

Activities for people over 50
 FREE MEMBERSHIP
openage.org.uk



Open Age New Horizons Activity Programme

Mon 6th Jan – Fri 3rd April 2020 v.10

Half Term: Mon 17th – FRI 21st Feb 2020

Celebrating Age, Stage & Experience

New Horizons, located in the Guinness Trust Estate, Cadogan Street, SW3 and is open weekdays from 9.30am - 4.00pm

Membership is free and open to people over 50.

For general enquiries ring: **0207 590 8970**.

Registered Charity No: 1160125

TRANSPORT SERVICE

Buses 19, 22, 137, 452, C1 to Sloane Street; buses 11, 211, 319 to King's Road (stop nearest to Draycott Avenue); bus 360 to Sloane Avenue and Draycott Terrace; Sloane Square is the nearest Tube.

New Horizons is easily accessible by public transport. However, for those residents of Kensington and Chelsea who are unable to use public transport, assistance in getting to and from New Horizons activities is available. Ring the centre to find out more about how we can help.




Dear Members, **WE NEED YOU!** Adult Community Learning (ACL) classes are denoted by the tree logo and are funded by RBKC. We are funded on "unique" learners. This means we only get paid once per member. In order to keep our funding, we need to ask members who did not attend an ACL class in September 2019 to look at our programme and please choose a course to help Open Age maintain the funding. You will be required to complete an enrolment form and secure your place by coming to New Horizons from 10th December to 18th December and also on Wednesday 8th and Thursday 9th January. Call Maude 020 8962 5594 or Angela 020 8962 5590. Thank you!

Details on how to book for your busy classes located at the bottom of the document.



For more Information on ADULT COMMUNITY LEARNING *(ACL) Classes - please see at end of Programme


MONDAY

* **D** – Suggested donation amount. Please make a **Donation** if you are able.

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|--|---|--|-----|-------------------------------|--|
| Art: Using Watercolours – Beginners *ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 9.45 – 11.45  | New Horizons Centre 10-week course Starts 13th January to 23rd March | | £3.00 /Free if on benefits | CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Whether you are a budding Monet or complete novice, our painting classes are suitable for beginners as well as for more confident and experienced dabblers. Explore all kinds of styles and techniques. Enrolment Form & ID Required |


New Horizons, Guinness Trust Estate, Cadogan Street, London, SW3 2PF

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|--|--|---|-----------------|-------------------------------|---|
| Italian Conversation – with Kathleen & Adriana | 10.00 –11.50 | New Horizons Centre | | £2.00 | Brush up on your Italian language skills in these informal groups that meet for lively discussions on anything from travel, culture to history and politics. |
| Jewellery Making Drop In – Beginner | 10.00 – 12.00 | New Horizons Centre | | *D £2.00 | Develop your creative talents by making handcrafted jewellery for yourself or loved ones Please bring your own materials. |
| 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. | | £1.50 | KAG is a friendly, social group featuring speakers and performers covering a range of interesting topics. Refreshments are available. The programme is subject to change. - Please call 020 3713 8736 before attending for more info. |
| Me and My iPhone *ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 10.00 – 12.00  | New Horizons Centre 10-week course Starts 13th January- 23rd March | | £3.00 /Free if on benefits | CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS 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. ACL Enrolment Form & ID Required |
| Scrabble Group Drop In - Held in Cafe | 10.00 – 12.00 | New Horizons Centre | | * D £1.00 | Do you love words and board games? Then this group is for you! Meet other scrabble lovers & enjoy playing the game with new people. |
| Pilates – Mixed Ability | 12.00 – 1.00 MAX 11 Spaces | New Horizons Centre | | £1.00 | Pilates is a slow and controlled system of mind-body exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility. |
| Italian Conversation - with Giulio | 12.00 – 2.00 | New Horizons Centre | | £2.00 | Come practice and learn more about the Italian language and its usage in everyday situations, with our enthusiastic volunteer Giulio. |
| Pilates – Beginners | 1.00 – 2.00 MAX 11 Spaces | New Horizons Centre | | £1.00 | Pilates is a slow and controlled system of mind-body exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility. |
| Sketching at the V&A *ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 1.00 - 3.00  | V&A Museum, Cromwell Road Entrance, SW7 2RL 10-week course Starts 13th January to 23rd March | C1, 14, 74, 414 | £3.00 /Free if on benefits | CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS Explore the depths of the V&A; practice various topics of drawing, including: composition; shape, form and line; light & reflection; volume & shading; portraits and detail. Bring along a sketchbook, pencils and yourself! ACL Enrolment Form & ID Required |


