

Activities for people over 50

FREE MEMBERSHIP

[openage.org.uk](http://openage.org.uk)

Charitable Incorporated Organisation No. 1160125



# Kensington Activity Programme

23<sup>rd</sup> April- 19<sup>th</sup> July 2019

Dear Members, Adult Community Learning (ACL) classes are denoted by the tree logo (right) and funded by RBKC. Our classes will start again from 26<sup>th</sup> April and the full list is included in this Programme. **You need to secure your place by coming in from 25<sup>th</sup> March to get your name on the course of your choice.** Best wishes, Maude (0208 962 5594) and Angela (0208 962 5590)



The Second Half Centre will be taking bookings for activities and trips from Monday 15<sup>th</sup> April. The majority of exercise classes require a maximum of booking one week in advance. Do call Jenny or Kaidee on 0208 962 5500 to book your class! **Some classes start on different dates so do please check!**

## LOCAL EVENTS



### INTRODUCTION TO PERFORMING SHAKESPEARE

**Date:** Every Tuesday from 23<sup>rd</sup> April!

**Time:** 2pm-4pm

#### Description

A fun and relaxing introduction to performing, understanding and enjoying Shakespeare through a look at a variety of his works. Look at Tuesday's activities section for more info, or call SHC on 0208 962 5500!

#### Address

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



### OPEN AGE AT THE TATE MODERN!

**Dates:** Saturday 27<sup>th</sup> April and Sunday 28<sup>th</sup> April

**Time:** 12-4pm

#### Description

Come to The Tate Modern's Blavatnik building to enjoy writing stories that investigate change and ageing in people, places and things as they move through time. **More details at the back of programme!**

#### Address

Tate Modern's Blavatnik Building, Level 5, Bankside London SE1 9TG



### A TALE AS OLD AS TIME

**Date:** Friday 14<sup>th</sup> June

**Time:** 12-4pm

#### Description

Join Open Age as part of London Creativity and Wellbeing Week. The Second Half Centre will be filled to the brim with art, performances and workshops.. **More details at the back of the programme**




#### 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!

**openage.org.uk**


## Mondays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Bokwa</b> <b>MUST BOOK</b> Starts 29 <sup>th</sup> April	10.00-11.00 Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	A lively energizing cardio workout routine based around drawing letters and numbers in the air. <b>Must book max 1 week in advance. Call 020 8962 5500.</b>
<b>Gentle Chair Exercise</b> Starts 29 <sup>th</sup> April	10.00-11.00 Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	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.
<b>Italian for Beginners</b>  <b>MUST BOOK &amp; ENROL</b> Starts 29 <sup>th</sup> April to 15 <sup>th</sup> July	10.00-12.00  (10 week course) Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	This course is aimed at beginners who have had 20 hours of teaching. The emphasis will be on the development of speaking and listening skills to enable you to take part in simple conversations. <b>Come in to enrol. Any queries call Maude on 020 8962 5594</b>
<b>Beginners Computers with Lena Dekair</b> <b>MUST BOOK &amp; ENROL</b> Starts 29 <sup>th</sup> April to 15 <sup>th</sup> July	10.00-12.00  (10 week course) Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 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, access the internet, browse the web, create and use emails in this fun and friendly course. <b>Come in to enrol. Any queries call Maude on 020 8962 5594.</b>
<b>Local History Walks and Talks</b> Starts 29 <sup>th</sup> April	10.00-12.00 Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	Discover North Kensington's hidden gems and secrets during these guided walks & talks. <b>Please call 0208 962 5500 to be notified of the weekly programme.</b>
<b>Monday Forum</b> Starts 29 <sup>th</sup> May <b>Fortnightly</b>	10.30-12.00 Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	Gloucester Court, 2 Bassett Road, W10 6JJ.	7, 23, 52, 70, 228, 295, 452	£1.50	Weekly social group with different guest speakers.
<b>Kensington Activity Group</b> Starts 29 <sup>th</sup> April	10.30-12.00 Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	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 before attending to check programme updates to avoid disappointment on specific activities.




<b>Latin American Dance</b> <b>MUST BOOK</b> Starts 29 <sup>th</sup> April	11.00-12.00 Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Workout whilst having lots of fun – come and move your feet to the Latin beat! For RBKC residents. <b>Must book max 1 week in advance on 020 8962 5500.</b>
<b>Gentle Chair Exercise</b> Starts 29 <sup>th</sup> April	11.30-12.30 Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	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.
<b>Chair Exercise</b> Starts 29 <sup>th</sup> April	12.00-1.00 Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	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.
<b>International Cooking</b> <b>MUST BOOK</b> Starts 29 <sup>th</sup> April	12.00-1.30 Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 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! <b>Book 020 8962 5500.</b>
<b>Free Computer Time</b> Starts 29 <sup>th</sup> April	12.15-1.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Drop-In no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.
<b>Current Affairs</b> with Robert.S.Silver <b>MUST BOOK &amp; ENROL</b> Starts 29 <sup>th</sup> April to 15 <sup>th</sup> July	1.00-3.00  10 week course Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	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. <b>Come in to enrol. Any queries call Maude on 020 8962 5594.</b>
<b>IPads for Beginners</b> with Ivor David <b>MUST BOOK &amp; ENROL</b> Starts 29 <sup>th</sup> April to 15 <sup>th</sup> July	1.00-3.00  10 week course Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	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. Learn the location of buttons and what their usages are; how to turn on/off using finger gestures; how to open apps; learn how to use email, take and edit photos; navigate the internet and web pages; download skype and make a video call with it ...It will be fun and informative. <b>Come in to enrol. Any queries call Maude on 020 8962 5594.</b>
<b>Yoga</b> Starts 29 <sup>th</sup> April	1.00-2.15 Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	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.






