

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

Charitable Incorporated Organisation No. 1160125



Kensington Activity Programme

JAN-MAR 2016

Support Open Age!

From small change to larger amounts, whatever you can afford to give would make an enormous difference to Open Age. We keep membership free and classes low cost, but if you are able to afford to pay more for your classes we would really appreciate if you did.

Please do think of us if you are looking to donate towards a cause, any contribution is hugely appreciated.

Membership Card Check

Open Age will be checking membership cards in the week commencing 18th January. Please do remember to bring your card with you that week!

LOCAL EVENTS



MEN'S SPACE: SPORTING MEMORIES REMINISCENCE GROUP

Date: Thursdays

Time: 11.00-12.30

Description

Do you have sporting memories you would like to share with others? Come along and remember the moments when the sport had lasting effect on you.

Address

The Hut, Alpha Place, SW3 5SZ

Contact details

Russell John – 020 8962 5583



KENSINGTON ACTIVITY GROUP

Date: Mondays

Time: 10.00-12.00

Description

KAG is a friendly, social group featuring speakers covering a range of interesting topics. Refreshments are available. See page 15 for full programme

Address

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

Contact details

Emma O'Hara – 020 8962 5590



ENGLISH LITERATURE

Date: Wednesdays

Time: 2.00-4.00

Description

Each week the group reads extracts or short articles and discuss them. The group learn together and share opinions on current affairs that relate to the literature; which can lead to a lively debate!

Address

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




Contact details



Emma O'Hara – 020 8962 5590

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

Mondays in Kensington





ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Bokwa Starts 11 th Jan	10.00-11.00	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
Kensington Activity Group Starts 11 th Jan	10.00-12.00 Half term 15 th Feb	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. See page 15 for full programme
Laptops & Computers for Beginners MUST BOOK and ENROL Starts 11 th Jan Half term 15 th Feb	10.00-12.00  6 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	Arabic support is available for those who need it. Bring your own laptop or use our computers to learn from scratch in this friendly class. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Laptops & Computers for Beginners MUST BOOK and ENROL Starts 29 th Feb	10.00-12.00  6 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	Arabic support is available for those who need it. Bring your own laptop or use our computers to learn from scratch in this friendly class. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Local History Walks and Talks Starts 11 th Jan	10.00-12.00 Half term 15 th Feb	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£2/£5	Discover London's hidden gems and secrets during these guided walks & talks
Line Dancing Starts 11 th Jan	10.30-11.30	Edward Woods Community Centre, 60-70 Norland Road, W11 4TX	Various	£1	Have fun learning steps & dance sequences to some great tunes
Monday Forum Starts 11 th Jan	10.30-12.00 Half term 15 th Feb	Gloucester Court 2 Bassett Road W10 6JJ	7, 23, 52, 70 228, 295, 452	£1.50	Weekly social group with different guest speakers. See page 16 for full programme
Latin American Dance Starts 11 th Jan	11.00-12.00	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!
Gentle Chair Exercise Starts 11 th Jan	11.30-12.30	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




Chair Exercise Starts 11 th Jan	12.00-1.00	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.
International Cooking MUST BOOK on 020 8962 5500	12.00-1.30	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
Free Computer Time	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.
Lip Reading for Beginners MUST ENROL Starts 11 th Jan Half term 15 th Feb	12.15 – 2.15  12 week course	North Kensington Library 108 Ladbroke Grove W11 1PZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	Start learning to live with hearing loss at this friendly supportive class. Absolute beginners are welcome as well as those who have already made a start with lip reading. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Phone Club: Discussion Group For the Housebound	1.00-2.00	In the comfort of your own home	N/A	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Alexandra for more information & to join on 020 8962 5584
iPads for Beginners MUST BOOK and ENROL Starts 11 th Jan Half term 15 th Feb	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 on benefits	Find out why iPads are so popular. This fun class will introduce you to all aspects of iPad use. You'll wonder how you ever managed without one! Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
iPads for Beginners MUST BOOK and ENROL Starts 29 th Feb	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 on benefits	Find out why iPads are so popular. This fun class will introduce you to all aspects of iPad use. You'll wonder how you ever managed without one! Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Music Appreciation Starts 11 th Jan	1.30-3.00 Half term 15 th Feb	Thomas Darby Crt 133 Lancaster Rd. W11 1TT	7, 23, 52, 70, 228, 295, 452	£2	An enlightening class listening & learning from a professional musician about all aspects of classical music.
Still Life & Life Drawing Starts 11 th Jan	1.30-3.30 Half term 15 th Feb	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.
Singing for All Starts 11 th Jan	1.30-3.30 Half term 15 th Feb	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!
Dance Mix Starts 11 th Jan	2.00-3.00	Edward Woods Community Centre, 60-70 Norland Road, W11 4TX	Various	£1	A fun dance session designed to improve your fitness