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| Beginners Computers *ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 1.00 - 3.00  | New Horizons Centre 10-week course Starts 13th January to 23rd March | | £3.00 /Free if on benefits | CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS 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 ACL Enrolment Form & ID Required |
| Pranayama – Breathing Yoga | 2.00 – 4.00 | New Horizons Centre | | £2.00 | The practice of this form of Yoga is intended to promote health, rejuvenation, happiness & harmony. |
| Book Break - run by the Reader organisation | 2.00 – 4.00 | New Horizons Centre | | *D suggested Donation £2.00* | Read short stories, poems, novels & plays together & discuss them over a cuppa. There's no obligation to read or join the discussion. |
| German Conversation Drop In | 2.00 – 4.00 | New Horizons Centre | | *D £2.00 | Brush up on your German language skills in these informal groups that meet for lively discussions on anything from travel and more. |
| Monday Games Group Drop In | 2.00 – 4.00 | New Horizons Centre | | * D £1.00 | A fun & friendly group which meets in the New Horizons café. Drop by for a chat, a game of Bingo or quiz |
| Unsupported IT Drop-in | 3.00 – 4.00 | New Horizons Centre | | * D £1.00 | Drop-in with no booking required. Bring own USB stick to store documents. |
| Phone Club: Creative Writing Starts 13 th Jan | 4.15 - 5.15 | In the comfort of your own home, for those less able to get out and about | | FREE | Tutor led with Robert Silver. Word games, writing exercises, sharing work aloud for feedback with optional homework. Phone Ewa for more info & to join on 020 3713 8736 |



TUESDAY

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|---|--|---------------------|-----|------------------|--|
| In the News: Current Affairs NO admittance after start time until break | 9.50 – 11.50 Starts on 14 th Jan | New Horizons Centre | | £2.00 | A discussion group in which participants talk about topical issues. The subjects are of national or international importance, relating to politics, sport or the arts. |
| French – Intermediate | 10.00 – 12.00 | New Horizons Centre | | £2.00 | A fun and friendly class for people who know the basics and want to improve their French. |
| Greek Mythology Drop In | 10.00 – 12.00 Max 10 spaces | New Horizons Centre | | * D £1.00 | Join this friendly and informal group to discover the heroes and myths of Ancient Greece; starting with the stories of The Odyssey; explore what they tell us. |

