

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



life's just begun

Kensington Activity Programme

2nd September-15th December 2019

Dear Members, Adult Community Learning (ACL) classes are denoted by the tree logo (right) and funded by RBKC. September is the start of the new year for us and so 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 2 September**. We **URGENTLY** need you this year to secure funding. Maude (020 8 962 5594) ,Angela(020 8 962 5590)



The Second Half Centre will be taking bookings from Tuesday 27th August.

Exercise classes in our community venues are based on a first-come-first-serve basis so please arrive promptly to avoid disappointment.

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!!

LOCAL EVENTS

SCIENCE MUSEUM

Explore and Discover

Date: Wednesday 9th October

Time: 2.30pm – 4.30pm

Description

Ignite your curiosity as we explore our new exhibitions and galleries. Discover more about the relationship between science and art and how London was a centre for innovation. contact the Second Half Centre on **0208 962 5500**

Address

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



Stand Up for Over 50's

Dates: 25th September, 2nd, 9th and 14th October

Time: 5.00 - 7.00pm

Description

Join Comedian Simon Watts and Open Age member Sandra Anlin to learn to write a comedy script.

Address

Invention Rooms Café, Imperial College, Door C, 68 Wood Lane, W12 7RH



Film Club

Date: Mondays, Fortnightly. Check programme for dates!

Time: 3.30pm-5.30pm

Description




Catch up with a variety of films, courtesy of Warner Brothers. With thanks to The Second Half Foundation





Address



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

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






Mondays in Kensington


| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|--|---|--|---|------------------------------|--|
| Bokwa MUST BOOK Starts 2 nd Sept | 10.00-11.00 Half Term break 21 st Octo | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £1/£3 | A lively energizing cardio workout routine based around drawing letters and numbers in the air. Must book max 1 week in advance. Call 020 8962 5500. |
| Gentle Chair Exercise Starts 2 nd Sept | 10.00-11.00 Half Term break 21 st Oct | 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 23 rd Sept to 2 nd Dec | 10.00-12.00  (10 week course) Half Term Break, 21 st October | The Reed  28 Convent Gardens, London W11 1NH | 7, 23, 52, 70, 228, 295, 452 | £3/Free if on benefits | This course is for complete beginners 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 Starts 23 rd Sept to 2 nd Dec | 10.00-12.00  (10 week course) Half Term Break, 21 st October | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £3/Free if on benefits | Don't be scared of computers! Come and take the first steps with using Windows 10. Learn how to use the mouse, power on and off, browse the web, create and use emails. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594. |
| Local History Walks and Talks Starts 16 th Sept | 10.00-12.00 Half Term Break, 21 st October | 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 9 th Sept Fortnightly | 10.30-12.00 Half Term break 21 st October | Gloucester Court, 2 Bassett Road, W10 6JJ. | 7, 23, 52, 70 228, 295, 452 | £1.50 | Fortnightly social group with different guest speakers. |
| Kensington Activity Group Starts 9 th Sept | 10.30-12.00 Half Term break, 21 st October | Meeting Room (under Central Library), Phillimore Walk, W8 7RX. | C1,9, 10,27, 28,49, 52,70, 328, 452 | £1.50 | KAG is a friendly, social group featuring speakers covering a range of interesting topics. Refreshments are available. Talks are subject to change. - Please call 020 3713 8736 before attending to check programme updates to avoid disappointment on specific activities. |
| Latin American Dance MUST BOOK Starts 2 nd Sept | 11.00-12.00 Half Term break 21 st Oct | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 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. |




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| Gentle Chair Exercise Starts 2 nd Sept | 11.30-12.30 Half Term break 21 st Oct | Pepper Pot, 1a Thorpe Close, W10 5XL | 7, 23, 52, 70 228, 295, 452 | £1 | Fun, low impact exercise class to improve strength and mobility. For RBKC residents. |
| Chair Exercise Starts 2 nd Sept | 12.00-1.00 Half Term break 21 st Oct | 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 9 th Sept | 12.00-1.30 Half Term break, 21 st October | 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. |
| Current Affairs with Robert.S.Silver MUST BOOK & ENROL Starts 23 rd Sept to 2 nd Dec | 1.00-3.00  10 week course Half Term break, 21 st October | The Reed  28 Convent Gardens, London W11 1NH | 7, 23, 52, 70, 228, 295, 452 | £3/Free if on benefits | This course focuses on Current Affairs, local and international news, sport, interesting facts and articles, topical talks. Meet people, share views and enjoy lively discussions. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594. |
| Italian – Next Step up from Beginners NEW MUST BOOK & ENROL Starts 23 rd Sept to 2 nd Dec | 1.00-3.00  10 week course Half Term break, 21 st October | TBC | | £3/Free if on benefits | This course is for members who have up to 60 taught hours or who have a vast experience but are very rusty. There will be some revision of verbs, grammar and vocabulary, Come in to enrol at SHC. Any queries call Maude on 020 8962 5594 |
| Smartphone Photography with Ivor David MUST BOOK & ENROL NEW Starts 23 rd Sept to 2 nd Dec | 1.00-3.00  10 week course Half Term break, 21 st October | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £3/Free if on benefits | This course will introduce you to the basic photographic capabilities of the Android device. You will learn how to hold the phone to take better photos; use the camera menus and much more. The course is for those who have very little experience of using an Android phone device for photography. 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. |
| Singing for All Starts 2 nd Sept | 1.15-3.15 Half Term Break 21 st October | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 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! |