Phone Club: Discussion Group For the Housebound	2.30-3.30	In the comfort of your own home	N/A	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Alexandra for more info & to join on 020 8962 5584
Work Club Starts 11 th Jan	3.15-4.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	FREE	By referral from the New Futures 50 Plus Employment Programme. Must book on 020 8960 4853. Please follow guidelines relating to online safety.
Men's Space: Meet-up and Social Starts 11 th Jan	3.30-5.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	FREE	Showing monthly films and the chance to play table tennis, chess, draughts and dominoes with a wide range of information available.
Men's Space: Table Tennis Starts 11 th Jan	4.00-5.30	Second Half Centre, St. Charles Centre Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	50p	Chance to play ping pong in a friendly environment. All levels welcomed. Call Russell on 020 8962 5583 to book
Phone Club: Creative Writing Group For the Housebound	4.00-5.00	In the comfort of your own home	N/A	FREE	Develop your creative writing skills with optional homework activities and opportunity to read work aloud for constructive feedback. Phone Alexandra for more info & to join on 020 8962 5584
iPads Plus MUST BOOK and ENROL Starts 11 th Jan Half term 15 th Feb	4.00-6.00  6 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	Have you already started finding your way around an iPad? If so, this class will help you improve your skills & get more from your tablet. Come in and book or call Emma or Charmaine on 020 8962 5590. (PLEASE BRING ID)
iPads with Photos MUST BOOK and ENROL Starts 29 th Feb	4.00-6.00  6 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	Have you already started finding your way around an iPad? If so, this class will help you improve your skills & get more from your tablet. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)

Tuesdays in Kensington


ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Zumba Gold MUST BOOK Starts 19 th Jan	10.00-11.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£1/£3	The class is broken down into easy-to-follow steps and routines for everyone to enjoy - ditch the workout - join the party! Book 020 8962 5500
Community Kitchen Garden	10.00-12.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	FREE	If you are interested in growing food then this is the group for you. Call 020 8962 5500 for more information





