term break 18th & 25th Feb</p>	<p>St. George's Church, Aubrey Walk, Camden Hill, W8 7JG.</p>	<p>31, 27, 28 52, 70, 94 148, 328, 390, 452</p>	<p>£1</p>	<p>Gentle Exercise, great for relieving stress & bringing about mental calm with the associated health benefits! For RBKC residents.</p>
<p>Yoga Starts 14th Jan</p>	<p>2.00-3.30 Half Term Break 18th & 25th Feb</p>	<p>Venture Centre, Wormington Road, W10 5QQ.</p>	<p>23, 52, 70, 228, 295, 452</p>	<p>£1.50</p>	<p>The class focusses on standing & lying yoga positions to increase core strength & flexibility. For RBKC residents.</p>
<p>Drama Group: Introduction to Shakespeare Starts 7th Jan</p>	<p>2.00-4.00 Half Term break 18th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£2/£5</p>	<p>A fun and relaxing introduction to performing, understanding and enjoying shakespeare through a look at a variety of his works. Learn a bit about the historical context of Shakespeare as well as how to approach a text or scene through a variety of focused, relaxing and inclusive exercises.</p>
<p>Awareness Through Movement Pilates 1 MUST BOOK Starts 14th Jan</p>	<p>3.00-4.00 Half Term break 18th & 25th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£1/£3</p>	<p>Pilates is a slow, controlled system of mind-body exercise that focuses on body awareness & good posture to increase core strength, flexibility & agility. For RBKC residents. Must book max 1 week in advance on 020 8962 5500.</p>




<p>Excellent Excel for Budgeting (NEW) MUST BOOK & ENROL 14th Jan to 24th Mar</p>	<p>4.00-6.00</p>  <p>Half Term - 18th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME This course will focus on Windows 10 and is for you if you know the basics of Microsoft Excel (the most well known spreadsheet programme) from its interface and menus to formulas and formatting to work towards building your own budgeting spreadsheet. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594.</p>
<p>Awareness Through Movement Pilates BEGINNERS MUST BOOK Starts 14th Jan</p>	<p>4.15-5.15 Half Term Break 18th & 25th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£1/£3</p>	<p>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.</p>
<p>Men's Space: The Magic of Music MUST BOOK Starts 14th Jan</p>	<p>4.15-5.45 Half Term Break 18th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£1/£3</p>	<p>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.</p>



Wednesdays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<p>French Next Step up from Beginners MUST BOOK AND ENROL</p>	<p>10.00-12.00</p>  <p>(10 week course) Half Term break 19th February (NO CLASS)</p>	<p>. The Reed  28 Convent Gardens, London W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME This course is for members who have had 80 taught hours or who have a vast experience but are very rusty. There will be some revision of verbs, grammar and vocabulary along with lots of fun. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594</p>
<p>Smartphone and Social Media Apps Lena Dekair MUST BOOK & ENROL Starts 15th Jan to 25th Mar</p>	<p>10.00-12.00</p>  <p>(10 week course) Half Term break 19th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME Get to know the tips and understand the tricks to ensure you can use your phone effectively and benefit from using and managing social media apps. You will need to be confident with using the computer and internet or attended the Beginners' Computer course. It is really helpful if you have an email address. Come in to enrol at SHC. Any queries call Maude on 0208 962 5594</p>


<p>Lip-reading and Managing Hearing Loss with Jacques Gholam MUST BOOK & ENROL</p> <p>Starts 15th Jan to 25th Mar</p>	<p>10.30-12.30</p>  <p>(10 week course)</p> <p>Half Term break 19th February (NO CLASS)</p>	<p>North Kensington Library 108 Ladbroke Grove W11 1PZ</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME</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 gatherings and in the environment at large. This is in conjunction with a series of lessons introducing basic lipreading skills.</p> <p>Come in to enrol at SHC. Any queries call Maude on 020 8962 5594.</p>
<p>Painting and Drawing Starts 8th Jan</p>	<p>10.00-12.00 Half Term break 19th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 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>Creative Threads Starts 8th Jan</p>	<p>10.00-12.00 Half Term break 19th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£2/£5</p>	<p>Knit, sew, embroider & indulge in the art of needlework, in just a few basic steps with a cuppa & good company.</p>
<p>Philosophy Starts 8th Jan</p>	<p>10.15-12.15 Half Term break 19th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 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>Free Computer Time Drop In Starts 8th Jan</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, 316, 452</p>	<p>£1* Suggested Donation *</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 15th Jan</p>	<p>12.15-2.15 (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, 316, 452</p>	<p>£2</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>Intermediate Stretch & Tone MUST BOOK Starts 15th Jan</p>	<p>12.45-1.45 Half Term break 19th & 26th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 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 Ongoing Starts 15th Jan</p>	<p>12.30-2.30</p>	<p>Everyone Active Westway Sports & Fitness Centre, Crowthorne Rd, W10 6RP.</p>	<p>295, 316</p>	<p>FREE</p>	<p>This session is for all confident advanced cyclists wishing to join social rides further afield. For RBKC residents. Call Armand on 07494268855.</p>