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| Shiatsu – 1 st and 3 rd Tuesday of the month; Book with Caroline on 0208 687 6950 | Slots from 10.00 – 1.00 Private Practitioner | New Horizons Centre | £30 per session | Shiatsu is a massage from Japan. It stimulates the body's vital energy flow and restores balance. This makes you feel deeply relaxed and in touch with the body's own healing abilities. May help arthritis, back, neck & shoulders, injuries & stress. |
| Supported IT Drop-in | 12.00 – 2.00 | New Horizons Centre | * D £1.00 | Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents. |
| Kundalini Yoga | 12.00-1.00 No half term break | New Horizons Centre | £1.00 | This class is designed to elevate consciousness, promote physical well-being and expand awareness. |
| Social Bridge Group for Intermediates | 12.30 – 3.30 | Lewis Estate Clubroom, Ixworth Place (corner of Elystan Street) SW3 3QG | * D | A fun and social way to improve memory and concentration whilst playing bridge. This group is untutored and for experienced players. |
| Dance Exercise | 1.00–2.00 MAX 12 Spaces | New Horizons Centre | £1.00 | A fun dance session combining Latin dance with other styles designed to improve your fitness |
| Reiki – with Ranjanie Book at Reception 1 st and 3 rd Tuesday of the month | Slots from 2.00– 4.00 | New Horizons Centre. Starting on 18 th February 20. | *D | 1 to 1 Session - A non-intrusive therapy (no massage or manipulation) carried out through clothing. |
| Creative Writing *ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 2.00 – 4.00  | New Horizons Centre 10-week course Starts 14th January to 24th March | £3.00 /Free if on benefits | CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS 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 your writing. ACL Enrolment Form & ID Required |
| Drama *ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 2.00 – 4.00  | New Horizons Centre 10-week course Starts 14th January to 24th March | £3.00 /Free if on benefits | CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS Discover your inner thespian and join this fun class, using scripts, improvisation and applied theatre techniques. ACL Enrolment Form & ID Required |
| Carers' Group & Social – for information; ring Vennetta on: 020 8962 4536 | 2.00 – 4.00 | New Horizons Centre 7th January 20 4th February 20 3rd March 20 | Prices Vary | Meet other carers within K&C on a Tuesday afternoon once a month from 2-4pm. Enjoy doing creative, physical and social activities. Share your ideas for Time for Me Kensington & Chelsea Carers programme. |

WEDNESDAY



| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|---|--|--|-----|-------------------------------|---|
| Third Age Counselling Service | 9.30 – 4.00 Ring 0207 976 6667 | New Horizons Centre | | * D £1.00 | One to one counselling service run by The Third Age |
| Steady & Stable – Falls Prevention Class. | 9.45 – 10.45 | New Horizons Centre | | * D | Fun, evidence-based programme shown to improve balance and strength to help reduce falls. MUST BOOK Call Tina 0208 962 5582 |
| Jewellery Making - with Elaine | 10.00 – 12.00 | New Horizons Centre | | £2.00 | Develop your creative talents by making handcrafted jewellery for yourself or loved ones. Bring your own materials. Beginners Welcome! |
| Dance Exercise | 11.00 – 12.00 MAX 12 Spaces | New Horizons Centre | | £1.00 | A fun dance session designed to improve your fitness. |
| Zumba® Starts 22 nd Jan | 12.30 – 1.30 | Chelsea Theatre, 7 World's End Place, King's Road, SW10 0DR | | £1.00 | The class is broken down into easy-to-follow steps and routines for everyone to enjoy. Ditch the workout – join the party! |
| Stretch and Tone NEW DAY AND TIME! | 12.00 – 1.00 | New Horizons Centre | | £1.00 | Strengthen your muscles to increase flexibility, improve posture and balance. |
| Unsupported IT Drop-in NOTE: 1 hr ONLY | 12.00 – 1.00 | New Horizons Centre | | * D £1.00 | Drop-in with no booking required. Bring own USB stick to store documents. |
| Russian - Intermediate | 12.00 - 2.00 | New Horizons Centre | | £1.00 | For people with an intermediate level of the Russian language. |
| Chair Exercise – Run by RBKC Leisure Services | 1.00– 2.00 Max 14 Spaces No half term break | New Horizons Centre | | £1.00 | Class focuses on improving mobility, muscle strength, co-ordination and balance through a combination of seated and optional standing exercises. |
| Smartphone and Social Media Apps *ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 1.00 – 3.00  | New Horizons Centre 10-week course Starts 15th January to 25th March | | £3.00 /Free if on benefits | CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS This course will enable you to 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 have a basic knowledge and feel comfortable using a smartphone ACL Enrolment Form & ID Required |
| Singing | 2.00 – 4.00 | New Horizons Centre | | £2.00 | 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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| General Knowledge Quiz Drop In | 2.00 – 4.00 | New Horizons Centre | | * D £1.00 | A fun, informal and non-competitive group for anyone with a love of facts and trivia! |
| Sketching at the V&A II * ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 2.00 - 4.00  | V&A Museum, Cromwell Road Entrance, SW7 2RL 10-week course Starts 15th January to 25th March | C1, 14, 74, 414 | £3.00 /Free if on benefits | CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS Explore the depths of the V&A; practice various topics of drawing, including: composition; shape, form and line; light & reflection; volume & shading; portraits and detail. Bring along a sketchbook, pencils and yourself! ACL Enrolment Form & ID Required |
| Lip Reading & Hearing Loss * ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 2.00 – 4.00  | New Horizons Centre 10-week course Starts 15th January to 25th March | | £3.00 /Free if on benefits | CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS Lipreading and Coping Strategies for Managing Hearing Loss in Adults. This course aims to enable adults who have acquired hearing loss to develop coping strategies to manage their hearing loss better. ACL Enrolment Form & ID Required |