<b>Singing for All</b> Starts 29 <sup>th</sup> April	1.15-3.15 Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May <b>NEW TIME</b>	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	If you are new to singing or you'd like to brush up on your technique then this is the perfect class for you!
<b>Music Appreciation</b> Starts 29 <sup>th</sup> April to 15 <sup>th</sup> July	1.30-3.00 10 weeks Half Term Break 27 <sup>th</sup> May	Thomas Darby Crt 133 Lancaster Rd. W11 1TT.	7, 23, 52, 70, 228, 295, 452	£2	An enlightening, relaxing and enjoyable class listening & learning from a professional musician about all aspects of classical music. <b>Come in or call Maude on 020 8962 5594 to be booked on to the course</b>
<b>Still Life &amp; Life Drawing</b> Starts 29 <sup>th</sup> April	1.30-3.30 Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	Look at objects through the eyes of an artist. Learn about perceptive outline, shape, proportion, tone, colour, texture, form & composition.
<b>Phone Club: Current Affairs Talk</b> For the Housebound	2.30-3.30	In the comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Local and International news, sport, interesting facts and articles, topical talks. <b>Phone Hester for more info &amp; to join on 020 3713 8736.</b>
<b>Norland Ward Monthly Social</b>  29 <sup>th</sup> April, 20 <sup>th</sup> May and 24 <sup>th</sup> June	2.30-4.30	Edward Wood Community Centre, 60-70 Norland Rd, London W11 4TX	316, 228	FREE	Group meets once a month for an interesting programme of speakers and trips ranging from classical concerts and art documentaries to exercise tasters and creative classes. For ward residents only. <b>Phone Hester on 020 3713 8736 for more info and dates.</b>
<b>Men's Space: Meet-up &amp; Social</b> Starts 29 <sup>th</sup> April (Monthly Health and Wellbeing Toolbox, 20 <sup>th</sup> May, 17 <sup>th</sup> June and 15 <sup>th</sup> July)	3.30-5.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Monthly health and wellbeing talks and the chance to play ping pong, chess, draughts and dominoes with a wide range of information available. <b>Call Russell on 020 8962 5583 to book.</b>
<b>Film Club Fortnightly</b> (29 <sup>th</sup> April, 13 <sup>th</sup> May, 3 <sup>rd</sup> June, 17 <sup>th</sup> June, 1 <sup>st</sup> July and 15 <sup>th</sup> July) <b>NEW</b>	3.30-5.30  Half Term Break, 27 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Catch up with a variety of films, courtesy of Warner Brothers. With thanks to The Second Half Foundation. <b>Please make sure you call The SHC on 0208 962 5500 to find out what the next film may be!</b>
<b>Phone Club: Creative Writing Group</b> For the Housebound	4.00-5.00	In the comfort of your own home.	N/A	FREE	Tutor led with Robert Silver. Word games, writing exercises, sharing work aloud for feedback with optional homework. <b>Phone Hester for more info &amp; to join on 020 3713 8736.</b>








<b>Introduction to Powerpoint</b> <b>MUST BOOK &amp; ENROL</b> Starts 29 <sup>th</sup> April to 15 <sup>th</sup> July  <b>NEW COURSE</b>	4.00-6.00  (10 week course)  Bank Holiday 6 <sup>th</sup> May and Half Term Break, 27 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Learn how to create a slideshow of your favourite pictures and add music to liven up any gathering! This 10 week course will get you started in understanding and using the software that will let you create exciting slideshow presentations. You will be able to open and close applications; create text; import art/photos; and much, much more. You need to be familiar with using a personal computer and have experience using a keyboard and mouse. <b>Any queries call Maude on 020 8962 5594.</b>
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## Tuesdays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Zumba Gold</b> <b>MUST BOOK</b> Starts 23 <sup>rd</sup> April	10.00-11.00 Half Term Break 28 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Easy-to-follow steps and routines for everyone to enjoy - ditch the workout - join the party! For RBKC residents <b>Must book max 1 week in advance on 020 8962 5500.</b>
<b>Yoga Women Only</b> Starts 23 <sup>rd</sup> April	10.00-11.30 Half Term Break 28 <sup>th</sup> May	Muslim Cultural Heritage Centre, 244 Acklam Rd, W10 5YG	23	FREE	Suitable for all levels from beginners to improvers. For RBKC residents. <b>For more details call Armand on 074 8322 5682.</b>
<b>French for Beginners</b>  <b>MUST BOOK &amp; ENROL</b>  Starts 30 <sup>th</sup> April to 9 <sup>th</sup> July	10.00-12.00  (10 week course) Half Term Break 28 <sup>th</sup> May	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	This course is aimed at those who have had, eg, 20 hours of taught French or for those who want to refresh what they learnt at school. It will enable you to communicate in the language in every day situations. Topics covered will be personal identity, family, where you live, food, shopping, asking for directions, telling the time, leisure activities .... <b>Come in to enrol. Any queries call Maude on 020 8962 5594.</b>
<b>Beginners Computers with Derek White</b> <b>MUST BOOK &amp; ENROL</b> Starts 7 <sup>th</sup> May to 16 <sup>th</sup> July	10.00-12.00  (10 week course) Half Term Break 28 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 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, access the internet, browse the web, create and use emails in this fun and friendly course. <b>Come in to enrol. Any queries call Maude on 020 8962 5594.</b>

<b>Get to really use your iPhone</b> with Lena Dekair <b>MUST BOOK &amp; ENROL</b> Starts 30 <sup>th</sup> April to 4 <sup>th</sup> June	10.00-12.00  (5 week course) Half Term Break 28 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Within your iPhone lies a myriad of hidden features you may not have even known existed until now. Join this class to find out about them. Learn to create an iMessage for calls you can't answer, use save battery mode and lots of other exciting shortcuts to make the most of your phone. <b>Come in to enrol. Any queries call Maude on 020 8962 5594.</b>
<b>Get to really use your Android phone</b> Starts 11 <sup>th</sup> June to 9 <sup>th</sup> July <b>MUST BOOK &amp; ENROL</b>	10.00-12.00  (5 week course)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Join this class to master the use of your android phone and learn how to sort out your google account, transfer photos and videos and much more. <b>Come in to enrol. Any queries call Maude on 020 8962 5594.</b>
<b>Creative Writing</b> with Robert.S.Silver <b>MUST BOOK &amp; ENROL</b> Starts 30 <sup>th</sup> April to 9 <sup>th</sup> July	10.00-12.00  (10 week course) Half Term Break 28 <sup>th</sup> May	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. <b>Come in to enrol. Any queries call Maude on 020 8962 5594.</b>
<b>Lip-reading and Managing Hearing Loss</b> with Jacques Gholam <b>MUST BOOK &amp; ENROL</b> Starts 30 <sup>th</sup> April to 9 <sup>th</sup> July	10.30-12.30  (10 week course) Half Term Break 28 <sup>th</sup> May	The Reed  28 Convent Gardens, London W11 1NH	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 which encompass consonant groups, lip shapes, vowel groups together with basic finger spelling. <b>Come in to enrol. Any queries call Maude on 020 8962 5594.</b>
<b>Healthy Lungs</b> <b>MUST BOOK</b> Starts 23 <sup>rd</sup> April	10.30-11.30	Everyone Active Westway Sports Centre, Crowthorne Road, W10 6RP.	295, 316	FREE	Exercise classes specifically designed for people with breathing difficulties or conditions. Must have a respiratory condition. <b>Book with Hansa: 020 8962 4141.</b> <b>For RBKC residents.</b>
<b>Men's Space: Gardening</b> Starts 23 <sup>rd</sup> April	11.00-1.00 Half Term Break 28 <sup>th</sup> May	Garden Plot 10 St. Charles Centre for Health & Wellbeing, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Be part of the group and help to look after our garden plot growing your own fruits, veg, and herbs for yourself and the cooking groups. Call <b>Russell on 020 8962 5583</b> to confirm your attendance.