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| <p>Music Appreciation</p> <p>Starts 23rd Sept to 2nd Dec</p> | <p>1.30-3.00 10 weeks</p> <p>Half Term break 21st October</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</p> <p>Starts 2nd Sept</p> | <p>1.30-3.30 Half Term break, 21st October</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>Phone Club: Current Affairs Talk</p> <p>For the Housebound</p> | <p>2.30-3.30</p> | <p>In the comfort of your own home.</p> | <p>N/A</p> | <p>Free</p> | <p>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 .</p> |
| <p>Men's Space: Meet-up & Social</p> <p>Starts 2nd September (Monthly Health and Wellbeing Toolbox, 16th Sept, 21st Oct, 18th Nov, 16th Dec)</p> | <p>3.30-5.30 Half Term break, 21st October</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 452</p> | <p>£2</p> | <p>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.</p> |
| <p>Film Club</p> <p>Fortnightly</p> <p>(2nd, 16th, 30th September 14th, 28th October 11th, 25th November 9th December</p> | <p>3.30-5.30</p>  <p>Half Term break, 21st October</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>*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>Phone Club: Creative Writing Group</p> <p>For the Housebound</p> | <p>4.15-5.15</p> | <p>In the comfort of your own home.</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> |
| <p>IPads for Beginners with Ivor David</p> <p>MUST BOOK & ENROL</p> <p>Starts 23rd Sept to 2nd Dec</p> |  <p>(10 week course) Half Term break, 21st October</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>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> |

Tuesdays in Kensington



| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|--|---|--|---|------------------------------|--|
| Zumba Gold MUST BOOK Starts 3 rd Sept | 9.45 -10.45 Half Term break 22 nd Oct NEW TIME | 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 3 rd Sept | 10.00-11.30 Half Term break 22 nd Oct | Muslim Cultural Heritage Centre, 244 Acklam Rd, W10 5YG | 23 | Free | Suitable for all levels from beginners to improvers. For RBKC residents. For more details call Armand on 074 8322 5682. |
| French for Beginners MUST BOOK & ENROL 24 th September to 3 rd December | 10.00-12.00  (10 week course) Half Term break 22 nd October | The Reed  28 Convent Gardens, London W11 1NH | 7, 23, 52, 70, 228, 295, 452 | £3/Free if on benefits | This course is for complete beginners 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 24 th September to 3 rd December | 10.00-12.00  (10 week course) Half Term break 22 nd October | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £3/Free if on benefits | Don't be scared of computers! Come and take the first steps with using Windows 10 PCs in this interactive course. Learn how to use the mouse, power on and off, , 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. |
| Using an Android Smartphone with Lena Dekair MUST BOOK & ENROL 24 th September to 3 rd December | 10.00-12.00  (10 week course) Half Term break 22 nd October | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £3/Free if on benefits | Join this class to master the use of your android phone and learn how to call, text, add contacts, sort your google email account, take photos and much more. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594. |
| Creative Writing with Robert.S.Silver MUST BOOK & ENROL 24 th Sept to 3 rd December | 10.00-12.00  (10 week course) Half Term break 22 nd October | Response Community Projects 300 Old Brompton Road, London SW5 9JF | C1, C3, 74, 328, 430 | £3/Free if on benefits | Write about travel, nature, autobiographies, memoirs, essays, rants, almost anything else you can think of. Air your opinions, share fascinating facts and learn how to improve the quality of your writing with new techniques. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594. |