THURSDAY


| ACTIVITY | TIME | PLACE | | COST | DETAILS |
|---|--|---------------------|--|-----------------|--|
| Pilates 1-2-1 Sessions -With Jocelyne | 10.00 – 12.00 Book on: 07931 543 226 | New Horizons Centre | | £35 per session | Pilates exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility. |
| Chair Yoga MAX 14 Spaces | 9.45 – 10.45 | New Horizons Centre | | £1.00 | This is a chair based yoga class with a mix of yoga postures and breathing techniques. Some postures are taught in standing with support from the chair. |
| Literature Appreciation | 10.00 – 12.00 MAX 12 Spaces | New Horizons Centre | | £2.00 | Encounter writers both famous and unfamiliar from all corners of the world; lively and weekly discussions. |
| Stroke Survivors & Carers Social Group | 10.00 – 12.00 | New Horizons Centre | | £1.00 | An informal social group for people who have had strokes and their Carers. Enjoy a drink and the mutual support of other stroke survivors. |
| Italian Archaeology | 10.00 – 11.00 | New Horizons Centre | | £1.00 | Come and learn about the history and world of Italian Archaeology with former teacher Ira. |

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| Lewis Art Group No Booking Needed | 10.30 – 12.30 | Lewis Estate Clubroom, Ixworth Place (corner of Elystan Street) SW3 3QG | 11,14 19,22 49, 211, 319, 345, 360, 414 | £2.00 | An informal class in which students of all levels work on projects of their choice with guidance from a professional artist/tutor. Students can work in oils, watercolours, pastels, pencils, or other media. Students bring their own materials. |
| Art: Using Watercolours – Beginners *ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 1.00pm-3pm  | Brompton Library 210 Old Brompton Road London SW5 0BS 10-week course Starts 16th January to 26th March | 430, C1 | £3.00 /Free if on benefits | CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS Whether you are a budding Monet or complete novice, our painting classes are suitable for beginners as well as for more confident and experienced dabblers. Explore all kinds of styles and techniques. ACL Enrolment Form & ID Required |
| Dance Exercise | 11.30-12.30 | Mary Smith Court, Ground Floor, 17 Trebovir Road, SW5 9NF | C1, C3 74, 328, 430 | £1.00 | A fun dance session combining Latin dance with other styles designed to improve your fitness |
| Flow Yoga | 11.00 – 12.00 MAX 14 Spaces | New Horizons Centre | | £1.00 | The class focuses on standing and lying yoga postures to increase core strength and flexibility. |
| Spanish Conversation | 11.00 – 12.00 MAX 12 Spaces | New Horizons Centre | | £1.00 | Brush up on your Spanish language skills in these informal groups that meet for lively discussions. |
| Chair Exercise | 11.00 – 12.00 | Dain Court, 144 Lexham Gardens, W8 6JF | | £1.00 | Class focuses on improving mobility, muscle strength, co-ordination and balance through a combination of seated and optional standing exercises. |
| Chi Gong – Beginner | 12.00 – 1.00 MAX 12 Spaces | New Horizons Centre | | £1.00 | A slow moving and gentle exercise performed in standing but can be adapted for individuals who need to sit down. Sessions help to promote health and wellbeing, increase stability and relieve joint pain. |
| Supported IT Drop-in | 12.00 – 2.00 | New Horizons Centre | | * D £1.00 | Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents. |
| French Conversation – Advanced | 12.30 – 2.00 | New Horizons Centre | | £1.50 | Brush up on your French language skills in these informal groups that meet for lively discussions. |
| Chair Exercise | 1.00 – 2.00 | Mary Smith Court, ground floor lounge, 17 Trebovir Road SW5 9NF. | 74, 328, C1, C3 | £1.00 | Class focuses on improving mobility, muscle strength, co-ordination and balance through a combination of seated and optional standing exercises. |
| Chi Gong – Intermediate | 1.00– 2.00 MAX 12 Spaces | New Horizons Centre | | £1.00 | A slow moving and gentle exercise performed in standing. Sessions help to promote health and wellbeing, increase stability and relieve joint pain. |