<p>Men's Space: IT / with Ivor David MUST BOOK & ENROL</p> <p>15th Jan to 12th Feb</p>	<p>1.00-3.00</p>  <p>(5 week course)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME</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 at SHC. Any queries call Russell on 020 8962 5583</p>
<p>Men's Space: Android Smartphones with Ivor David MUST BOOK & ENROL</p> <p>26th Feb to 1 Apr</p>	<p>1.00-3.00</p>  <p>(6 week course)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME</p> <p>This is a short taster course designed to introduce you to the Android Smartphone and its basic features. Find out how to handle the phone, make and answer calls, send texts, add contacts, connect to Wifi, take pictures and more (time permitting). Come in to enrol. Any queries call Russell on 020 8962 5583</p>
<p>Meditation, Mindfulness and Stress Management with Paul Langton MUST BOOK & ENROL</p> <p>15th Jan to 25th Mar</p>	<p>1.30-3.30</p>  <p>(10 week course)</p> <p>Half Term break 19th February (NO CLASS)</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>RESIDENTS FROM ANY LONDON BOROUGH WELCOME</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 at SHC. Any queries call Maude on 020 8962 5594</p>
<p>Creative Writing with Robert.S.Silver MUST BOOK & ENROL</p> <p>15th Jan to 25th Mar</p>	<p>1.30-3.30</p>  <p>(10 week course)</p> <p>Half Term break 19th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME</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 at SHC. Any queries call Maude on 020 8962 5594</p>


<p>Mens Space: Social Starts 15th Jan</p>	<p>2.00-4.00 Half Term break, 19th & 26th Feb</p>	<p>The Reed  28 Convent Gardens, London, W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£1.50</p>	<p>Join this social group to meet other people, share information and have a cuppa. Call Russell for more info on 0208 962 5583</p>
<p>Art for All With Barbara Jepps 15th Jan to 23rd Mar</p>	<p>2.00-4.00 (10 week course) Half Term break 19th February (NO CLASS)</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>Bolder Not Older Dance Class</p>	<p>2.00-3.00 Starts 22nd January 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>£2</p>	<p>These movement classes for adults over 65 improve mobility, posture, balance and coordination. Have fun and move to music! A collaboration between DanceWest and Open Age.</p>
<p>Advanced French Starts 15th Jan</p>	<p>2.30-4.30 Half Term break 19th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£2/£5</p>	<p>A fun and friendly French class for people who know the basics and want to improve their conversational French. Book on 0208 962 5500</p>
<p>Dance Exercise Starts 15th Jan</p>	<p>2.30-3.30 Half Term break 19th & 26th Feb</p>	<p>Meeting Room, under the Central Library, Phillimore Walk, W8 7RX.</p>	<p>C1, 9, 10, 27, 28, 49, 52, 70, 328, 452</p>	<p>£1</p>	<p>Build up your energy levels in this exciting class! For RBKC residents.</p>
<p>Campden Ward Social Starts 8th Jan</p>	<p>2.30-4.30 Half Term break, 19th Feb</p>	<p>St. George's Church, Aubrey Walk, Campden Hill, W8 7JG.</p>	<p>31, 27, 28, 52, 70, 94, 148, 328, 390, 452</p>	<p>£2</p>	<p>An interesting programme of speakers, classical concerts, art documentaries, health talks etc, see back page for full programme. Phone Ewa on 020 3713 8736 for more info.</p>
<p>Bone Density Workout 2 MUST BOOK Starts 15th Jan</p>	<p>3.45-4.45 Half Term break 19th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£1/£3</p>	<p>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.</p>
<p>Create Greeting Cards on Computer with Ivor David MUST BOOK & ENROL 15th Jan to 25th Mar</p>	<p>4.00-6.00  (10 week course) Half Term break 19th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME 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 greeting cards on computers. Learn to use Canva to design them using your own photos. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594</p>