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| Healthy Lungs MUST BOOK Starts 27 th Aug | 10.30-11.30 | Everyone Active Westway Sports Centre, Crowthorne Road, W10 6RP. | 295, 316 | £1 | 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 3 rd Sept | 11.00-1.00 Half Term break 22nd October | Garden Plot 10 St. Charles Centre for Health & Wellbeing, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 452 | Free* *Suggested Donation £2 | Be part of the group and help to look after our garden plot growing your own fruits, veg, and herbs for yourself and the cooking groups. Call Russell on 020 8962 5583 to confirm your attendance. |
| Gentle Chair Exercise Starts 3 rd Sept | 11.00-12.00 Half Term break 22 nd Oct | Salvation Army Hall, 205 Portobello Road, London, W11 1TT. | 7, 23, 52, 70, 452 | £1 | Fun, low impact exercise class to improve strength & mobility. For RBKC residents. |
| Kundalini Yoga / Meditation MUST BOOK Starts 3 rd Sept | 11.15-12.15 Half Term break 22 nd Oct | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £1/£3 | This class is designed to elevate consciousness, promote physical well-being and expand awareness. For RBKC residents. Must book max 1 week in advance on 020 8962 5500. |
| Free Computer Time 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 & 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 3 rd Sept | 12.30-1.30 (Weekly) Half Term break 22nd Oct | Hardy House, 64 Great Western Road, W11 1AN. | 28,31, 328 | £1 | 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 (High Level) MUST BOOK | 12.45-1.45 | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 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. |
| French– Next Step up from Beginners NEW MUST BOOK & ENROL Starts 24 th Sept to 3 rd Dec | 1.00-3.00  10 week course Half Term break, 21 st October | Kensal Library 20 Golborne Road W10 5PF | | £3/ Free if on benefits | This course is for members who have up to 60 taught hours or who have a vast experience but are very rusty. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594 |





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| <p>Going Further with Computers with Derek White MUST BOOK & ENROL 24th Sept to 3rd Dec</p> | <p>1.00-3.00  (10 week course) Half Term break 22nd October</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>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.</p> |
| <p>Tai Chi Starts 3rd Sept</p> | <p>1.00-2.00 Half Term break 22nd Oct</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 3rd Sept</p> | <p>1.30-2.30 Half Term break 22nd Oct</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>Book Break 3rd Sept</p> | <p>1.30-3.00  Half Term break 22nd October</p> | <p>The Reed  28 Convent Gardens, London W11 1NH</p> | <p>7, 23, 52, 70, 228, 295, 452</p> | <p>Free* Suggested Donation £1.50*</p> | <p>Together we listen to great stories and poems read aloud. You can sit back, relax and listen, join in the conversation, or read aloud - it's up to you. Everyone is welcome at this friendly Shared Reading group run by charity The Reader.</p> |
| <p>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 3rd Sept</p> | <p>2.00-3.00 Half Term break 22nd Oct</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 3rd Sept</p> | <p>2.00-3.30 Half Term break 22nd Oct</p> | <p>Venture Centre, Wornington Road, W10 5QQ.</p> | <p>23, 52, 70, 228, 295, 452</p> | <p>£1.50</p> | <p>The class focusses on standing & lying yoga positions to increase core strength & flexibility. For RBKC residents.</p> |
| <p>Introduction to Shakespeare Starts 3rd Sept</p> | <p>2.00-4.00 Half Term 22nd break October</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. The term may end in a performance of some of the work explored.</p> |




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| Awareness Through Movement Pilates 1 MUST BOOK Starts 3 rd Sept | 3.00-4.00 Half Term break 22 nd October | 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. |
| Free Computer Time Drop In Starts 3 rd Sept | 3.15-4.45 | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £1* | By referral from the New Futures 50 Plus Employment Programme. Must book on 020 8960 4853. Please follow guidelines relating to online safety. |
| Awareness Through Movement Pilates BEGINNERS MUST BOOK Starts 3 rd Sept | 4.15-5.15 Half Term Break 22 nd October | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £1/£3 | Great for those new to Pilates as this class will also provide a foundation in body awareness. For those with experience, it will enhance your Pilates performance. Must book max 1 week in advance on 020 8962 5500. |
| Men's Space: The Magic of Music MUST BOOK Starts 3 rd Sept | 4.15-5.45 Half Term Break 22 nd October | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £1/£3 | If you play a musical instrument, enjoy listening to live music and want to be part of a band for a weekly jam session, Call Russell on 020 8962 5583 to book. |


Wednesdays in Kensington

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|--|---|--|--|------------------------------|--|
| Microsoft Excel Made Easy with Lena Dekair MUST BOOK & ENROL Starts 25 th Sept to 4 th Dec | 10.00-12.00  (10 week course) Half Term break 23 rd October | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £3/Free if on benefits | This course will show you how to use Excel, the most popular spreadsheet in the world. It will help you get to grips with Excel function and formulas. You will be amazed at what you will be able to do. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594 |
| Lip-reading and Managing Hearing Loss with Jacques Gholam MUST BOOK & ENROL Starts 25 th Sept to 11 th Dec | 10.30-12.30  (10 week course) NO CLASS 9 OCTOBER Half Term break 23 rd October | North Kensington Library 108 Ladbroke Grove W11 1PZ | 7, 23, 52, 70, 228, 295, 452 | £3/Free if on benefits | 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. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594. |