<p>Getting to Grips with Smartphone MUST BOOK and ENROL Starts 12th Jan Half term 16th Feb</p>	<p>10.00-12.00</p>  <p>6 week course</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free on benefits</p>	<p>Take more control of your Smartphone with these informative classes. Great for those with some Smartphone experience. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)</p>
<p>Cloud on the Computer MUST BOOK and ENROL Starts 1st March</p>	<p>10.00-12.00</p>  <p>6 week course</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free on benefits</p>	<p>Discover the convenience of cloud: access your work from anywhere and use free services such as Dropbox. Must have IT experience. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)</p>
<p>Drawing and Painting MUST ENROL Starts 12th Jan</p>	<p>10.00-12.00</p>  <p>Half term 16th Feb</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free on benefits</p>	<p>Learn a range of techniques using different types of media from professional artists. In some classes artists / movements are explored & used to help develop your work. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)</p>
<p>Creative Writing MUST ENROL Starts 12th Jan Half term 16th Feb</p>	<p>10.00-12.00</p>  <p>12 week course</p>	<p>Earl's Court Health & Wellbeing Centre 2B Hogarth Road SW5 0PT</p>	<p>C1, C3, 74, 328, 430</p>	<p>£3/Free on benefits</p>	<p>Learn how to start writing a story and how to note down your memories for future use! Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)</p>
<p>Healthy Lungs MUST BOOK</p>	<p>10.30-11.30</p>	<p>Westway Sports Centre, Crowthorne Road, W10 6RP</p>	<p>295, 316</p>	<p>FREE</p>	<p>Exercise classes specifically designed for people with breathing difficulties or conditions. Book with Hansa: 020 8962 4141</p>
<p>Gentle Chair Exercise Starts 12th Jan</p>	<p>11.00-12.00</p>	<p>Salvation Army Hall 205 Portobello Road London W11 1TT</p>	<p>7, 23, 52, 70, 452</p>	<p>FREE</p>	<p>Fun, low impact exercise class to improve strength & mobility</p>
<p>Yoga Women Only Starts 12th Jan</p>	<p>11.00-12.30</p>	<p>Muslim Cultural Heritage Centre 244 Acklam Rd, W10 5YG</p>	<p>23</p>	<p>FREE</p>	<p>Suitable for all levels from beginners to improvers. For more details call Ashley on 020 8962 4141</p>
<p>Men's Space: Digital Photography MUST BOOK</p>	<p>11.00-1.00</p>	<p>Tavistock Road Sheltered Scheme 70 Tavistock Road W11 1AN</p>	<p>7, 23, 52, 70, 228, 295, 328, 452</p>	<p>£2</p>	<p>Course for all levels, covers portraiture, still life, landscapes & gardens, streets, architecture and abstract photography. Call Russell on 020 8962 5583 to book.</p>
<p>Kundalini Yoga / Meditation Starts 12th Jan</p>	<p>11.15-12.15</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£1/£3</p>	<p>This class is designed to elevate consciousness, promote physical well-being and expand awareness.</p>
<p>Men's Space: Gym Session MUST BOOK Starts 21st Jan</p>	<p>11.30-12.30</p>	<p>Westway Sports Centre, Crowthorne Road, W10 6RP</p>	<p>295, 316</p>	<p>£2</p>	<p>Gym session with an experienced instructor – men only. Call Russell on 020 8962 5583 to book.</p>


Free Computer Time	12.15-1.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	FREE	Drop-In no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.
Men's Space Music Group MUST BOOK Starts 12 th Jan	12.30-2.00	The Hut Alpha Place, SW3 5SZ	11, 14, 22, 19, 49, 211	£1.50	Learn how to play guitar. Call Russell on 020 8962 5583 to book
Steady & Stable MUST BOOK NEW TIME Starts 12 th Jan	12.45-1.45	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	FREE	Fun tried & tested programme to improve balance, reduce falls & increase your confidence. Book with Deryn on 020 8962 5582
Tai Chi Starts 12 th Jan	1.00-2.00	St. Francis Church, Dalgarno Way, W10 5JN	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
iPad for Beginners MUST BOOK and ENROL Starts 12 th Jan Half term 16 th Feb	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 on benefits	Find out why iPads are so popular. This fun class will introduce you to all aspects of iPad use. You'll wonder how you ever managed without one! Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Digital Life MUST BOOK and ENROL Starts 1 st March	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 on benefits	Find out how to survive and capture digital life. Learn how to use internet shopping, set up accounts and Skype! Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Zumba Gold Starts 19 th Jan	1.30-2.30	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)
History of Art MUST ENROL Starts 12 th Jan Half term 16 th Feb	1.30-3.30  12 week course	North Kensington Library 108 Ladbrooke Grove W11 1PZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	Learn about different schools of art & discuss well-known paintings, drawings & designs. Our expert tutor is also a practising artist so come and get a special insight! Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Steady & Stable MUST BOOK Starts 12 th Jan	1.45-2.45	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	FREE	Fun tried & tested programme to improve balance, reduce falls & increase your confidence. Book with Deryn on 020 8962 5582
Tai Chi Starts 12 th Jan	2.00-3.00	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!

Yoga Starts 12 th Jan	2.00-3.30	Venture Centre Wornington Road W10 5QQ	23, 52, 70, 228, 295, 452	£1.50	The class focusses on standing & lying yoga positions to increase core strength & flexibility
Drama & Theatre Club Starts 12 th Jan	2.00-4.00 Half term 16 th Feb	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£2/£5	Discover your inner thespian: join this fun drama class! Express yourself, develop self-confidence & creativity. Sign up for combined workshops with West End visits.
Body Well-being Pilates MUST BOOK Starts 12 th Jan	3.00-4.00	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. Book on 020 8962 5500
Free Computer Time	3.15-4.45	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.