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| Men's Reminiscence Group | 1.30-3.00 | New Horizons Centre | | * D £1.00 | Do you have any memories you would like to share? A chance to reminisce with like-minded people. Call Russell on 0208 962 5583 for more information about the group. |
| Speaking with Confidence *ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 2.00 – 4.00  | New Horizons Centre 10-week course Starts 16th January to 26th March | | £3.00 /Free if on benefits | CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS 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. ACL Enrolment Form & ID Required |
| Life Stories *ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 2.00 – 4.00  | New Horizons Centre 10-week course Starts 16th January to 26th March | | £3.00 /Free if on benefits | CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS Write your personal stories in a fun and supportive atmosphere. Weekly themes such as travel, family, childhood & many more unusual topics. ACL Enrolment Form & ID Required |
| NHS-Falls Prevention – Please call the Falls team on 020 8102 5494 to register | 2.15 – 3.45 | New Horizons Centre | | * D | A NHS led 8-week course for people who have had a fall or are feeling unsteady on their feet. Sessions focus on increasing strength, balance, confidence, advice and support. To be eligible to attend you must be referred to the service by your GP for an initial assessment. Please contact 0208 102 5494 for more information |
| 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 | | 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 |
| 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. |

FRIDAY

| ACTIVITY | TIME | PLACE | COST | DETAILS |
|---|--|--|-------------------------------|--|
| Third-Age Counselling Service | 9.30 – 12.30 Ring 0207 976 6667 to Book | New Horizons Centre | * D £1.00 | One-to-one counselling service run by the Third Age MUST BOOK |
| Line Dancing | 10.00 – 11.00 MAX 12 Spaces | New Horizons Centre | £1.00 | Have fun learning steps and sequences to some great tunes to keep you healthy and fit. |
| iPad for Beginners *ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 10.00 – 12.00  | New Horizons Centre 10-week course Starts 17th January to 27th March | £3.00 /Free if on benefits | CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS 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 ACL Enrolment Form & ID Required |
| Book Club – with Judith 3 rd Friday of the month | 10.00 – 12.00 Starting 17 th January 2020 | New Horizons Centre | £2.00 | Read a book selected by the group and then come and discuss it. |
| Meditation – 2 nd and 4 th Friday of the month | 10.15 – 11.45 | New Horizons Centre. Starts on 14 th February | £1.50 | Relax, enjoy some quiet time, and leave your worries behind. |
| Yogalates | 11.00 – 12.00 MAX 12 Spaces | New Horizons Centre | £1.00 | Yoga and Pilates inspired class with controlled breathing and carefully structured series of stretches, moves and poses. |
|  Pilates - Beginners | 11.00 – 12.00 | St Mary's Church, The Boltons, SW10 9TB | £1.00 | Pilates is a slow and controlled system of mind-body exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility. |
|  Chair Exercise | 12.00 – 1.00 | St Mary's Church, The Boltons, SW10 9TB | £1.00 | Seated exercise class with focus on improving your limb mobility, muscle strength, co-ordination and balance. |
| Crack the Cryptic Crossword | 12.00 – 2.00 | New Horizons Centre | £2.00 | Learn tips and secrets for completing and unravelling the secrets of cryptic crosswords. |
| Unsupported IT Drop-in | 12.00 – 2.00 | New Horizons Centre | * D £1.00 | Drop-in with no booking required. Bring own USB stick to store documents. |
| ONE YOU Club Call to book | 12.00 – 2pm | New Horizons Centre | *D | An opportunity to be both physically active and develop skills to promote health and wellbeing such as the |