<p>Poetry with Robert.S.Silver MUST BOOK & ENROL 15th Jan to 25th Mar</p>	<p>4.00-6.00  (10 week course) Half Term break 19th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME 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 at SHC. Any queries call Maude on 020 8962 5594</p>
<p>Meditation (NEW) with Paul Langton MUST BOOK AND ENROL 15th Jan to 25th Mar</p>	<p>5.00-7pm  10 week course Half Term break 19th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME New Year, take care of you! 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 at SHC. Any queries call Maude on 020 8962 5594</p>

Thursdays in Kensington



ACTIVITY	TIME	PLACE	BUS	COST	DETAIL
<p>Kundalini Yoga</p>	<p>10.00-11.00 Half Term break 20th February Last class 26th March</p>	<p>The Reed  28 Convent Gardens, London, W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£1</p>	<p>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.</p>
<p>Table Tennis Starts 16th Jan</p>	<p>10.00-11.30</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£1/£3</p>	<p>Come & play with other table tennis enthusiasts in this drop-in session. For RBKC residents.</p>
<p>History of Art: Art in Focus Starts 9th Jan</p>	<p>10.00-12.00 Half term break 20th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£2/£5</p>	<p>Fun and accessible, the course is suitable for anyone interested in art or art history. Takes place at both the SHC and London art galleries. Please call 0208 962 5500 to be check the weekly location.</p>




<p>Internet and Email with Lena Dekair MUST BOOK & ENROL Starts 16th Jan to 26th Mar</p>	<p>10.00-12.00  (10 week course) Half Term break 20th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME This course will help you to develop a better understanding of the internet and email on selected online services and how to use them for your own benefits and needs. You need to be confident with using the computer and internet or attended the beginners' course. It is really helpful if you have an email address. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594</p>
<p>Steady & Stable MUST BOOK</p>	<p>10.00-11.00 (High Level)</p>	<p>Response Community Projects 300 Old Brompton Road London SW5 9JF</p>	<p>74, 430</p>	<p>Free</p>	<p>A fun tried and tested exercise programme to improve balance, strength, reduce falls and ensure independent mobility. Call Tina on 020 8962 5582.</p>
<p>Speaking English with Confidence with Anna Czubak MUST BOOK & ENROL Starts 16th Jan to 26th Mar</p>	<p>10.15-12.15  (10 week course) Half Term break 20th February (NO CLASS)</p>	<p>The Curve Community Centre 10 Bard Road W10 6TP</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>Free* Suggested Donation £2*</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME This course is for speakers of English as a second language who want to improve their English speaking skills, grammar and build up confidence to feel good and enjoy learning. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594</p>
<p>Mosaic & Ceramics Starts 9th Jan</p>	<p>10.30-12.30 Half Term break 20th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£2/£5</p>	<p>Learn to make your own beautiful works of art. All materials supplied!</p>
<p>Salsa Ongoing</p>	<p>11.00-12.00</p>	<p>Everyone Active Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2</p>	<p>Fitness based dance class using dance moves from the world of Salsa. Must show Open Age membership card.</p>
<p>Steady & Stable MUST BOOK</p>	<p>11.15-12.15 (Low Level)</p>	<p>Response Community Projects 300 Old Brompton Road London SW5 9JF</p>	<p>C1, C3, 74, 328, 430</p>	<p>Free</p>	<p>Fun evidence-based programme shown to improve balance and strength to help reduce falls. Book with Tina on 020 8962 5582.</p>
<p>Staying Strong Yoga MUST BOOK Starts 16th Jan</p>	<p>11.45-12.45 Half Term break 20th & 27th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£1/£3</p>	<p>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.</p>