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| <p>ESOL FOR HEALTH MUST BOOK & ENROL</p> <p>Starts 25th Sept to 4th Dec</p> | <p>10.00 – 12.00</p>  <p>(10 week course) Half Term break 23rd October</p> | <p>The Reed OCTAVIA 28 Convent Gardens W11 1NH</p> | <p>7, 23, 52, 70, 228, 295, 452</p> | <p>£3/Free if on benefits</p> | <p>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</p> |
| <p>Painting and Drawing</p> <p>Starts 4th Sept</p> | <p>10.00-12.00 Half Term break 23rd October</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 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>Philosophy</p> <p>Starts 4th Sept</p> | <p>10.15-12.15 Half Term break 23rd October</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 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>Creative Threads</p> <p>Starts 4th Sept</p> | <p>10.00-12.00 Half Term break 23rd October NEW TIME</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>Tennis</p> | <p>12.00-2.00 24th July – 16th October</p> | <p>Kensington Memorial Tennis Courts, St Marks Road, W10 6DG</p> | <p>316</p> | <p>£2</p> | <p>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 raquet! For more information, please contact Armand on 077 9936 9733.</p> |
| <p>Free Computer Time Drop In</p> <p>Starts 4th September</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</p> <p>Starts 4th Sept</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>Chair Exercise</p> <p>Starts 4th Sept</p> | <p>12.30-1.30 Half Term break 23rd Oct</p> | <p>Whitchurch House 3 Kingsdown Close, W10 6SL.</p> | <p>7, 23, 52, 70, 228, 295, 452</p> | <p>£1</p> | <p>Seated exercise class, focusing on improving your limb mobility, muscle strength, co-ordination, balance and range of movement. For RBKC residents.</p> |


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| <p>Intermediate Stretch & Tone MUST BOOK Starts 4th Sept</p> | <p>12.45-1.45 Half Term break 23rd Oct</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 4th Sept</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 18th Sept to 16th Oct</p> | <p>1.00-3.00  (5 week course)</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 316, 452</p> | <p>£3/Free if on benefits</p> | <p>This course is for absolute beginners who have NO or little IT knowledge. It is a taster designed to help you understand how to begin using IT (Information Technology) and start on a journey to discover the various uses of computerised devices such as desktop PCs and I pads 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 30th Oct to 4th Decr</p> | <p>1.00-3.00  (6 week course)</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 316, 452</p> | <p>£3/Free if on benefits</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 25th Sept to 4th Dec</p> | <p>1.30-3.30  (10 week course) Half Term break 23rd October</p> | <p>Thomas Darby Court, 133 Lancaster Rd. W11 1TT</p> | <p>7, 23, 52, 70, 228, 295, 452</p> | <p>£3/Free if on benefits</p> | <p>A course 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 30th October to 4th December</p> | <p>1.30-3.30  (10 week course) Half Term break 23rd October</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 316, 452</p> | <p>£3/Free if on benefits</p> | <p>Write about travel, nature, autobiographies, memoirs, essays, rants & almost anything else you can think of. Air your opinions, share fascinating facts and learn how to improve the quality of your writing with new techniques. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594</p> |

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| <p>Mens Space: Social Starts 4th Sept</p> | <p>2.00-4.00 Half Term break, 23rd October NEW TIME</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 25th Sept to 4th Dec</p> | <p>2.00-4.00 (10 week course) Half Term break 23rd October</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 Classes Starts 25th Sept</p> | <p>2.00-3.00 Half Term break 23rd October</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 316, 452</p> | <p>£1</p> | <p>These movement classes for adults over 65 improve mobility, posture, balance and coordination. Have fun and move to music! A collaboration between DanceWest and Open Age.</p> |
| <p>Advanced French MUST BOOK Starts 4th Sept</p> | <p>2.30-4.30 Half Term break 23rd October</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 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 4th Sept</p> | <p>2.30-3.30 Half Term break 23rd Oct</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 4th Sept</p> | <p>2.30-4.30 Half Term break, 23rd October</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 and trips ranging from classical concerts and art documentaries to health talks and creative taster classes. Phone Ewa on 020 3713 8736 for more info.</p> |
| <p>Bone Density Workout 2 MUST BOOK Starts 4th Sept</p> | <p>3.45-4.45 Half Term break 23rd Oct</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. Must book max 1 week in advance on 020 8962 5500.</p> |
| <p>Create Greeting Cards on Computer with Ivor David MUST BOOK & ENROL 25th Sept to 4th Dec</p> | <p>4.00-6.00  (10 week course) Half Term break 23rd October</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 316, 452</p> | <p>£3/Free if on benefits</p> | <p>This course is for those who are confident with switching on their computer/laptop and are able to use the mouse and keyboard fairly confidently. On this fun course, learn how to create and design your very own postcards and 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> |