Wednesdays in Kensington



ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
GO Generation 50:50 Multi Sports Starts 13 th Jan	10.00-12.00	Westway Sports & Fitness Centre, Crowthorne Rd, W10 6RP	295, 316	£2	Participate in table tennis, badminton & short tennis, enjoy refreshments & socialise at the end!
Intermediate Microsoft Office MUST BOOK and ENROL Starts 13 th Jan Half term 17 th Feb	10.00-12.00  12 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	A class for more experienced computer users. Word 2010, Spreadsheets 2010, PowerPoint 2010, internet and email will be covered with our fun and supportive tutor. Come in and book or call Emma or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Painting and Drawing Starts 13 th Jan	10.00-12.00 Half term 17 th Feb	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.
Philosophy Starts 13 th Jan	10.15-12.15 Half term 17 th Feb	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, the arts
Creative Threads Starts 13 th Jan	10.30-12.30 Half term 17 th Feb	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
Men's Space: Lunch and cookery Fortnightly (1 st & 3 rd)	12.00-2.00	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—then share the food that has been made. Book on 020 8962 5583




Free Computer Time	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.
Chair Exercise Starts 13 th Jan	12.30-1.30	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.
Intermediate Stretch & Tone MUST BOOK Starts 13 th Jan	12.45-1.45	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. Book on 020 8962 5500
Get Started with Computers MUST BOOK and ENROL Starts 13 th Jan Half term 17 th Feb	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 on benefits	Are you unsure whether using a computer is for you? Try this fun class for absolute beginners and watch your skills grow. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
English Literature MUST ENROL Starts 13 th Jan Half term 17 th Feb	1.00-3.00  12 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	Do you enjoy reading and talking about books? Want to know more about some influential writings past and present? Join this class and revisit your love of the written word. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Men's Space: Computers & iPads course MUST BOOK Starts 2 nd March	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 on benefits	Call Russell on 020 8962 5583 to register your interest.
Relaxation and Health Awareness MUST ENROL Starts 13 th Jan Half term 17 th Feb	1.00-3.00  12 week course	North Kensington Library 108 Ladbrooke Grove W11 1PZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	Come and learn about various complementary and alternative health therapies and techniques. The course includes a weekly calming guided visualisation. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Art for All Starts 13 th Jan	2.00-4.00 Half term 15 th Feb	Thomas Darby Crt 133 Lancaster Rd. W11 1TT	7, 23, 52, 70, 228, 295, 452	£2	Master or apprentice? Come and join this informal and friendly art class suitable for all levels. Materials are provided.
RBKC's 'A Time to Talk Service' Starts 13 th Jan	2.00-4.00 (6 week course)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	FREE	A series of workshops for stress, sleep problems and low mood, guiding people on how to use self-help strategies to overcome these problems.

Advanced French Starts 13 th Jan	2.30-4.30 Half term 17 th Feb	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
Dance Exercise Starts 13 th Jan	2.30-3.30	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!
English Conversation MUST ENROL Starts 13 th Jan Half term 17 th Feb	2.30-4.30 	Whitchurch House 3 Kingsdown Close W10 6SL	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	All are welcome at this supportive class. Brush up your English speaking skills, do a spot of grammar and build your confidence. Topics include current affairs. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Campden Ward Social Starts 13 th Jan	2.30-4.30 Ongoing	St. George's Church Aubrey Walk Campden Hill W8 7JG	31, 27, 28 52, 70, 94 148, 328, 390, 452	£2	An interesting programme of speakers and trips ranging from classical concerts and art documentaries to health talks and creative taster classes. For ward residents only. Phone Alexandra on 020 8962 5584 for more info.
Work Club Starts 13 th Jan	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 New Futures 50 Plus Employment programme on 020 8960 4853. Please follow guidelines relating to online safety.