Free Computer Time Starts 9 th Jan	12.15-1.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£1* Suggested Donation*	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 16 th Jan	12.15-1.15	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£1.50/£3	Gentle chair based exercise along to your favourite tunes! Must book on 020 8962 5500. 8 PLACES MAX
Step Up From Steady Starts 16 th Jan NEW CLASS	12.30-1.30 Half Term break 20 th & 27 th Feb	Latymer Community Church, 116 Bramley Road, W10 6SU	295,316	£1	This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.
Lunch Club Fortnightly MUST BOOK 13 th and 27 th Feb 12 th and 26 th Mar	12.30 - 1.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£4.50	With Manju Malhi. Come to The SHC for a delicious home-cooked meal and the best company in town! Book on 020 8962 5500
Bone Density Workout MUST BOOK Starts 16 th Jan	1.00-2.00 Half Term break 20 th & 27 th Feb	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 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
Introducing Microsoft Word and Touch Typing With Lena Dekair MUST BOOK Starts 16 th Jan to 26 th Mar	1.00-3.00  (10 week course) Half Term Break 20 th February NO CLASS	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£3/Free if on benefits	RESIDENTS FROM ANY LONDON BOROUGH WELCOME This course introduces you to Microsoft Word from the blank document to learning how to create spacing character choices, save, edit, search, insert, cut, copy, paste and much more as well as beginning to touch type. You will need to be comfortable with using a computer-switch it on and off, use the mouse and keyboard.. Come in to enrol. Any queries call Maude on 020 8962 5594
Exercise to Music & Health Management MUST BOOK Starts 16 th Jan	1.30-2.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£1.50/£3	Gentle chair based exercise along to your favourite tunes! Must book on 020 8962 5500. 8 PLACES MAX
Phone Group The Reader: Shared Reading	2.00-3.00	In the comfort of your own home, for those less able to get out and about	N/A	Free	We read aloud and discuss a short story or poem which is sent out in advance of the session. Call Ewa for info on 020 3713 8736




Stretch and Tone (Beginners) MUST BOOK Starts 16 th Jan	2.30-3.30 Half Term break 20 th & 27 th Feb	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 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.
Spanish Conversation MUST BOOK Starts 16 th Jan	2.45-4.45 Half Term break 20 th Feb	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£2/5	A group for people who have had some experience of being taught Spanish. The class will further develop your language skills in a fun and friendly environment. Call the SHC in advance on 020 8962 5500 to book.
Italian – Next Step up from Beginners MUST BOOK & ENROL Starts 16 th Jan to 26 th Mar	3.00-5.00  10 week course Half Term break, 20 th February (NO CLASS)	Second Half Centre St.Charles Centre Exmoor Street W10 6DZ	7, 23, 52, 70, 228, 295, 316, 452	£2/£5	RESIDENTS FROM ANY LONDON BOROUGH WELCOME Keep your brain active. This course is for members who have had 80 taught hours or who have a vast experience but are very rusty. There will be some revision of verbs, grammar, and vocabulary along with lots of fun. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594
Free Computer Time Drop In Starts 9 th Jan	3.15-4.45	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£1* Suggested Donation *	Drop-In no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.
Boxing Fitness Starts 16 th Jan	3.45-4.45 Half Term break 20 th & 27 th Feb	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 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	4.00-5.00	In the comfort of your own home, for those less able to get out and about	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
ENGLISH FOR HEALTH AND WELL-BEING NEW Starts 17 th Jan to 27 th Mar	9.30 – 11.30  (10 week course) Half Term break 21 February (NO CLASS)	North Kensington Library  108 Ladbrooke Grove W11 1PZ	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	RESIDENTS FROM ANY LONDON BOROUGH WELCOME The aim is to support you in being 'healthy' and learning vocabulary to help you to express yourself confidently when dealing with health professionals. Come in to enrol. Any queries call Maude on 020 8962 5594