<b>Gentle Chair Exercise</b> Starts 30 <sup>th</sup> April	11.00-12.00 Half Term Break 28 <sup>th</sup> May	Salvation Army Hall, 205 Portobello Road, London, W11 1TT.	7, 23, 52, 70, 452	FREE	Fun, low impact exercise class to improve strength & mobility. For RBKC residents.
<b>Kundalini Yoga / Meditation</b> <b>MUST BOOK</b> Starts 23 <sup>rd</sup> April	11.15-12.15 Half Term Break 28 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	This class is designed to elevate consciousness, promote physical well-being and expand awareness. For RBKC residents. <b>Must book max 1 week in advance on 020 8962 5500.</b>
<b>Free Computer Time</b> Starts 23 <sup>rd</sup> April	12.15-1.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228,295, 452	FREE	Drop-in & use a computer - no booking required! Bring own USB stick to store documents. Please follow guidelines relating to online safety.
<b>Men's Space: Active Men Group</b> Starts 23 <sup>rd</sup> April	12.30-1.30 (Weekly) Half Term Break 28 <sup>th</sup> May	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. <b>Call Russell on 020 8962 5583</b> for more information or to join the group.
<b>Steady &amp; Stable</b> (High Level) <b>MUST BOOK</b> Starts 23 <sup>rd</sup> April	12.45-1.45	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	A fun tried and tested exercise programme to improve balance, strength, reduce falls and ensure independent mobility. <b>Book with Tina on 020 8962 5582.</b>
<b>Going Further with Computers</b> with Derek White <b>MUST BOOK &amp; ENROL</b> Starts 30 <sup>th</sup> April to 9 <sup>th</sup> July	1.00-3.00  (10 week course) Half Term Break 28 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	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. <b>Come in to enrol. Any queries call Maude on 020 8962 5594.</b>
<b>Tai Chi</b> Starts 23 <sup>rd</sup> April	1.00-2.00 Half Term Break 28 <sup>th</sup> May	Dalgarno Community Centre, 1 Webb Close, Dalgarno Way, London W10 5LE	7, 70, 316	£1.50	A slow moving and gentle exercise, carried out in a relaxed manner. Suitable for anyone irrespective of age or physical condition. For RBKC residents.
<b>Zumba GOLD</b> Starts 23 <sup>rd</sup> April	1.30-2.30 Half Term Break 28 <sup>th</sup> May	Everyone Active Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.	7, 23, 52, 70, 228, 295, 452	£2	A lively dance exercise class to Latin music. Must show Membership Card. (Health warning: not for people with back or knee problems) For RBKC residents.
<b>Shared Reading Group</b> Starts 23 <sup>rd</sup> April	1.30-3.00  Half Term Break 28 <sup>th</sup> May	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	FREE	Together we listen to great stories and poems read aloud. You can sit back, relax and listen, join in the conversation, or read aloud - it's up to you. Everyone is welcome at this friendly Shared Reading group run by charity The Reader.





<b>Cruse Bereavement Support Group</b> <b>MUST BOOK</b> Starts 4 <sup>th</sup> June	1.30-3.00    <b>NEW 6 week course</b>	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	FREE	A small, friendly, group offered by Cruse Bereavement Care, to members who may be experiencing difficulty coping after someone has died. The group will be facilitated by 2 trained Cruse volunteers for 6 weeks - a safe place for members to share their feelings and learn how others are coping. Attending the first session is essential, so the facilitators can explain what is on offer and you can decide if you think this is the sort of support that might be helpful to you. <b>Please call 0208 962 5500 to book or for more information.</b>
<b>Steady &amp; Stable</b> (Low Level) <b>MUST BOOK</b> Starts 23 <sup>rd</sup> April	1.45-2.45	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	A fun tried and tested exercise programme to improve balance, strength, reduce falls and ensure independent mobility. <b>Book with Tina on 020 8962 5582.</b>
<b>Tai Chi</b> Starts 23 <sup>rd</sup> April	2.00-3.00 Half Term Break 28 <sup>th</sup> May	St. George's Church, Aubrey Walk, Camden Hill, W8 7JG.	31, 27, 28 52, 70, 94 148, 328, 390, 452	£1	Gentle Exercise, great for relieving stress & bringing about mental calm with the associated health benefits! For RBKC residents.
<b>Yoga</b> Starts 23 <sup>rd</sup> April	2.00-3.30 Half Term Break 28 <sup>th</sup> May	Venture Centre, Worlington Road, W10 5QQ.	23, 52, 70, 228, 295, 452	£1.50	The class focusses on standing & lying yoga positions to increase core strength & flexibility. For RBKC residents.
<b>An Introduction to Performing Shakespeare</b> Starts 23 <sup>rd</sup> April  <b>NEW</b>	2.00-4.00 Half Term Break 28 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	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.
<b>Awareness Through Movement Pilates 1</b> <b>MUST BOOK</b> Starts 23 <sup>rd</sup> April	3.00-4.00 Half Term Break 28 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Pilates is a slow, controlled system of mind-body exercise that focuses on body awareness & good posture to increase core strength, flexibility & agility. For RBKC residents. <b>Must book max 1 week in advance on 020 8962 5500.</b>
<b>Work Club Session</b> Starts 23 <sup>rd</sup> April	3.15-4.45	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	By referral from the New Futures 50 Plus Employment Programme. <b>Must book on 020 8960 4853.</b> Please follow guidelines relating to online safety.
<b>Awareness Through Movement Pilates BEGINNERS</b> <b>MUST BOOK</b> Starts 23 <sup>rd</sup> April	4.15-5.15 Half Term Break 28 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Great for those new to Pilates as this class will also provide a foundation in body awareness. For those with experience, it will enhance your Pilates performance. <b>Must book max 1 week in advance on 020 8962 5500.</b>









<b>Men's Space: The Magic of Music</b> <b>MUST BOOK</b> Starts 23 <sup>rd</sup> April	4.15-5.45 Half Term Break 28 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 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, <b>Call Russell on 020 8962 5583 to book.</b>
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## Wednesdays in Kensington


ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Create Greeting Cards on Computer</b> Ivor David <b>MUST BOOK &amp; ENROL</b>  Starts 1 <sup>st</sup> May to 10 <sup>th</sup> July	10.00-12.00  (10 week course) Half Term Break 29 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	This course is for those who are confident with switching on their computer/laptop and able 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. <b>Any queries call Maude on 020 8962 5594</b>
<b>Speak with Confidence with Ghada Gaylani</b> <b>MUST BOOK &amp; ENROL</b>  Starts 1 <sup>st</sup> May to 10 <sup>th</sup> July	10.00 – 12.00  (10 week course) Half Term Break 29 <sup>th</sup> May	The Reed  28 Convent Gardens W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	A course for learners who want to improve their spoken English, using various texts, videos, and scenarios in a fun and friendly environment. <b>Come in to enrol. Any queries call Maude on 020 8962 5594</b>
<b>Painting and Drawing</b> Starts 24 <sup>th</sup> April	10.00-12.00 Half Term Break 29 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	This painting & drawing class is suitable for all levels. Explore all kinds of technique, including colour theory & perspective.
<b>Philosophy</b> Starts 24 <sup>th</sup> April	10.15-12.15 Half Term Break 29 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	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. <b>Call The SHC for more info, 0208 962 5500.</b>
<b>Creative Threads</b> Starts 24 <sup>th</sup> April	10.30-12.30 Half Term Break 29 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	Knit, sew, embroider & indulge in the art of needlework, in just a few basic steps with a cuppa & good company.
<b>Free Computer Time</b> Starts 24 <sup>th</sup> April	12.15-1.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Drop-In no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.

<b>Men's Space: Lunch and Cookery</b> <b>MUST BOOK</b> Starts 1 <sup>st</sup> May	12.30-2.30 (1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of every month)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2	Learn how to make a meal in this informal lunch & cookery group for men only – then share the food that has been made. <b>Call Russell on 020 8962 5583 to book.</b>
<b>Chair Exercise</b> Starts 24 <sup>th</sup> April	12.30-1.30 Half Term Break 29 <sup>th</sup> May	Whitchurch House, 3 Kingsdown Close, W10 6SL.	7, 23, 52, 70, 228, 295, 452	£1	Seated exercise class, focusing on improving your limb mobility, muscle strength, co-ordination, balance and range of movement. For RBKC residents.
<b>Sizzling Salsa!</b> With Armand Botha  <b>MUST BOOK &amp; ENROL</b> Starts 1 <sup>st</sup> May to 10 <sup>th</sup> July	12.30-1.30  Half Term Break 29 <sup>th</sup> May	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£1.50/Free if on benefits	Latin dances have a flair that hooks both spectators and dancers. In this fun 10 week class you will learn the foundation of Salsa. It will be a fun hour with warm-ups, dancing and stretches! <b>Must book and enrol. Any queries call Maude on 020 8962 5594</b>
<b>Intermediate Stretch &amp; Tone</b> <b>MUST BOOK</b> Starts 24 <sup>th</sup> April	12.45-1.45 Half Term Break 28 <sup>th</sup> May (10 week course)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Strengthen your muscles to increase flexibility, improve posture, balance & helps reduce stress & tension. For RBKC residents. <b>Must book max 1 week in advance on 020 8962 5500.</b>
<b>Advanced Social Cycling</b>	1.00-3.00 Ongoing	Everyone Active Westway Sports & Fitness Centre, Crowthorne Rd, W10 6RP.	295, 316	FREE	This session is for all confident advanced cyclists wishing to join social rides further afield. For RBKC residents. <b>Call Armand on 07494268855.</b>
<b>Internet Browsing and Online Safety</b> With Ivor David <b>MUST BOOK AND ENROL</b> Starts 1 <sup>st</sup> May to 5 <sup>th</sup> June	1.00-3.00  (5 week course) Half Term Break 28 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	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. The course will introduce you to effective ways to browse the internet; take you through obstacles you may face and the solutions to being safe with your computer/laptop/mobile use. <b>Come in to enrol. Any queries call Maude on 020 8962 5594</b>
<b>Men's Space: IT /Online Safety</b> with Ivor David <b>MUST BOOK &amp; ENROL</b> Starts 12 <sup>th</sup> June to 17 <sup>th</sup> July	1.00-3.00  (6 week course)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	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 Ipad within a friendly and supportive group. <b>Come in to enrol. Any queries call Russell on 020 8962 5583</b>



<b>Meditation, Mindfulness and Stress Management</b> with Paul Langton <b>MUST BOOK &amp; ENROL</b> Starts 1 <sup>st</sup> May to 10 <sup>th</sup> July	1.30-3.30  (10 week course) Half Term Break 29 <sup>th</sup> May	Thomas Darby Court, 133 Lancaster Rd. W11 1TT	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	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. <b>Come in to enrol. Any queries call Maude on 020 8962 5594</b>
<b>Creative Writing</b> with Robert.S.Silver <b>MUST BOOK &amp; ENROL</b> Starts 1 May to 10 <sup>th</sup> July	1.30-3.30  (10 week course) Half Term Break 29 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£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. <b>Come in to enrol. Any queries call Maude on 020 8962 5594</b>
<b>Mens Space: Social</b> Starts 24 <sup>th</sup> April	2.00-4.00 Half Term Break, 29 <sup>th</sup> May <b>NEW TIME</b>	The Reed  28 Convent Gardens, London, W11 1NH	7, 23, 52, 70, 228, 295, 452	£1.50	Join this social group to meet other people, share information and have a cuppa. <b>Call Russell for more info on 0208 962 5583</b>
<b>Art for All</b> With Barbara Jepps Starts 1 <sup>st</sup> May to 10 <sup>th</sup> July	2.00-4.00 (10 week course) Half Term Break 29 <sup>th</sup> May	The Reed  28 Convent Gardens, London, W11 1NH	7, 23, 52, 70, 228, 295, 452	£2	Master or apprentice? Come and join this informal and friendly art class suitable for all levels.. <b>Come in or call Maude on 020 8962 5594.to be booked on to the course</b>
<b>Bolder Not Older Dance Classes</b> Starts 24 <sup>th</sup> April	2.00-3.00 Half Term Break 29 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1	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.
<b>Advanced French</b> <b>MUST BOOK</b> Starts 24 <sup>th</sup> April	2.30-4.30 Half Term Break 29 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	A fun and friendly French class for people who know the basics and want to improve their conversational French. <b>Book on 0208 962 5500</b>
<b>Dance Exercise</b> Starts 24 <sup>th</sup> April	2.30-3.30 Half Term Break 29 <sup>th</sup> May	Meeting Room, under the Central Library, Phillimore Walk, W8 7RX.	C1, 9, 10, 27, 28, 49, 52, 70, 328, 452	£1	Build up your energy levels in this exciting class! For RBKC residents.
<b>Campden Ward Social</b> Starts 24 <sup>th</sup> April	2.30-4.30 Ongoing	St. George's Church, Aubrey Walk, Campden Hill, W8 7JG.	31, 27, 28, 52, 70, 94, 148, 328, 390, 452	£2	An interesting programme of speakers and trips ranging from classical concerts and art documentaries to health talks and creative taster classes. For ward residents only. <b>Phone Hester on 020 3713 8736 for more info.</b>