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| <p>Poetry with Robert.S.Silver MUST BOOK & ENROL 25th Sept to 4th Dec</p> | <p>4.00-6.00</p>  <p>(10 week course) Half Term break 23rd October</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 316, 452</p> | <p>£3/Free if on benefits</p> | <p>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> |
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Thursdays in Kensington




| ACTIVITY | TIME | PLACE | BUS | COST | DETAIL |
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| <p>Kundalini Yoga Starts 5th Sept</p> | <p>10.00-11.00 Half Term break 24th October</p> | <p>The Reed  28 Convent Gardens, London, W11 1NH</p> | <p>7, 23, 52, 70, 228, 295, 452</p> | <p>£1</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 5th Sept</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 Britain from 1500 to today Starts 5th Sept</p> | <p>10.00-12.00 Half term break 24th October</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 316, 452</p> | <p>£2/£5</p> | <p>A journey through British art where you will discover the history of painting and sculpture in Britain from the Tudor period to the present day. Fun and accessible, the course is suitable for anyone interested in art or art history.</p> |
| <p>Windows 10 with Lena Dekair MUST BOOK & ENROL Starts 26th Sept to 5th Dec</p> | <p>10.00-12.00</p>  <p>(10 week course) Half Term break 24th October</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 316, 452</p> | <p>£3/Free if on benefits</p> | <p>If you have confidence in using a PC then this may be the next step. This course will show you how to make the most of the Windows 10 software and be a confident user. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594</p> |
| <p>Steady & Stable MUST BOOK</p> | <p>10.15-11.15 (High Level)</p> | <p>Response Community Projects 300 Old Brompton Road London SW5 9JF</p> | <p>74, 430</p> | <p>Free</p> | <p>A fun tried and tested exercise programme to improve balance, strength, reduce falls and ensure independent mobility. Call Tina on 020 8962 5582.</p> |
| <p>Speaking English with Confidence with Anna Czubak MUST BOOK & ENROL Starts 26th Sept to 5th Dec</p> | <p>10.15-12.15</p>  <p>(10 week course) Half Term break 24th October</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>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> |




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| Mosaic & Ceramics Starts 5 th Sept | 10.30-12.30 Half Term break 24 th October | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £2/£5 | Learn to make your own beautiful works of art. All materials supplied! |
| Salsa Ongoing | 11.00-12.00 | 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 | 11.15-12.15 (Low Level) | Response Community Projects 300 Old Brompton Road London SW5 9JF | C1, C3, 74, 328, 430 | Free | Fun evidence-based programme shown to improve balance and strength to help reduce falls. Book with Tina on 020 8962 5582. |
| Staying Strong Yoga MUST BOOK Starts 5 th Sept | 11.45-12.45 Half Term break 24 th October | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £1/£3 | Strengthen the body, building health from the inside and aiding pain-free movement. For RBKC residents. Must book max 1 week in advance on 020 8962 5500. |
| Free Computer Time | 12.15-1.00 | 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 5 th Sept | 12.15-1.15 Half Term break 24 th October | 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 |
| Bone Density Workout MUST BOOK Starts 5 th Sept | 1.00-2.00 Half Term break 24 th October | 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 |
| Microsoft Excel – Next step after Easy With Lena Dekair MUST BOOK Starts 26 th Sept to 5 th Dec | 1.00-3.00  (10 week course) Half Term Break 24 th October | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £3/Free if on benefits | For those who have completed our Excel Made Easy course or take an excel assessment to confirm the right skills to do the course.. Come in to enrol at SHC or call Maude on 020 8962 5594. |
| Exercise to Music & Health Management MUST BOOK Starts 5 th Sept | 1.30-2.30 Half Term Break 24 th October | 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 |



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| 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 - can be delivered by home library service - from Crime to Historical Fiction. Phone Ewa for more info & to join on 020 3713 8736. |
| Stretch and Tone (Beginners) MUST BOOK Starts 5 th Sept | 2.30-3.30 Half Term break 24 th October | 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 5 th Sept | 2.45-4.45 Half Term break 24 th October | 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. |
| Free Computer Time Drop In Starts 5 th Sept | 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 * | By referral from the New Futures 50 Plus Employment Programme. Must book on 020 8960 4853. Please follow guidelines relating to online safety. |
| Boxing Fitness Starts 5 th Sept | 3.45-4.45 Half Term break 24 th October | 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 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 Ewa for more info & to join on 020 3713 8736. |