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	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.
Awareness Through Movement Pilates MUST BOOK Starts 17 th Jan	10.00-11.15 Half Term break 14th Feb Ends 27th Mar	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 316, 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
Time for Me (CARERS ONLY) With Lena Dekair MUST BOOK & ENROL Starts 17 th Jan to 7 th Feb	10.30-1.00  (4 week course)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£3/Free if on benefits	RESIDENTS FROM ANY LONDON BOROUGH WELCOME A range of IT will be introduced to this course specially for a carers only group, including the Smartphone, iPad and the PC. Call Liz Butters on 020 8962 4536 to register your interest
Pilates Starts 17 th Jan	10.30-11.30 Half Term break 21 st & 28 th Feb	Everyone Active Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.	7, 23, 52, 70, 228, 295, 316, 452	£2	Pilates is a slow, controlled system of mind-body exercise focusing on body awareness, posture, core strength, flexibility & agility. For RBKC residents.
BUILD YOUR OWN WEBSITE (2) with Lena Dekair MUST BOOK Starts 28 th February to 27 th March	10.00-12.00  (5 week course)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£3/Free if on benefits	RESIDENTS FROM ANY LONDON BOROUGH WELCOME Build on the skills you have previously acquired and gain a better understanding of using WordPress. You will develop your knowledge of Pages and Posts; create a contact form; understand the share options; and link social media to your website. You need to be confident in using WordPress or have attended the Build your Website starter class. You will need your WordPress login information to use in the class. Come in to enrol. Any queries call Maude on 020 8962 5594
Healthy Lungs MUST BOOK Starts 10 th Jan	10.45-11.45	Response Community Projects 300 Old Brompton Road London SW5 9JF	74, 430	£1	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 Starts 17 th Jan	11.00-1.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	Free* Suggested Donation £1 to £2*	A diverse programme of fun & interesting activities & trips for unpaid carers. Call Liz Butters for more information 020 8962 4536.
Step Up From Steady Starts 17 th Jan	11.15-12.15 Half Term break 21 st Feb	The Reed  28 Convent Gardens, London, W11 1NH	7, 23, 52, 70, 228, 295, 316, 452	£1	This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.
Tai Chi Ongoing	11.30-12.30	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 10 th Jan	11.30-12.45 No Class 14 th Feb Ends 27 th Mar	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£1/£3	Singing and dancing, no expertise required. The most fun you will ever have on a Friday!
Belrobics Starts 17 th Jan	12.00-1.00 Half Term Break 21 st & 28 th Feb	Venture Centre, Wornington Road, W10 5QQ.	23, 52, 70, 228, 295, 452	£1	Have fun learning steps and belly dance inspired sequences to some great tunes. For RBKC residents.
Men's Space: Trips around London MUST BOOK Starts 17 th Jan	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 Drop In Starts 10 th Jan	12.15-1.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£1* Suggested Donation*	Drop-in with no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.
Friday Meal Last Friday of the month starts 31 st Jan	12.45-2.15	La Bodega, 74 Tavistock Rd, W11 1AN	7, 23, 52, 70, 228, 295, 452	£4.50	Two course meal in local restaurant. Must Book in advance call Emma on 020 8962 5584.
Breathing Yoga Starts 17 th Jan	12.30-2.30	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.
Spanish for Beginners with Anna Czubak MUST BOOK & ENROL Starts 17 th Jan to 27 th Mar	12.30-2.30  (10 week course) Half Term Break 21 February	The Reed  28 Convent Gardens, London, W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	RESIDENTS FROM ANY LONDON BOROUGH WELCOME Not only will you reap health benefits such as improved memory and attention span but will begin to learn the beautiful Spanish language and culture. It is for you if you have had a very limited amount of Spanish tuition. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594

<p>iPad Art With Lena Dekair MUST BOOK & ENROL</p> <p>Starts 17th Jan to 3rd Apr</p>	<p>1.00-3.00</p>  <p>(10 week course) NO CLASSES ON 14th & 21st February</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>RESIDENTS FROM ANY LONDON BOROUGH WELCOME</p> <p>This course is designed to help you to understand how to draw and image manipulate, using the advanced painting app Tayasui Sketches Pro. You do need to be confident with the iPad (be able to switch it on, take a photograph, share that photograph via email, and download apps independently) Come in to enrol at the SHC. Any queries call Maude on 020 8962 5594</p>
<p>Abs, Bums and Thighs MUST BOOK</p> <p>Starts 17th Jan</p>	<p>1.00-2.00</p> <p>No class 14th & 28th Feb Ends 27th Mar</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ</p>	<p>7, 23, 52, 70, 228, 295, 316, 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>Conversational French</p> <p>Starts 10th Jan</p>	<p>1.15-3.15</p> <p>No Class 14th Feb Ends 27th Mar</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£2/£5</p>	<p>In this class you will learn the basics of communicating simply & effectively. Covers grammar, vocabulary & pronunciation.</p>
<p>Stroke Recovery Social Group</p> <p>Starts 10th Jan</p>	<p>2.00-4.00</p> <p>Fortnightly</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£2</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</p> <p>Starts 10th Jan</p>	<p>2.00-3.00</p> <p>No class 14th Feb and 3rd April</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£1</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</p> <p>Starts 17th Jan to 27th Mar</p>	<p>3.00-5.00</p>  <p>(10 week course) Half Term break 21st February (NO CLASS)</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>RESIDENTS FROM ANY LONDON BOROUGH WELCOME</p> <p>For beginners who have had some experience of Spanish classes – i.e. 80 hours and want to further their learning of the language and culture. Come in to enrol at the SHC. Any queries call Maude on 020 8962 5594</p>
<p>Free Computer Time Drop In</p> <p>Starts 10th Jan</p>	<p>3.15-4.30</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£1* Suggested Donation*</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
Meet, Eat & Learn (MEAL) MUST BOOK	12.30-2.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£4.50	Two course healthy hot cooked meal in convivial surroundings. Come and socialise with others! Must Book on 020 8962 5500.