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| 020 3434 2500 | | | | practice of mindfulness, managing stress levels and finding relaxation. |
| Ballet Fitness | 2.00 – 3.00 MAX 12 Spaces | New Horizons Centre | | £1.00 Improve your posture, mobility and energy in this graceful ballet class. Suitable for beginners. |
| Windows 10 for Beginners *ACL CLASS LIMITED SPACES MUST BOOK AND ENROL | 2.00 – 4.00  | New Horizons Centre 10-week course Starts 17th January to 27th March | | £3.00 /Free if on benefits CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS If you are confident with using a PC, then this may be the next step. This course will show you how to make the most of Windows 10 software and be a confident user ACL Enrolment Form & ID Required |
| Shakespeare & French Classical Drama | 2.00 – 4.00 Starts 17 TH January MAX 12 Spaces | New Horizons Centre | | £2.00 A captivating and entertaining journey through The Bards works and origins of French classical literature. |



How to book for your classes:

Residents' priority in busy classes - From January 2020

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. To date, we have not monitored this closely to allow some level of flexibility.

However, as a charity, we are dependent on any funding we receive and need to report back to our funders accordingly.

Therefore, borough residents can book for their next class on the day of the class in person or by phone. Members from another borough will be able to book two working days after the class in person or by calling on 020 7590 8970, Thank you.

For example: For a Wednesday Pilates class, residents can book on the day for the next class, non-residents can book two working days after class. (If a Thur/Fri class - these can be booked the next working days after the weekend).

Please ask to speak your Centre Coordinator/ Senior Coordinator if you do have any questions

Programme Summary Second Half Centre (North Kensington)

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|----------------|---|--|---------------|
| MONDAY | | | |
| 10.00-11.00am | Dance Mix <i>17th Feb. Must Book</i> | <i>Starts 13th Jan. H/T</i> | £1/3* |
| 10.00-12noon | Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i> | | £3 |
| 10.00-12noon | Local History Walks and Talks with Sue Snyder <i>Jan. H/T 17th Feb</i> | <i>Starts 13th</i> | £2/5* |
| 11.45-12.45pm | Creative Dance <i>24th Feb. Must Book</i> | <i>Starts 13th Jan. H/T 17th &</i> | £1/3* |
| 12noon-1.30pm | International Cooking <i>Feb. Must Book</i> | <i>Starts 13th Jan. H/T 17th</i> | £3/6* |
| 1.00-3.00pm | Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i> | | £3 |
| 1.15-3.15pm | Singing For All <i>Jan. H/T 17th Feb</i> | <i>Starts 6th</i> | £2/5* |
| 1.30-3.30pm | Still Life & Life Drawing with Lily Holder <i>Jan. H/T 17th Feb</i> | <i>Starts 13th</i> | £2/5* |
| 3.30-5.30pm | Men's Space: Meet Up and Social led by Russell <i>23rd Mar, 20th Apr</i> | <i>13th & 20th Jan, 17th Feb,</i> | £2 |
| 3.30-5.30pm | Film Club (fortnightly) <i>9th & 23rd March</i> | <i>13th & 27th Jan, 10th & 24th Feb,</i> | £2 (D) |
| 4.00-6.00pm | Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i> | | £3 |
| TUESDAY | | | |
| 9.45-10.45am | Zumba Gold with Vivian Perez <i>Feb. Must Book</i> | <i>Starts 14th Jan. H/T 18th & 25th</i> | £1/3* |
| 10.00-12noon | Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i> | | £3 |
| 11.00-1.00pm | Men's Space: Gardening | <i>Starts 14th Jan. H/T</i> | £2 (D) |