<b>Bone Density Workout 2</b> <b>MUST BOOK</b> Starts 24 <sup>th</sup> April	3.45-4.45 Half Term Break 29 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Increase muscular & bone strength, joint mobility and flexibility using Pilates & other techniques. <b>Must book max 1 week in advance on 020 8962 5500.</b>
<b>Microsoft Word</b> with Ivor David  <b>MUST BOOK &amp; ENROL</b> Starts 1 <sup>st</sup> May to 10 <sup>th</sup> July	4.00-6.00  (10 week course) Half Term Break 29 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	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. Microsoft Word will enable you to create and edit documents using features such as spellcheck, fonts and size, bold and underline and more. <b>Come in to enrol. Any queries call Maude on 020 8962 5594</b>
<b>Poetry with Robert.S.Silver</b> <b>MUST BOOK &amp; ENROL</b> Starts 1 <sup>st</sup> May to 10 <sup>th</sup> July	4.00-6.00  (10 week course) Half Term break 29 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	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. <b>Come in to enrol. Any queries call Maude on 020 8962 5594</b>

## Thursdays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAIL
<b>Kundalini Yoga</b> Start Date TBC	10.00-11.00 Half Term Break 30 <sup>th</sup> May	The Reed  28 Convent Gardens, London, W11 1NH	7, 23, 52, 70, 228, 295, 452	£1	Feeling stressed, worried or blue? Not sleeping properly or have no energy? Come along and give this session a go. The gentle exercise and breathing will help calm the mind, re-energise and improve your overall wellbeing. <b>Please call Jenny or Kaidee at SHC for more info on 0208 962 5500.</b>
<b>Trips Around London</b> <b>MUST BOOK</b>	See Trips Programmes	Meet North Kensington Library, 108 Ladbroke Grove, W11 1PZ.	n/a	varied	See Trips Programme – <b>Must book on 020 8962 4141.</b>
<b>Table Tennis</b> Starts 25 <sup>th</sup> April	10.00-11.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Come & play with other table tennis enthusiasts in this drop-in session. For RBKC residents.
<b>History of Art: Lives of the Artists. A focus on artists and their worlds</b> <b>NEW COURSE</b> Starts 25 <sup>th</sup> April	10.00-12.00 Half term Break 30 <sup>th</sup> May No Class 20 <sup>th</sup> & 27 <sup>th</sup> June.	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	This course aims to reveal the less well-known artworks of the featured artist alongside important events and aspects of their lives. It will offer an insight into the world of the artist with the aim of throwing light on their artwork.







<b>Microsoft Excel made Easy</b> with Lena Dekair <b>MUST BOOK &amp; ENROL</b> Starts 2 May to 11 <sup>th</sup> July	10.00-12.00  (10 week course) Half Term Break 30 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 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. <b>Come in to enrol. Any queries call Maude on 020 8962 5594</b>
<b>Steady &amp; Stable</b> <b>MUST BOOK</b> Starts 25 <sup>th</sup> April	10.15-11.15 (High Level)	Response Community Projects 300 Old Brompton Road London SW5 9JF	74, 430	FREE	A fun tried and tested exercise programme to improve balance, strength, reduce falls and ensure independent mobility. <b>Call Tina on 020 8962 5582.</b>
<b>Speaking with Confidence</b> with Anna Czubak <b>MUST BOOK &amp; ENROL</b> Starts 2 <sup>nd</sup> May to 11 <sup>th</sup> July	10.15-12.15  (10 week course) Half Term Break 30 <sup>th</sup> May	The Curve Community Centre 10 Bard Road W10 6TP	7, 23, 52, 70, 228, 295, 452	FREE	This course is for speakers of English as a second language who want to improve their English speaking skills, grammar and build up confidence.  <b>Come in to enrol. Any queries call Maude on 020 8962 5594</b>
<b>Mosaic &amp; Ceramics</b> Starts 25 <sup>th</sup> April	10.30-12.30 Half Term Break 30 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	Learn to make your own beautiful works of art. All materials supplied!
<b>Salsa</b> Starts 25 <sup>th</sup> April	11.00-12.00 (Ongoing class)	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.
<b>Steady &amp; Stable</b> <b>MUST BOOK</b> Starts 25 <sup>th</sup> April	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. <b>Book with Tina on 020 8962 5582.</b>
<b>Staying Strong Yoga</b> <b>MUST BOOK</b> Starts 25 <sup>th</sup> April	11.45-12.45 Half term Break 30 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Strengthen the body, building health from the inside and aiding pain-free movement. For RBKC residents. <b>Must book max 1 week in advance on 020 8962 5500.</b>
<b>Free Computer Time</b>	12.15-1.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Drop-In no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.
<b>Exercise to Music &amp; Health Management</b> <b>MUST BOOK</b> Starts 25 <sup>th</sup> April	12.15-1.15	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1.50/£3	Gentle chair based exercise along to your favourite tunes! <b>Must book on 020 8962 5500. 8 PLACES MAX</b>