Thursdays in Kensington




ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Trips Around London	See Trips Programmes	Meet North Kensington Library 108 Ladbroke Grove W11 1PZ	n/a	varied	See Trips Programme – Must book on 020 8962 4141
Steady & Stable No. 1 Starts 14 th Jan	10.00-11.10 (high level)	Earl's Court Health & Wellbeing Centre 2B Hogarth Road SW5 0PT	C1, C3, 74, 328, 430	FREE	Fun evidence-based programme shown to improve balance and strength to help reduce falls. Call Deryn on 020 8962 5582
Table Tennis Starts 14 th Jan	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 untutored drop-in session
The Good, the Bad and the Ugly: Art of the 20th Century Starts 14 th Jan	10.00-12.00 Half term 18 th Feb	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£2/£5	Artistic Responses To Two World Wars, Revolutions in Russia, China and Latin America

Image Editing Course MUST BOOK and ENROL Starts 14 th Jan	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	Understand the basics of image editing and Photoshop. You will work through basic Photoshop understanding layers, interface and saving your images. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Microsoft Office for Beginners MUST BOOK and ENROL Starts 3 rd March	10.00-12.00  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	Learn the basics of Microsoft Office package. You will be shown how to edit documents, save, copy and paste. You will open MS Excel and create a simple chart. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Intermediate French Starts 14 th Jan	10.00-12.00 Half term 18 th Feb	Thomas Darby Crt 133 Lancaster Rd. W11 1TT	7, 23, 52, 70, 228, 295, 452	£2	This is a popular class led by an expert volunteer. If you want to progress in your spoken & written French, this class is for you!
Mosaic & Ceramics Starts 14 th Jan	10.30-12.30 Half term 18 th Feb	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!
Steady & Stable No. 2 Starts 14 th Jan	10.50-12.00 (low level)	Earl's Court Health & Wellbeing Centre 2B Hogarth Road SW5 0PT	C1, C3, 74, 328, 430	FREE	Fun evidence-based programme shown to improve balance and strength to help reduce falls. Call Deryn on 020 8962 5582
Strictly Ballroom Starts 14 th Jan	11.00-12.00	Edward Woods Community Centre, 60-70 Norland Road	Various	£1	Class for everyone: passionate dancers, complete beginners, singles or couples!
Gentle Tai Chi Starts 14 th Jan	11.00-12.00	Alan Morkill House 88 St Mark's Road W10 6BY	7, 316	£1	Sessions help to promote health & wellbeing, increase confidence, stability, cardio-vascular function, relaxation, & relief from joint pain.
Men's Space: Sporting Memories Reminiscence Group Starts 14 th Jan	11.00-12.30	The Hut Alpha Place, SW3 5SZ	11, 14, 22, 19, 49, 211	£1.50	Do you have sporting memories you would like to share with others? Come along and remember the moments when the sport had lasting effect on you. Call Russell on 0208 962 5583 for more details or if you are interested in joining.
Strictly Dance Starts 14 th Jan	11.05-11.50 Ongoing class	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
Zumba Starts 14 th Jan	11.30-12.30	Mary Smith Court, Ground Floor, 17 Trebovir Road, SW5 9NF	C1, C3 74, 328, 430	£1	Dance exercise to Latin music. Build up your energy levels in this exciting class!
Staying Strong Yoga MUST BOOK Starts 14 th Jan	11.45-12.45	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 Must book on 020 8962 5500