Fridays in Kensington

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
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| 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. |

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| <p>Awareness Through Movement Pilates MUST BOOK Starts 6th Sept</p> | <p>10.00-11.15 Half Term break 24th Oct No class 13th Dec</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. Must book max 1 week in advance on 020 8962 5500</p> |
| <p>Build your own Website – Starter course With Lena Dekair MUST BOOK & ENROL Starts 20th Sept to 18th Oct</p> | <p>10.00-12.00  (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>This course is for those who are new to website building. Learn how to set up and design your own free website online using WordPress. Learn how to add pages, add post, insert photos and galleries. You must have a valid email address. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594</p> |
| <p>Pilates Starts 6th Sept</p> | <p>10.30-11.30 Half Term break 25th Oct</p> | <p>Everyone Active Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.</p> | <p>7, 23, 52, 70, 228, 295, 316, 452</p> | <p>£2</p> | <p>Pilates is a slow, controlled system of mind-body exercise focusing on body awareness, posture, core strength, flexibility & agility. For RBKC residents.</p> |
| <p>Time for Me IT with Lena Dekair MUST BOOK Starts 1st Nov to 6th Dec</p> | <p>10.30-12.30  (6 week course)</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 316, 452</p> | <p>£3/Free if on benefits</p> | <p>A range of IT will be introduced to this course specially for a carers only group, including the Smartphone, iPad and the PC. Call Liz Butters on 020 8962 4536 to register your interest</p> |
| <p>Healthy Lungs MUST BOOK Starts 30th August</p> | <p>10.45-11.45</p> | <p>Response Community Projects 300 Old Brompton Road London SW5 9JF</p> | <p>74, 430</p> | <p>£1</p> | <p>Exercise class for people with breathing difficulties/conditions. Must have a respiratory condition. Book with Hansa: 020 8962 4141. For RBKC residents</p> |
| <p>Step Up From Steady Starts 6th Sept</p> | <p>11.00-12.00 Half term break 25th October.</p> | <p>The Reed  28 Convent Gardens, London, W11 1NH</p> | <p>7, 23, 52, 70, 228, 295, 316, 452</p> | <p>£1</p> | <p>This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.</p> |
| <p>Time for Me Carer's Activities</p> | <p>11.00-1.00</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 £1 to £2*</p> | <p>A diverse programme of fun & interesting activities & trips for unpaid carers. Call Liz Butters for more information 020 8962 4536.</p> |
| <p>Tai Chi Ongoing</p> | <p>11.30-12.30</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>Tai Chi helps promote health & wellbeing. It increases confidence, stability, cardio-vascular function, relaxation & relief from joint pain.</p> |
| <p>Bus Pass to Broadway Starts 6th Sept</p> | <p>11.30-12.45 Half term break 25th October.</p> | <p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p> | <p>7, 23, 52, 70, 228, 295, 316, 452</p> | <p>£1/£3</p> | <p>Singing and dancing, no expertise required. The most fun you will ever have on a Friday!</p> |

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| Belrobics Starts 6 th Sept NEW CLASS | 12.00-1.00 Half Term Break 25 th Oct | Venture Centre, Worlington 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: Monthly Lunch MUST BOOK | 12.00-2.00 Last Friday of the month | La Bodega, 74 Tavistock Rd, W11 1AN | 7, 23, 52, 70, 228, 295, 452 | £4.50 | Monthly 2 course lunch in a local restaurant, men only! Book with Russell on 020 8962 5583. |
| Men's Space: Trips around London MUST BOOK Starts 6 th Sept | 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 6 th 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 with no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety. |
| Meet, Eat & Learn (MEAL) MUST BOOK Starts 6 th Sept | 12.30-2.30 (Last Friday of the Month) | La Bodega, 74 Tavistock Rd, W11 1AN | 7, 23, 52, 70, 228, 295, 452 | £4.50 | Two course healthy hot cooked meal in convivial surroundings. Must Book in advance on 020 8962 4141. |
| Breathing Yoga Starts 6 th Sept | 12.30-2.30 Half Term Break 25 th Oct | 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 27 th Sept to 6 th Dec | 12.30-2.30  (10 week course) Half Term Break 25 th Oct | The Reed  28 Convent Gardens, London, W11 1NH | 7, 23, 52, 70, 228, 295, 452 | £3/Free if on benefits | This is a Spanish course for those who are just beginning to learn the language. Come in to enrol at SHC. Any queries call Maude on 020 8962 5594 |
| Conversational French Starts 6 th Sept MUST BOOK | 12.30-2.30 Half Term Break 25 th October | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £2/£5 | In this class you will learn the basics of communicating simply & effectively. Covers grammar, vocabulary & pronunciation. |
| Digital Photography With Lena Dekair MUST BOOK & ENROL Starts 27 th Sept to 6 th Dec | 1.00-3.00  (10 week course) Half Term Break 25 th October | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295,316, 452 | £3/Free if on benefits | If you have not tried a course like this before but would like to explore digital photography then this is for you. Learn how to take photos using either your iPad, smartphone or a digital camera. Take pictures and learn how to download and upload them onto a computer, edit, crop, change colours and more. To join the course you need to have basic knowledge of using a computer, internet and email. Come in to enrol at the SHC. Any queries call Maude on 020 8962 5594 |