<b>Bone Density Workout</b> <b>MUST BOOK</b> Starts 25 <sup>th</sup> April	1.00-2.00 Half Term Break 30 <sup>th</sup> May  <b>NEW TIME</b>	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Increase muscular & bone strength, joint mobility and flexibility using Pilates & other techniques. For RBKC residents. <b>Must book max 1 week in advance on 020 8962 5500</b>
<b>Digital Photography</b> with Lena Dekair <b>MUST BOOK</b> Starts 2 <sup>nd</sup> May to 11 <sup>th</sup> July	1.00-3.00  (10 week course) Half Term Break 30 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Learn how to take photos using either your iPad, Smartphone or digital camera and upload them onto a computer. <b>Come in to enrol or call Maude on 020 8962 5594.</b>
<b>Exercise to Music &amp; Health Management</b> <b>MUST BOOK</b> Starts 25 <sup>th</sup> April	1.30-2.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1.50/ £3	Gentle chair based exercise along to your favourite tunes! <b>Must book on 020 8962 5500. 8 PLACES MAX</b>
<b>Monthly Members Meeting</b>	2.00-4.00 Last Thursday of Month	Thomas Darby Crt, 133 Lancaster Rd. W11 1TT.	7, 23, 52, 70, 228, 295, 452	50p Raffle £1 Social	Lively afternoon where you can meet others, air ideas & listen to talks with refreshments & raffle. See Trips Programme for Listing.
<b>Book Talk: Phone Discussion group</b> For the Housebound	2.30-3.30 Last Thursday of the month	Comfort of your own home.	N/A	FREE	Discuss a different book each month delivered by home library service - from Crime to Historical Fiction. <b>Call Hester for info on 020 3713 8736.</b>
<b>Stretch and Tone (Beginners)</b> <b>MUST BOOK</b> Starts 25 <sup>th</sup> April	2.30-3.30 Half tTerm Break 30 <sup>th</sup> May  <b>NEW TIME</b>	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Strengthen your muscles to increase flexibility, improve posture, balance & helps reduce stress & tension. For RBKC residents. <b>Must book max 1 week in advance on 020 8962 5500.</b>
<b>Spanish Conversation</b> <b>MUST BOOK</b> Starts 25 <sup>th</sup> April	2.45-4.45 No Class 2 <sup>nd</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 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. <b>Call Jenny or Kaidee in advance on 020 8962 5500 to book.</b>
<b>Work Club Session</b> Starts 25 <sup>th</sup> April	3.15-4.45	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	By referral from the New Futures 50 Plus Employment Programme. <b>Must book on 020 8960 4853.</b> Please follow guidelines relating to online safety.
<b>Boxing Fitness</b> Starts 25 <sup>th</sup> April	3.45-4.45 Half Term Break 30 <sup>th</sup> May	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Come and try this fun and interactive boxing fitness class designed to improve your heart health, strength and co-ordination.




<b>Phone Club: Discussion Group</b> 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. <b>Phone Hester for more info &amp; to join on 020 3713 8736</b>
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## Fridays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Shiatsu</b> <b>MUST BOOK</b>	10.00-4.00 Fortnightly	Positive Age Centre Dalgarno Estate, W10 5JN.	7, 70, 316	£13 for 30 mins	Please call <b>Paula on 07715 512 703 to book and for more information.</b>
<b>Reflexology</b> <b>MUST BOOK</b>	10.00-4.00 Fortnightly	Positive Age Centre Dalgarno Estate, W10 5JN.	7, 70, 316	£13 for 30 mins	Please call <b>Ellen on 07737 635 694 or Rita on 078 650 80969 to book and for more information.</b>
<b>Steady &amp; Stable</b> <b>MUST BOOK</b> Starts 26 <sup>th</sup> April	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. <b>Call Tina on 020 8962 5582.</b>
<b>Awareness Through Movement Pilates</b> <b>MUST BOOK</b> Starts 26 <sup>th</sup> April	10.00-11.15 No class on 14 <sup>th</sup> June and 19 <sup>th</sup> July	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£1/£3	Pilates is a slow, controlled system of mind-body exercise that focuses on body awareness & good posture to increase core strength, flexibility & agility. <b>Must book max 1 week in advance on 020 8962 5500</b>
<b>Online Shopping and Security With Lena Dekair</b> <b>MUST BOOK &amp; ENROL</b> Starts 7 <sup>th</sup> June to 12 <sup>th</sup> July	 (5 week course) No class on 14 <sup>th</sup> June	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	This course will ensure that you know how to search, shop, and pay confidently whilst cruising around the world wide web. <b>Come in to enrol or call Maude on 020 8962 5594</b>
<b>Pilates</b> Starts 26 <sup>th</sup> April	10.25-11.25 Half Term Break 31 <sup>st</sup> May	Everyone Active Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.	7, 23, 52, 70, 228, 295, 452	£2	Pilates is a slow, controlled system of mind-body exercise focusing on body awareness, posture, core strength, flexibility & agility. For RBKC residents.
<b>Time for Me IT with Lena Dekair</b> <b>MUST BOOK</b> Starts 26 <sup>th</sup> April to 24 <sup>th</sup> May	 (5 week course)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	A range of IT will be introduced to this course specially for a carers only group, including the Smartphone, iPad and the PC. <b>Call Liz Butters on 020 8962 4536 to register your interest</b>

<b>Healthy Lungs</b> <b>MUST BOOK</b> Starts 26 <sup>th</sup> April	10.45-11.45	Response Community Projects 300 Old Brompton Road London SW5 9JF	74, 430	FREE	Exercise class for people with breathing difficulties/conditions. Must have a respiratory condition. <b>Book with Hansa: 020 8962 4141.</b> <b>For RBKC residents.</b>
<b>Step Up From Steady</b> Starts 26 <sup>th</sup> April	11.00-12.00 Half Term Break 31 <sup>st</sup> May	The Reed  28 Convent Gardens, London, W11 1NH	7, 23, 52, 70, 228, 295, 452	£1	This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.
<b>Time for Me Carer's Activities</b>	11.00-1.00 No class on 14 <sup>th</sup> June and 19 <sup>th</sup> July	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	A diverse programme of fun & interesting FREE activities & trips for unpaid carers. <b>Call Liz Butters for more information 020 8962 4536.</b>
<b>Tai Chi</b> Starts 26 <sup>th</sup> April	11.30-12.30 Ongoing class	Everyone Active Westway Sports & Fitness Centre, 3-5 Thorpe Close, W10 5XL.	7, 23, 52, 70, 228, 295, 452	£2	Tai Chi helps promote health & wellbeing. It increases confidence, stability, cardio-vascular function, relaxation & relief from joint pain.
<b>Bus Pass to Broadway</b> Starts 26 <sup>th</sup> April	11.30-12.45 No class on 14 <sup>th</sup> June	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1/£3	Singing and dancing, no expertise required. The most fun you will ever have on a Friday!
<b>Men's Space: Monthly Lunch</b> <b>MUST BOOK</b>	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! <b>Book with Russell on 020 8962 5583.</b>
<b>Men's Space: Trips around London</b> <b>MUST BOOK</b> Starts 3 <sup>rd</sup> May	12.00-4.00 Fornightly 1st & 3rd Friday	Meet at Ladbroke Grove Tube Station.	n/a	varied	Call <b>Russell on 020 8962 5583</b> for men's trips programme and to book.
<b>Free Computer Time</b> Starts 26 <sup>th</sup> April	12.15-1.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Drop-in with no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.
<b>Meet, Eat &amp; Learn (MEAL)</b> <b>MUST BOOK</b> Starts 26 <sup>th</sup> April	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. <b>Must Book in advance on 020 8962 4141.</b>
<b>Breathing Yoga</b> Starts 26 <sup>th</sup> April	12.35-2.35 Half Term Break 31 <sup>st</sup> May	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. <b>For RBKC residents.</b>