Workshops and Events at The Second Half Centre (CALL 0208 962 5500 for more info)
Book Club with Jane Goldstaub: Thursday, 9th January, 13th February, 26th March. £2

****Join us for our Easter Party****
Friday 3rd April, 12noon–2pm

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 Ladbrooke Grove: Buses: 7, 23, 70, 52, 228, 295, 452

Social Group with Information & Guest Speakers – booking essential for the lunches 020 8962 5584 / 0774 165 6478

Date	Activity	Speaker
Monday 13th January	Current Affairs Quiz Followed by lunch	Bob Garvin Monday Forum Member
Monday 27 th January	London Wetlands Centre	Richard Bullock Biodiversity officer
Monday 10 th February	What is Frailty? Discussion about Older Adults Services in the Community Followed by lunch	Sarah Bryan Lead CNS Older adults and Frailty
Monday 24 th February	Falls Prevention and tips for staying Steady	Shanie Page Steady and Stable Cordinator
Monday 9 th March	The London Ambulance Service Followed by lunch	Jules Lockett Practice Learning Manager
Monday 23 rd March	Solo Violin Concert -Partita by JS Bach	Flora Fontanelli

Kensington Activity Group (KAG) – Everyone is welcome!

Social Group with Guest Speakers and Performers

Every Monday 10.30-12pm (pack up from 11.45am) £1.50

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

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

Date	Subject	Speaker / Performer
Monday 6 th January	Topical Talk: Oral Health Awareness	Alison Fraser
Monday 13 th January	Piano Concert with a student of The Royal College of Music	Zhaoliang Yuan
Monday 20 th January	Topical Talk: RNLI – a description of the charity, it's history, boats and types of rescue missions	Jan Harris
Monday 27 th January	BBC Art Documentary: The Private Life of a Masterpiece	Open Age Staff
Monday 3 rd February	Chair based Exercises	Open Age Staff
Monday 10 th February	The Reader: Shared Reading. We read aloud and discuss a short story or poem	Ewa Donnachie
Monday 17 th February	HALF TERM BREAK	
Monday 24 th February	Classical Guitar Concert: 4th year Royal College of Music student	Erika Clevejarn
Monday 2 nd March	Topical Talk by Science Museum staff	Science Museum
Monday 9 th March	Cello Recital: 4 th year Royal College of Music student	Olivia Chuang
Monday 16 th March	Piano Concert (different genres): 3rd year Royal College of Music student	Yuki Hammyo
Monday 23 rd March	Topical Talk: Exploration and settlement in the American West, 1804 -1920	Dimity Spiller
Monday 30 th March	Chamber Concert: violin duo concerts or piano trio (piano, violin and cello) 1 st year violin student of Masters at the Royal College of Music	Sherry Shen and Co

**** All Social Group Talks are subject to change****

****Please call before attending to check programme updates to avoid disappointment on specific activities**

Campden Ward Social Group every Wednesday

St George's Church, Aubrey Walk, W8 7JG
 Wednesdays, 2.30 – 4/4.30pm
 Fee £2.00

**Talks are subject to change - please call Open Age on 020 3713 8736 before attending to check programme updates so as not to avoid disappointment on specific activities.*