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| | <i>18th & 25th Feb</i> | |
| 11.15-12.15pm | Kundalini Yoga/Meditation with Rafael Ramos Garcia <i>Starts 14th Jan. H/T 18th & 25th Feb. Must Book</i> | £1/3 |
| 12.45-1.45pm | Steady and Stable with Francesca Hutchinson <i>Starts 7th Jan. Must Book</i> | FREE |
| 1.00-3.00pm | Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i> | £3 |
| 1.45-2.45pm | Steady and Stable with Francesca Hutchinson <i>Starts 7th Jan. Must Book</i> | FREE |
| 2.00-4.00pm | Drama Group: Introduction to Shakespeare with Matthew Austin <i>Starts 7th Jan. H/T 18th Feb</i> | £2/5 |
| 3.00-4.00pm | Awareness Through Movement Pilates 1 with Carol <i>Starts 14th Jan. H/T 18th & 25th Feb. Must Book</i> | £1/3 |
| 4.15-5.15pm | Awareness Through Movement Pilates Beginners <i>Starts 14th Jan. H/T 18th & 25th Feb. Must Book</i> | £1/3 |
| 4.15-5.45pm | Men's Space: The Magic of Music led by Russell John <i>Starts 14th Jan. H/T 18th & 25th Feb</i> | £1/3 |
| WEDNESDAY | | |
| 10.00-12noon | Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i> | £3 |
| 10.00-12noon | Painting and Drawing with Derek Ogbourne <i>Start 8th Jan. H/T 19th Feb</i> | £2/5 |
| 10.00-12.00pm | Creative Threads with Alex Goodwin <i>Start 8th Jan. H/T 19th Feb</i> | £2/5 |
| 10.15-12.15pm | Philosophy with Tim Beardmore-Gray <i>Start 8th Jan. H/T 19th Feb</i> | £2/5 |
| 12:15 -2.15pm | Men's Space: Lunch and Cookery with Russell <i>Starts 15th Jan. 1st & 3rd Wed of every Month. Must Book</i> | £2/5 |
| 12.45-1.45pm | Intermediate Stretch and Tone with Rachel Teasdale <i>Start 15th Jan. H/T 19th & 26th Feb. Must Book</i> | £1/3 |
| 1.00-3.00pm | Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i> | £3 |
| 1.30-3.30pm | Creative Writing with Robert Silver <i>Start 15th Jan. H/T 19th Feb. Ends 25th Mar. Must Book</i> | £3 |