<b>Spanish for Beginners</b> with Anna Czubak <b>MUST BOOK &amp; ENROL</b> Starts 3 <sup>rd</sup> May to 12 <sup>th</sup> July	12.30-2.30  (10 week course) Half Term Break 31 <sup>st</sup> May	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 Spanish and have had some teaching – for example, 20 hours. <b>Come in to enrol. Any queries call Maude on 020 8962 5594</b>
<b>Conversational French</b> Starts 26 <sup>th</sup> April <b>NEW DAY/NEW TIME</b>	12.30-2.30 Half Term Break 31 <sup>st</sup> May No class on 14th June and 19th July	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	In this class you will learn the basics of communicating simply & effectively. Covers grammar, vocabulary & pronunciation.
<b>Line Dancing</b> Starts 26 <sup>th</sup> April	1.00-2.30 Half Term Break 31 <sup>st</sup> May (last class 12 <sup>th</sup> July)	Venture Centre, Worlington Road, W10 5QQ.	23, 52, 70, 228, 295, 452	£1.50	Have fun learning steps and sequences to some great tunes. <b>For RBKC residents.</b>
<b>Social Media</b> With Lena Dekair <b>MUST BOOK &amp; ENROL</b> <b>NEW COURSE</b> 26 <sup>th</sup> April to 12 <sup>th</sup> July	1.00-3.00  (10 week course) Half Term Break 31 <sup>st</sup> May No class on 14th June	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Learn how to communicate on popular social media platforms, such as Facebook, Skype, Twitter and Youtube. Learn how to post comments, photos and messages; connect with friends and family & make free calls! You should be competent with a computer, mouse and keyboard. <b>Come in to enrol. Any queries call Maude on 020 8962 5594</b>
<b>Abs, Bums and Thighs</b> <b>MUST BOOK</b> Starts 26 <sup>th</sup> April	1.00-2.00 No class on 14th June and 19th July	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£1/£3	Combines aerobic exercise with toning to help you firm your legs, bums & thighs. For RBKC residents. <b>Must book max 1 week in advance on 020 8962 5500</b>
<b>Stroke Survivors Social Group</b> Starts 26 <sup>th</sup> April	2.00-4.00 (Group will meet on below dates: 26 <sup>th</sup> April, 10 <sup>th</sup> and 24 <sup>th</sup> May, 7 <sup>th</sup> and 21 <sup>st</sup> June and 5 <sup>th</sup> July)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228,295, 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.
<b>Healthy Lungs</b> <b>MUST BOOK</b> Starts 26 <sup>th</sup> April	2.00-3.00 No class on 14th June and 19th July	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Exercise classes specifically designed for people with breathing difficulties or conditions. Must have a respiratory condition. <b>Book with Hansa: 020 8962 4141. For RBKC residents.</b>

<b>Spanish 2 with Anna Czubak</b> <b>MUST BOOK &amp; ENROL</b> Starts 3 May to 12 <sup>th</sup> July	3.00-5.00  (10 week course) Half Term Break 31 <sup>st</sup> May	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. 80 hours and want to further their Spanish experience. <b>Come in to enrol. Any queries call Maude on 020 8962 5594</b>
<b>Free Computer Time</b> Starts 26 <sup>th</sup> April	3.15-4.30 No class on 14th June and 19th July	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	Drop-in with no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.

## Sundays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Free Gym! All day Sunday</b> <b>NEW</b> <b>(Open to ALL boroughs!)</b>	10.00-5.00	Jubilee Hall Trust, 30 The Piazza, Covent Garden WC2E 8BE	23	FREE	Drop in any Sunday and you can exercise in the gym for free! This is available to anyone of any age so why not bring a friend. Classes and gym inductions are available throughout the day. A membership form will need to be completed on your first session.
<b>Meet, Eat &amp; Learn (MEAL)</b> <b>MUST BOOK</b> Starts 28 <sup>th</sup> April	12.30-2.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£4.50	Two course healthy hot cooked meal in convivial surroundings. Come and socialise with others! <b>Must Book on 020 8962 5500.</b>

## OPEN AGE Members' Meeting & Social - All Welcome! Social Group with Information & Guest Speakers

Last Thursday of the Month: 2.00 pm - 4.00 pm  
 Thomas Darby Court, 133 Lancaster Road, London, W11 1TT  
 Buses: 7, 23, 70, 52, 228, 295, 452.

### April

25<sup>th</sup> Richard Bullock, Biodiversity Officer from WWT London Wetland Centre

### May

**NO MEETING**

### June

27<sup>th</sup> TBC

### July

25<sup>th</sup> TBC

**\* PLEASE BRING A CONTRIBUTION TO THE RAFFLE PRIZES! Cost £0.50 for Raffle\***

**Kensington Activity Group – Everyone is welcome!**

**Social Group with Guest Speakers**

**Every Monday 10.30-12pm £1.50**

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

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

**April**

22<sup>nd</sup> EASTER BANK HOLIDAY

29<sup>th</sup> Topical Talk: 18th Century Amusements for the Leisured Classes with Dimity Spiller

**May**

13<sup>th</sup> Shared Reading Workshop with Erin Carlstorm from The Reader.

20<sup>th</sup> Dementia Action Awareness Week: TRIP: Kensington Palace *A Show of Hands* - Photo Slide Show about art project in care home. *Meet at main entrance of palace at 10.15am for 10.30 start.*

MUST BOOK call Hester on: 0203 713 8736

27<sup>th</sup> BANK HOLIDAY/HALF TERM BREAK

**June**

3<sup>rd</sup> Seated Yoga & Sound Healing with Hester Jones

10<sup>th</sup> Documentary Film Screening: Wild China with Hester Jones

17<sup>th</sup> Topical Talk: Community Gardening with Lisa Wilkinson

24<sup>th</sup> A Conversation Piece – Storytelling with Objects. Members are invited to bring a special object or photo to share stories with the group with Hester Jones

**July**

1<sup>st</sup> TRIP: Saatchi Gallery Tour & Workshop led by Hester Jones. Meet at main entrance of gallery off King's Road at 10.15am for 10.30 start. MUST BOOK call Hester on 0203 713 8736

8<sup>th</sup> Monty Don's Italian Gardens TV Screening with Hester Jones

15<sup>th</sup> Documentary Film Screening: 1960's America with David Saunders

**\*\*Talks are subject to change.\*\***

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

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**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**

**April**

29<sup>th</sup> Breathing Exercises with Arturas Burke followed by lunch for £4.50.

**May**

13<sup>th</sup> Talk with Jennie Rickell from Chelsea Physic Garden

20<sup>th</sup> Dementia Awareness Week- Talk with Emma Nutland from Resonate Arts followed by lunch for £4.50.