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|--|---|---|--|-----------------------------------|--|
| Abs, Bums and Thighs MUST BOOK Starts 6 th Sept | 1.00-2.00 Half Term Break 24 th Oct No class 13 th Dec | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ | 7, 23, 52, 70, 228, 295, 316, 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 |
| Stroke Survivors Social Group Starts 6 th Sept | 2.00-4.00 Fortnightly | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228,295, 316, 452 | £2 | An informal social group for people who have had a stroke & their carers'. Enjoy tea, coffee, & the support of other stroke survivors with Rachel. |
| Healthy Lungs MUST BOOK Starts August 30 th | 2.00-3.00 No class 13 th Dec | Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ. | 7, 23, 52, 70, 228, 295, 316, 452 | £1 | Exercise classes specifically designed for people with breathing difficulties or conditions. Must have a respiratory condition. Book with Hansa: 020 8962 4141. For RBKC residents. |
| Spanish 2 with Anna Czubak MUST BOOK & ENROL Starts 27 th Sept to 6 th Dec | 3.00-5.00  (10 week course) Half Term break 25 th October | The Reed  28 Convent Gardens, London, W11 1NH | 7, 23, 52, 70, 228, 295, 452 | £3/Free if on benefits | For beginners who have had some experience of Spanish classes – i.e. 60 hours and want to further their learning of Spanish. Come in to enrol at the SHC. Any queries call Maude on 020 8962 5594 |
| Free Computer Time Drop In Starts 6 th Sept | 3.15-4.30 | 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. |

Sundays in Kensington

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|---|------------|--|--|-------|--|
| Meet, Eat & Learn (MEAL) MUST BOOK Starts 15 th Sept | 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, 26th September, 31st October, 5th December. £2
Fornightly Lunch at The SHC with Manju Malhi. No need to book! Come to The SHC for a delicious home-cooked meal and the best company in town! Starting Thursday 19th September, 12.30pm-2pm. £4.50.

COME EAT, DRINK AND BE MERRY AT OUR CHRISTMAS PARTY*
Friday 13th December, 12noon–2pm*

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 September and December 2019!!



SILVER SUNDAY 2019

This year, Silver Sunday will be Sunday 6th October, with a week of free activities running from Sunday 6th – Saturday 12th October 2019 in a variety of venues.

Wednesday 9th October 2019, 2.30-4.30pm: Explore and Discover – Silver Wednesday. Science Museum, Exhibition Road, London, SW7 2DD. The Science Museum is excited to be teaming up with Open Age to celebrate this year's Silver Sunday. Ignite your curiosity as we explore our new exhibitions and galleries. Discover more about the relationship between science and art and how London was a centre for innovation. Get hands on with some creative, factual and physical activities, all accompanied by some delicious refreshments. Please book via Open Age on 0208 962 5500. **Bookings open from 2nd September.**

Thursday 24th October ,10am-12pm (Breakfast discussion from 10.30am) The Second Half Career Art Exhibition and Sale 2019: A Celebration of Older Masters at The Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ. This event is organised by The Second Half Foundation to support the work of The Second Half Centre. This year we will have a breakfast discussion hosted by Dr Nadia Rosenthal – 'When Science Meets Art'. This event is open to everyone- our members, the public and all friends.

For further enquiries relating to Silver Sunday for the Kensington Programme, please call The Second Half Centre on 0208 962 5500

**SCIENCE
MUSEUM**



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

Fortnightly Mondays, 10.30-12pm £1.50

Gloucester Court, 2 Bassett Road, W10 6JJ

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

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

| Date | Activity | Speaker |
|---|---|--|
| Monday 9th September | Talk on Dignity Champions Followed by lunch | Aliki Myriandi |
| Monday 23rd September | Creative Reminisicing with Erin Tuckley | Museum of Brands |
| Monday 7th October | Talk on the Royal National Lifeboat Institution Followed by lunch | Jan Harris |
| Monday 28th October | Talk on Fire Safety in the Home with Jeff Bridle | Visit from North Kensington Fire Station |
| Monday 11th November | Talk on the Importance of Physical Activity in Your Life followed by Chair Exercise Followed by lunch | Armand Botha |
| Monday 25th November | Parliament Ambassadors | To be confirmed |
| Monday 9th December | Talk on Westminster Arts with Emma Nutland Followed by lunch | Westminster Arts |

Kensington Activity Group (KAG) – Everyone is welcome!