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| 2.00-3.00pm | Bolder Not Older Dance Classes with Dance West | | £1 |
| 2.30-4.30pm | Advanced French with Ann Stones <i>H/T 19th Feb</i> | <i>Starts 15th Jan.</i> | £2/5* |
| 3.45-4.45pm | Bone Density Workout 2 with Natalie Nicoll <i>Feb. Must Book</i> | <i>Starts 15th Jan. H/T 19th</i> | £1/3* |
| 4.00-6.00pm | Poetry with Robert Silver <i>Must Book</i> | <i>Starts 15th Jan. H/T 19th Feb. Ends 25th Mar.</i> | £3 |
| 4.00-6.00pm | Practical IT Courses <i>further details)</i> | <i>(Must Book. Please check IT schedule for</i> | £3 |
| 5.00-7.00pm | Meditation with Paul Langton <i>Mar. Must Book</i> | <i>Starts 15th Jan. H/T 19th Feb. Ends 25th</i> | £3 |
| THURSDAY | | | |
| 10.00-11.30am | Go Generation Table Tennis with Westway Sports and Fitness <i>H/T 20th Feb</i> | <i>Starts 16th Jan.</i> | £1/3* |
| 10.00am-12noon | History of Art: Art in Focus with Julia Heckles <i>H/T 20th Feb</i> | <i>Starts 9th Jan.</i> | £2/5* |
| 10.00am-12noon | Practical IT Courses <i>further details)</i> | <i>(Must Book. Please check IT schedule for</i> | £3 |
| 10.30-12.30pm | Mosaic and Ceramics with Barbara Gorton <i>H/T 20th Feb</i> | <i>Starts 9th Jan.</i> | £2/5* |
| 11.45-12.45pm | Staying Strong Yoga with Sophia Panas-O'Brien <i>Feb. Must Book</i> | <i>Starts 16th Jan. H/T 20th & 27th</i> | £1/3* |
| 12.15-1.15pm | Exercise to Music and Health Management I with Liz <i>Jan. Must Book</i> | <i>Starts 16th</i> | £1.50 |
| 12.30-2:00pm | Lunch Club with Manju Malhi <i>Mar. Must Book</i> | <i>13th & 27th Feb, 12th & 26th</i> | £4.50 |
| 1.00–2.00pm | Bone Density Workout with Natalie Nicoll <i>Must Book</i> | <i>Starts 16th Jan. H/T 20th & 27th Feb.</i> | £1/3* |
| 1.00-3.00pm | Practical IT Courses <i>further details)</i> | <i>(Must Book. Please check IT schedule for</i> | £3 |
| 1.30-2.30pm | Exercise to Music and Health Management II <i>Jan. Must Book</i> | <i>Starts 16th</i> | £1.50 |
| 2.30-3.30pm | Stretch and Tone Beginners with Pan <i>Feb. Must Book</i> | <i>Starts 16th Jan H/T 20th & 27th</i> | £1/3* |
| 2.45-4.45pm | Spanish Conversation with Ana Gutierrez Hornero <i>H/T 20th Feb</i> | <i>Starts 16th Jan.</i> | £2/5* |

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| 3.00-5.00pm | Italian: Step up with Roberto Antonetti <i>Mar. Must Book</i> | <i>Starts 16th Jan. H/T 20th Feb. Ends 26th</i> | £3 |
| 3.45-4.45pm | Boxing Fitness <i>20th & 27th Feb</i> | <i>Starts 16th Jan. H/T</i> | £1/3* |
| FRIDAY | | | |
| 10.00-11.15am | Awareness Through Movement Pilates 2 <i>Mar. Must Book</i> | <i>Starts 17th Jan. H/T 14th Feb. Ends 27th</i> | £1/3* |
| 10.30am-12.30pm | Practical IT Courses <i>(Must Book. Please check IT schedule for further details)</i> | | £3 |
| 10.00am-12noon | Time For Me IT with Lena Dekair <i>(Must Book. Please check IT schedule for further details)</i> | | £3 |
| 11.00am-1.00pm | Time For Me Activities with Liz Butters <i>Starts 17th Jan</i> | | FREE |
| 11.30am-12.45pm | Bus Pass To Broadway: Singing and Dancing <i>H/T 14th Feb</i> | <i>Starts 10th Jan.</i> | £1/3* |
| 1.00-3.00pm | Practical IT Courses <i>Booking essential. Please check IT schedule for further details)</i> <i>Ends 6th Dec</i> | | £3 |
| 1.00-2.00pm | Abs, Bums and Thighs with Rachel Teasdale <i>Feb. Must Book</i> | <i>Starts 17th Jan. H/T 14th & 28th</i> | £1/3* |
| 1.15pm-3.15pm | Conversational French with Alaydys Schwander <i>H/T 14th Feb</i> | <i>Starts 10th Jan.</i> | £2 |
| 2.00-3.00pm | Healthy Lungs with Hansa Bhodia <i>H/T 14th Feb</i> | <i>Starts 10th Jan.</i> | FREE |
| 2.00-4.00pm | Stroke Recovery Social Group with Rachel <i>Starts 10th Jan</i> | <i>Fortnightly,</i> | £2 |
| SUNDAY | | | |
| 12.30-2.30pm | MEALS: Meet, Eat and Learn , Sunday lunch <i>Booking essential</i> | | £4.50 |