Date	Subject	Speaker / Performer
Wednesday 8 th January	Piano Concert with a student of The Royal College of Music	Zhaoliang Yuan
Wednesday 15 th January	BBC Art Documentary: The Private Life of a Masterpiece	Open Age Staff
Wednesday 22 nd January	Chamber Concert: violin duo concerts or piano trio (piano, violin and cello) 1 st year violin student of Masters at the Royal College of Music	Sherry Shen and Co
Wednesday 29 th January	Cello Recital: 4 th year Royal College of Music student	Olivia Chuang
Wednesday 5 th February	Topical Talk: Falls Prevention - a discussion on preventing falls and tips for staying steady	Shanie Page
Wednesday 12 th February	Topical Talk: Oral Health Awareness	Alison Fraser
Wednesday 19 th February	HALF TERM BREAK	
Wednesday 26 th February	Topical Talk: RNLI – a description of the charity, it's history, boats and types of rescue missions	Jan Harris
Wednesday 4 th March	Classical Guitar Concert: 4 th year Royal College of Music student	Erica Clevejarn
Wednesday 11 th March	The Reader: Shared Reading. We read aloud and discuss a short story or poem	Ewa Donnachie
Wednesday 18 th March	Topical Talk by Science Museum staff	Science Museum
Wednesday 25 th March	Topical Talk: Exploration and settlement in the American West, 1804 -1920	Dimity Spiller
Wednesday 1 st April	Piano Concert (different genres): 3 rd year Royal College of Music student	Yuki Hammyo
	EASTER HOLIDAY	

Trips

Please note all trips being organised by the Kensington Team are included in Open Age's main trips programme and not in this programme so please refer to that for information on exciting trips between January and March 2020!



Film Club @ Second Half Centre

Monday, 3.30 - 5.30pm (fortnightly)

If you have any suggestions please let us know for next term!

FREE (Suggested donation £2)

13th January

Atonement (2007)

This sweeping English drama, based on the book by Ian McEwan, follows the lives of young lovers Cecilia Tallis and Robbie Turner. When the couple are torn apart by a lie constructed by Cecilia's jealous younger sister, Briony, all three of them must deal with the consequences. Robbie is the hardest hit, since Briony's deception results in his imprisonment, but hope for Cecilia and her beau increases when their paths cross during World War II.



27th January

My Big Fat Greek Wedding (2002)

Everyone in the Portokalos family worries about Toula. Still unmarried at 30 years old, she works at Dancing Zorba's, the Greek restaurant owned by her parents, Gus and Maria. After taking a job at her aunt's travel agency, she falls in love with Ian Miller, a teacher who is tall, handsome and definitely not Greek. Toula isn't sure which will be more upsetting to her father, that Ian is a foreigner or that he's a vegetarian.



10th February

Hairspray (2007)

In 1960s Baltimore, dance-loving teen Tracy Turnblad auditions for a spot on "The Corny Collins Show" and wins. She becomes an overnight celebrity, a trendsetter in dance, fun and fashion. Perhaps her new status as a teen sensation is enough to topple Corny's reigning dance queen and bring racial integration to the show.



24th February

The Secret Life of Bees (2008)

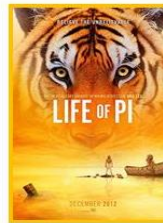
This is the tale of Lily Owens, a 14 year-old girl who is haunted by the memory of her late mother. To escape her lonely life and troubled relationship with her father T-Ray, Lily flees with Rosaleen, her caregiver and friend, to a South Carolina town that holds the secret to her mother's past. Taken in by the intelligent and independent Boatwright sisters, Lily finds solace in their mesmerizing world of beekeeping.



9th March

Life of Pi (2012)

After deciding to sell their zoo in India and move to Canada, Santosh and Gita Patel board a freighter with their sons and a few remaining animals. Tragedy strikes when a terrible storm sinks the ship, leaving the Patels' son, Pi, as the only human survivor. However, Pi is not alone; a fearsome Bengal tiger has also found refuge aboard the lifeboat. As weeks drag into months, Pi and the tiger must learn to trust each other if both are to survive.



23rd March

The Visitor (2007)

When professor Walter Vale travels to New York for a lecture, he's stunned to find illegal immigrants Tarek and Zainab living in his apartment. It comes out that it was rented to them by a swindler, and Vale feels sufficiently sorry for them that he invites them to stay. They get on well until Tarek is accused of jumping a subway turnstile and lands in a detention center. He risks being deported, and Vale does everything he can to prevent it.



MAYOR OF LONDON