27<sup>th</sup> HALF TERM

**June**

3<sup>rd</sup> Documentary: The Private Life of a Masterpiece

17<sup>th</sup> Talk from Ed Cobbold from Royal Albert Hall followed by lunch for £4.50.

**July**

1<sup>st</sup> Current Affairs Quiz with Open Age member Bob Garvin

15<sup>th</sup> Members Planning session, followed by lunch for £4.50.

**THE SECOND HALF CENTRE TRIPS (Booking essential for all trips: 0208 962 5500)**  
**Bookings can be made from Monday 15<sup>th</sup> April**

**Maximum of 2 trips per person.**

**NATURAL HISTORY WITH THE READER at The Natural History Museum. Thursday 25<sup>th</sup> April, 11.15am FREE (10 tickets).** Join us for an exclusive behind the scenes tour of the Natural History Museum collection and partake in some literary appreciation of our natural world in a workshop with The Reader.

**CHIHULY AT KEW at Kew Gardens. Friday 17<sup>th</sup> May, 10.30am -12.30pm. £2 (15 tickets).** The world's most celebrated contemporary glass artist is showcasing his work against the stunning backdrop of Kew Gardens. See the marriage of art, science and nature as Chihuly's dazzling sculptures transform Kew into a contemporary outdoor gallery space.

**WILDLIFE PHOTOGRAPHER OF THE YEAR at The Natural History Museum. Thursday 23<sup>rd</sup> May, 3.30pm. £9 (10 tickets)** Wildlife Photographer of the Year showcases extraordinary animal behaviour and the breathtaking diversity of life on Earth. Explore the world's best nature photography, exhibited on 100 exquisite light panels.

**BEHIND THE SCENES TOUR OF THE ROYAL ALBERT HALL at The Royal Albert Hall. Friday 24<sup>th</sup> May, 10am. £15.50 (12 tickets)** Join us on a special behind the scenes tour of The Royal Albert Hall. Learn about The Hall's history and appreciate its architecture and design.

**EXPLORING THE LIFE OF QUEEN VICTORIA at Kensington Palace. Thursday 30<sup>th</sup> May, 2.30pm. FREE (12 tickets)** See the two brand new exhibition exploring Queen Victoria's life to mark the 200<sup>th</sup> anniversary of her birth.

**GUIDED TOUR OF THE SAATCHI GALLERY at The Saatchi Gallery. Monday 3<sup>rd</sup> June, 2pm FREE (12 tickets).** Join us for a free guided tour and workshop of the Saatchi gallery collection

**WORKSHOPS AND CLUBS at THE SECOND HALF CENTRE**

**MEMORY SCENTS with Kensington Community Gardeners. Tuesday 21<sup>st</sup> May 2pm-4pm.** As part of Dementia Action Week Kensington Community Gardeners will be hosting a workshop in the St Charles Allotment focusing on the smells of the garden and the memories they invoke. Call to book your place.

**BOOK CLUB with Jane Goldstaub: Thursday, 25<sup>th</sup> April, 23<sup>rd</sup> May, 20<sup>th</sup> June and 18<sup>th</sup> July. £2**

**FORTNIGHTLY LUNCH AT 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 2<sup>nd</sup> May, 12.30pm-2pm. £4.50.**

**\*COME EAT, DRINK AND BE MERRY AT OUR EASTER PARTY Friday 19<sup>th</sup> July 12noon-2pm\***

**Regent Street Cinema**

**Every Wednesday**

**Regent Street Classic**

**Matinees- £1.75**

**12.00-2.00pm OR 3.30-5.00pm**

Weekly matinee film screening at the newly renovated Regent Street Cinema.

For details of films call: **0207 911 5050** (Cinema)

or **0208 962 4141** (Open Age)

Or visit: **www.regentstreetcinema.com/programme/**

**Regent Street Ballroom Dancing- Free**

**2.15-3.00pm**

Join us in the bar, after the matinee, for a free informal ballroom dance class - doesn't matter if you haven't got

**307 Regent St, Marylebone,  
London, W1B 2HW**







Image Credit: Hester Jones

## Open Age: Creative Writing Workshops

Saturday 27th and Sunday 28th April

From  
12noon-4pm  
at

Tate Modern's Blavatnik Building,  
Level 5, Bankside  
London SE1 9TG

Drop in and explore the idea of ageing as transition and examine the elision of identity that we all experience, whether young or old, as we travel across the life course. 'Age/ncy' offers an interactive space for us to reflect on perceptions of ageing and celebrate the profound sense of identity, community and Independence that older people can access through art.

Flourishing Lives, (a London-wide coalition of organisations taking a creative, relational approach to supporting richer, more independent lives for older people) will host their 'Age/ncy' programme in Tate Modern's Blavatnik building. This will include artists, community groups and organisations from across the Flourishing Lives coalition.

Come to the Open Age Creative Writing workshops on Saturday 27<sup>th</sup> and/or Sunday 28<sup>th</sup> April, from 12noon -4pm, to enjoy writing stories that investigate change and ageing in people, places and things as they move through time.

For more information call The Second Half Centre on 0208 962 5500.

Bring your loved ones!



Image Credit: From Peter Dunn's 'Heart of The Community'

As part of the London Creativity and Wellbeing Week, join Open Age and explore

## A Tale as Old as Time...

Friday 14th June  
12-4pm

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

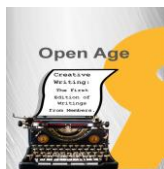
Uncover the art of the narrative and revel in tales of time and memory, in a wondrous land of creativity, where you can dare to dream.

Join Open Age right here in London, as part of London Creativity and Wellbeing Week. The Second Half Centre will be filled to the brim with art, performances and workshops to take part in. This is a FREE event, but donations welcome!

\*\*Deadlines for members submitting artwork, no later than Friday 7th June\*\*

\*\*Light refreshments will be provided\*\*

For more information call 0208 962 5500



### Another way to support Open Age:

The first ever anthology written by Open Age members.

Purchasing a paperback for £5 will give Open Age £1 per copy sold. Purchasing an eBook for £3.50 will give Open Age £2 per copy sold. It's a great read, so please make an order through [www.Amazon.co.uk](http://www.Amazon.co.uk) or come and ask us. Thank you.

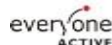
**As part of Dementia Action Week 2019  
(Monday 20th May – Sunday 26th May) Open Age  
will be hosting activities to raise awareness across  
the organisation.**

This week unites people, workplaces, schools and communities to take action and improve the lives of people living with dementia. Almost all of us know someone affected by dementia, so join us to help raise awareness!

Check out what's happening in your nearest Open Age venue!



DANCEWEST.



Promoting healthy active communities