Exercise to Music & Health Management Starts 14 th Jan	12.15-1.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£1.50/ £3	Weight Management & Nutritional Advice
Phone Club: Discussion group For the Housebound	1.00-2.00	Comfort of your own home	N/A	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Alexandra for more information & to join on 020 8962 5584
Stretch and Tone (Beginners) MUST BOOK Starts 14 th Jan	1.00-2.00	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. Book on 020 8962 5500
Computing for Beginners MUST BOOK and ENROL Starts 14 th Jan Half term 18 th Feb	1.00-3.00  5 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	Are you unsure whether using a computer is for you? Try this fun class for absolute beginners and watch your skills grow. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Computing for Beginners MUST BOOK And ENROL Starts 25 th Feb	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 on benefits	Are you unsure whether using a computer is for you? Try this fun class for absolute beginners and watch your skills grow. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Men's Space: Football/Walking Football Starts 14 th Jan	2.00-3.30	Westway Sports Centre, Crowthorne Road, W10 6RP	295, 316	£2	Drop-in football session for players of all levels. Walking football for the less mobile. Call Russell on 020 8962 5583 to book
Spanish for Absolute Beginners MUST ENROL Starts 14 th Jan Half term 18 th Feb	2.00-4.00  12 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	Learn Spanish with a friendly & supportive native speaking Spanish tutor. Watch your confidence grow in using basic Spanish! Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Monthly Members Meeting	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.
Book Talk: Phone Discussion group For the Housebound	2.30-3.30 Last Thursday of the month	Comfort of your own home	N/A	FREE	Discuss a different book each month delivered by home library service - from Crime to Historical Fiction. Call Alexandra for info on 020 8962 5584
Bone Density Workout MUST BOOK Starts 14 th Jan	2.30-3.30	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. Must Book 020 8962 5500

Free Computer Time	3.15-4.45	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	FREE	Drop-in with no booking required. Limited volunteer support. Bring own USB stick to store documents. Please follow guidelines relating to online safety.
Phone Club: Discussion Group For the Housebound	4.00-5.00	Comfort of your own home	N/A	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Alexandra for more info & to join on 020 8962 5584

Fridays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Shiatsu MUST BOOK	10.00-4.00 Fortnightly	Positive Age Centre Dalgarno Estate, W10 5JN	7, 70, 316	£13 for 30 mins	Please call Paula on 07715 512 703 to book and for more information
Reflexology MUST BOOK	10.00-4.00 Fortnightly	Positive Age Centre Dalgarno Estate, W10 5JN	7, 70, 316	£12 for 30 mins	Please call Maria on 020 7266 5762 to book and for more information
Steady & Stable MUST BOOK Starts 15 th Jan	10.00-11.15	Latymer Christian Ctr 116 Bramley Road W10 6SU	295, 316	FREE	Fun tried & tested programme to improve balance, reduce falls & increase your confidence. Book with Deryn on 020 8962 5582
iPads for Beginners MUST BOOK and ENROL Starts 15 th Jan Half term 19 th Feb	10.00-12.00  6 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	Find out why iPads are so popular. This fun class will introduce you to all aspects of iPad use. You'll wonder how you ever managed without one! Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Smartphones for Beginners MUST BOOK and ENROL Starts 4 th March	10.00-12.00  6 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	Take control of your Smartphone with these friendly and supportive classes with Lena. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Pilates Starts 15 th Jan	10.20-11.20	Westway Sports & Fitness Centre 3-5 Thorpe Close W10 5XL	7, 23, 52, 70, 228, 295, 452	£2	Pilates a slow, controlled system of mind-body exercise focusing on body awareness, posture, core strength, flexibility & agility
French for Beginners MUST ENROL Starts 15 th Jan Half term 19 th Feb	10.30-12.30  12 week course	North Kensington Library 108 Ladbroke Grove W11 1PZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	This fun and friendly class is for beginners & those brushing up on the basics. Our native French speaking tutor will help you to communicate simply & effectively. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)