Social Group with Guest Speakers

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 9 th September | Piano Concert with a student of The Royal College of Music | Zhaoliang Yuan |
| Monday 16 th September | Topical Talk: Finland – Food, Culture, Nature. | Ewa Donnachie |
| Monday 23 rd September | TRIP: The Queen's Gallery – Leonardo Da Vinci Drawing Workshop. Meet at Gallery main entrance at 10.15am. MUST BOOK – Please call Ewa on: 020 3713 8736 | Open Age Staff |
| Monday 30 th September | Topical Talk: Correspondence in the 17 th & 18 th Centuries | Dimity Spiller |
| Monday 7 th October | Topical Talk: Wetlands Centre | Richard Bullock |
| Monday 14 th October | Topical Talk: Thera Paws Animal Therapy with Dogs | Niamh Carwood |
| Monday 21 st October | HALF TERM BREAK | |
| Monday 28 th October | Energy Medicine: easy exercises to balance your energies and increase well-being, including some tips on simple pain relief | Ewa Donnachie |
| Monday 4 th November | Piano Concert with a student of The Royal College of Music | Clara Man Chung |
| Monday 11 th November | <i>The Private Life of a Masterpiece</i> BBC Art Documentary | Open Age Staff |
| Monday 18 th November | Holland Park Opera Performance at Kensington Activity Group | Holland Park Opera Team |
| Monday 25 th November | <i>Art For All</i> – Master or Apprentice? Try this friendly art taster class. Suitable for all levels | Barbara Jepps |
| Monday 2 nd December | Mindful Meditation with Movement: A guided meditation to help calm body & mind. | Ewa Donnachie |
| Monday 9 th December | TRIP: Creative Christmas Workshop at Kensington Palace. Meet at main entrance of Palace at 10.15am. MUST BOOK: Ewa on: 020 3713 8736 | Open Age Staff |
| Monday 16 th December | Piano Concert: with a student of The Royal College of Music | Yinzhi Yuan |

**** 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 every Wednesday

St George's Church, Aubrey Walk, W8 7JG
Wednesdays, 2.30 – 4/4.30pm
Fee: £2

| Date | Subject | Speaker / Performer |
|--|--|-------------------------|
| Wednesday 4th September | Topical Talk: <i>Finland – Food, Culture, Nature.</i> | Ewa Donnachie |
| Wednesday 11th September | Violin Recital accompanied by Piano: <i>First year violin student of masters at the Royal College of Music</i> | Sherry Shen |
| Wednesday 18th September | Piano Concert: <i>Student from The Royal College of Music</i> | Zhaoliang Yuan |
| Wednesday 25th September | Chair Yoga: <i>Gentle seated exercise and breathing to help improve wellbeing</i> | Bee Burgess |
| Wednesday 2nd October | Topical Talk: 'Jobs' – <i>members are invited to share their work experiences with photos, conversation, objects etc.</i> | Open Age Staff |
| Wednesday 9th October | Topical Talk: <i>Wetlands Wildlife Centre</i> | Richard Bullock |
| Wednesday 16th October | BBC Art Documentary: <i>The Private Life of a Masterpiece</i> | Ewa Donnachie |
| Wednesday 23rd October | HALF TERM BREAK | |
| Wednesday 30th October | Energy Medicine: <i>Easy exercises to balance your energies and increase well-being, including some tips on simple pain relief</i> | Ewa Donnachie |
| Wednesday 6th November | Holland Park <i>Opera Performance</i> at St George's Church | Holland Park Opera Team |
| Wednesday 13th November | Piano Concert: <i>Student from The Royal College of Music</i> | Yinzhi Yuan |
| Wednesday 20th November | Topical Talk: <i>Gardening and the Mysteries of Pruning</i> | Harvey Groffman |
| Wednesday 27th November | Mindful Meditation with movement: <i>a guided meditation to help calm mind & body</i> | Ewa Donnachie |
| Wednesday 4th December | The Reader: <i>Christmas Shared Reading Group</i> | Erin Carlstrom |
| Wednesday 11th December | CHRISTMAS LUNCH Venue to be Confirmed MUST BOOK please call Ewa Donnachie on: 020 3713 8736 | Ewa Donnachie |
| | END OF TERM/YEAR | |



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA



MAYOR OF LONDON



DANCEWEST.