Mat Pilates MUST BOOK Starts 15 th Jan	10.30-11.45	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. Must Book 020 8962 5500
Healthy Lungs	10.45-11.45	Earl's Court Health & Wellbeing Centre 2B Hogarth Road SW5 0PT	C1, C3, 74, 328, 430	FREE	Exercise class for people with breathing difficulties/conditions. Book with Hansa: 020 8962 4141
All Ability Cycling with Bikeworks	11.00-1.00 Ongoing	Little Wormwood Scrubs, W10. (Near playground)	7, 70, 316	FREE	Have a go on bikes or trikes or refresh your skill on your own. Safe fun session with trained tutors. On day call 020 8980 7998 to check!
Time for Me Carer's Activities	11.00-1.00	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. Call Liz Butters for more information 020 8962 4536
Tai Chi Starts 15 th Jan	11.30-12.30 Ongoing class	Westway Sports & Fitness Centre 3-5 Thorpe Close W10 5XL	7, 23, 52, 70, 228, 295, 452	£2	Tai Chi helps promote health & wellbeing. It increases confidence, stability, cardio-vascular function, relaxation, & relief from joint pain
Bus Pass to Broadway Starts 15 th Jan	12.00-1.15 Half term 19 th Feb	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
Men's Space: Lunch MUST BOOK	12.00-2.00	Various		£4.50	Monthly 2 course lunch in a local restaurant, men only! Book with Russell on 020 8962 5583
Men's Space: Trips around London MUST BOOK Starts 15 th Jan	12.00-4.00	Meet at Ladbroke Grove Tube Station	n/a	varied	Call Russell on 020 8962 5583 for men's trips programme and to book
Free Computer Time	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.
Meet, Eat & Learn (MEAL) MUST BOOK Fortnightly	12.30-2.30	Gloucester Court 2 Bassett Road W10 6JJ	7, 23, 52, 70, 228, 295, 452	£4.50	Two course healthy hot cooked meal in convivial surroundings. Must Book on 020 8962 4141
Breathing Yoga Starts 15 th Jan	12.30-2.30 Ongoing class	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.
Line Dancing Starts 22 nd Jan	1.00-2.30	Venture Centre Wornington Road W10 5QQ	23, 52, 70, 228, 295, 452	£1.50	Have fun learning steps and sequences to some great tunes.

Digital Photography MUST BOOK and ENROL Starts 15 th Jan Half term 19 th Feb	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 on benefits	Use a digital camera to take photos, upload them onto a computer & learn how to share and store your images. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Build Your Own Website MUST BOOK and ENROL Starts 26 th Feb	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 on benefits	Learn how to create your own website from scratch using WordPress. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
ESOL Conversation Class Starts 15 th Jan	1.15-2.45	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£1.50/ £3	For those where English is a second language. Come & join this great conversational group
Abs, Bums and Thighs MUST BOOK Starts 15 th Jan	1.30-2.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£1/£3	This class combines aerobic exercise with toning to help you firm your legs, bums & thighs Must Book on 020 8962 5500
Steady & Stable MUST BOOK Starts 15 th Jan	2.00-3.00	Mary Smith Court 17-23 Trebovir Road SW5 9NF	C1, C3, 74, 328, 430	FREE	Fun evidence-based programme shown to improve balance and strength to help reduce falls. Book with Deryn on 020 8962 5582
Spanish (lower level intermediate) MUST ENROL Starts 15 th Jan Half term 19 th Feb	2.00-4.00  12 week course	North Kensington Library 108 Ladbroke Grove W11 1PZ	7, 23, 52, 70, 228, 295, 452	£3/Free on benefits	This is the next step for you if you've already made a start with learning Spanish. Classes with our native speaking Spanish tutor are fun and friendly and will help you to progress. Come in and book or call Emma, Shani or Charmaine on 020 8962 5590. (PLEASE BRING ID)
Stroke Survivors Social Group Starts 15 th Jan	2.00-4.00 Fortnightly	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228,29 5, 452	FREE	An informal social group for people who have had a stroke & their carers'. Enjoy tea, coffee, & the support of other stroke survivors.
Healthy Lungs MUST BOOK Starts 15 th Jan	2.30-3.30	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. Book with Hansa: 020 8962 4141
'La Belle France', Beginners French Starts 15 th Jan	2.45-3.45 Half term 19 th Feb	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£1/£3	Do you dream of 'la vie en rose'? In this beginners' class you will learn the basics of communicating simply & effectively. Covers grammar, vocabulary & pronunciation.
Work Club Starts 15 th Jan	3.15-4.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	FREE	By referral from the New Futures 50 Plus Employment Programme. Must book on 020 8960 4853. Please follow guidelines relating to online safety.

Sundays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Meet, Eat & Learn (MEAL) MUST BOOK	12.30-2.30	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ	7, 23, 52, 70, 228, 295, 452	£4.50	Two course healthy hot cooked meal in convivial surroundings. Come and socialise with others! Must Book on 020 8962 4141

SECOND HALF CENTRE WORKSHOPS

BOOK CLUB: Thursday 21st January, Thursday 18th February, Thursday 17th March with Jane Goldstaub.
2.30pm-4pm FREE

FRAUD PREVENTION WORKSHOP Monday 15th February, 10am-11.30am

LUNCH CLUB: LUNCH, LAUGH AND LINGER Thursday 18th February open to ALL MEMBERS. Includes a delicious meal, a glass of wine and the best company in town. 12.30pm-2pm £4 (Booking essential)

HERBAL WORKSHOP SERIES with Maria Vlotides: Post Christmas Herbal Detox: Tuesday 26th January 2pm-4pm: Health and Wellbeing, The True Cost of Sugar: Tuesday 16th February 2pm-4pm, Maria's Top 8 Desert Island Herbs Tuesday 15th March 2pm-4pm

TAPESTRY with Marianne Astor. Thursday 14th January and 11th February, 2pm-4pm £2

QUEENS GALLERY VISIT: Friday 29th January, 10am-12.30pm – call The SHC to book on 0208 962 5500

WALKING GROUP: led by Chris Horner, every third Wednesday. Call The SHC on 0208 962 5500 for more information.

COME EAT, DRINK AND BE MERRY AT OUR END OF TERM PARTY

Friday 18th March, 12noon – 2pm

Kensington Activity Group – Everyone is welcome!

Social Group with Guest Speakers

Every Monday 10.00-12pm £1.50

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

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

January

- 11th Talk on the History of early Blue and White Porcelain from Dimity Spiller
- 18th Talk from Police Cadets on scheme awareness
- 25th Musical talk with Lauretta Boston

February

- 1st Trip to the V&A: tea and talk and a visit to a photography exhibition
- 8th Topical talk from Alan Potter
- 15th HALF TERM
- 22nd Talk TBC
- 29th Talk TBC

March

- 7th Talk from Rodney Hornstein on Opera: Verdi's Consummate Diva
- 14th Talk on the Houses of Parliament
- 21st Topical talk from David Saunders



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

Social Group with Information & Guest Speakers – booking essential for the lunches

Every Monday 10.30-12pm £1.50

Gloucester Court, 2 Bassett Road, W10 6JJ

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

January

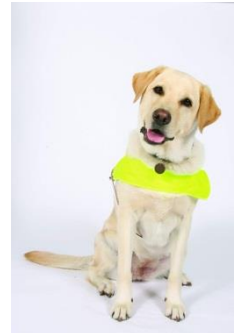
- 11th Talk from the police regarding fraud prevention
- 18th Talk from Dan Whiteson on art - followed by lunch (£4.50)
- 25th Talk from John Payne on travel

February

- 1st Talk from Rodney Hornstein on opera
- 8th Talk from London Fire Brigade
- 15th HALF TERM
- 22nd Talk from Maggie on the history of Portobello Road followed by lunch (£4.50)
- 29th Talk and visit from Guide Dogs for the Blind

March

- 7th Planning meeting and social – bring some nibbles to share with the group!
- 14th Wellbeing talk from Armand followed by lunch (£4.50)
- 21st Current affairs discussion with Bob Garvin



Leaving a Gift to Open Age

Once you have made sure people you care about are looked after in your Will, please consider leaving a gift to Open Age. The coming decades will see greater numbers of older people - more people at risk of isolation and feeling that life's given up on them, particularly those who do not have families to turn to. But it does not have to be like that. By leaving a gift to Open Age in your Will you can ensure we will be here to enrich the lives of future generations of older Londoners who need us.

Did you know...?

Leaving a gift in your Will is straight forward and we can provide you with more information about how to do it. Gifts left to charities in Wills are tax free. Also, since April 2012 the rate of Inheritance Tax has been reduced from 40% to 36% for those leaving 10% or more of their estates to charity.

Please let us say thank you

If you plan to remember Open Age in your Will, please do let us know. We would like the opportunity to say thank-you in advance and to understand how best to honour your life through a legacy. Knowing about legacies also helps us to plan for the future. Every donation, large and small, is valued and we promise will be spent wisely. All information is treated with discretion and you can tell us as much or little as you wish.

