

Activities for people over 50

FREE MEMBERSHIP

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

Charitable Incorporated Organisation No. 1160125



# Kensington Activity Programme

## 8<sup>th</sup> January – 23<sup>rd</sup> March 2018

Dear Members, Adult Community Learning (ACL) classes are denoted by the tree logo and are funded by RBKC. These courses require from you some commitments: full completion of an enrolment form once a year ; attendance at all classes. We have targets with respect to attendance, retention and achievement which we need to meet to get the funding. Classes are £3 per class or free if you are on certain benefits. We don't want to lose any of the funding allocation. Enjoy the festive break and remember to come and book your class.



### LOCAL EVENTS



#### CAKES AND CONVERSATION: HUB USERS' MEETING

**Date:** Thursday 15<sup>th</sup> February

**Time:** 12.30pm-2.30pm

#### Description

Open Age needs you, our members, to give us your feedback and make sure you have a chance to participate in future decisions happening at your charity. Come grab some grub and chat with staff members in our informal hub-user meeting.

#### Address

Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.

Call Jenny or Kaidee on 0208 962 5500



#### NATIONAL THEATRE PROJECT

**Days:** Wednesdays,  
Starting 10<sup>th</sup> January

**Time:** 10.30am - 12noon

#### Description

Did you miss the first stage?! Then come this term and explore the joy of expressing stories through dance and movement in this new class led by professional artists from the National Theatre. Sessions will be fun, active, playful and full of music! Absolutely no previous experience necessary, everyone welcome!

#### Address

Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, London, W10 4RS

Call 07717201791 to book.



#### WATER SPLASH!! **(NEW!)**

**Date:** Tuesdays, Starting 16<sup>th</sup> January

**Time:** 1.15pm-2.00pm

#### Description





Water based exercises with a focus on improving stamina & strength. This class will get you burning some calories!






#### Address


Chelsea Sports Centre  
Chelsea Manor Street  
London  
SW3 5PL

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
<b>Bokwa</b> <b>MUST BOOK</b> Starts 8 <sup>th</sup> January	10.00-11.00 Half Term break 12 <sup>th</sup> February	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>Book 020 8962 5500.</b>
<b>Gentle Chair Exercise</b> Starts 8 <sup>th</sup> January	10.00-11.00	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>Kensington Activity Group</b> Starts 8 <sup>th</sup> January	10.00-12.00	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.
<b>Lip Reading for Beginners with Fran Walker</b> <b>MUST BOOK</b> Start date TBC	10.00-12.00  10 week course	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if 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. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Computers 1 with Lena Dekair</b> <b>MUST BOOK</b> Starts 8 <sup>th</sup> January	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	This is a real beginners group to get you fully understanding how to work your computer/laptop. It will build your confidence to do more challenging and exciting things. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Computers 2 with Lena Dekair</b> <b>MUST BOOK</b> Starts 19 <sup>th</sup> February	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	If you have some knowledge of computers/laptops or have done our computer 1 course this is a great class to join to further develop your skills on the computer. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Local History Walks and Talks</b> Starts 15 <sup>th</sup> January	10.00-12.00 Half Term break 12 <sup>th</sup> February	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>Monday Forum</b> Starts 8 <sup>th</sup> January	10.30-12.00	Gloucester Court, 2 Bassett Road, W10 6JJ.	7, 23, 52, 70 228, 295 452	£1.50	Weekly social group with different guest speakers.
<b>Latin American Dance</b> <b>MUST BOOK</b> Starts 8 <sup>th</sup> January	11.00-12.00 Half Term break 12 <sup>th</sup> February	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>Book 020 8962 5500.</b>



<b>Gentle Chair Exercise</b> Starts 8 <sup>th</sup> January	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. For RBKC residents.
<b>Chair Exercise</b> Starts 8 <sup>th</sup> January	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. For RBKC residents.
<b>International Cooking</b> <b>MUST BOOK</b> Starts 8 <sup>th</sup> January	12.00-1.30 Half Term break 12 <sup>th</sup> February 	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. <b>Book 020 8962 5500.</b>
<b>Free Computer Time</b> Starts 8 <sup>th</sup> January	12.15-1.00 Half Term break 12 <sup>th</sup> February	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 with Robert.S.Silver</b> <b>MUST BOOK</b> Starts 8 <sup>th</sup> January	1.00-3.00  10 week course Half Term break 12 <sup>th</sup> February	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 or call Maude on 020 8962 5594.</b>
<b>IPads 1 with Ivor David</b> <b>MUST BOOK</b> Starts 8 <sup>th</sup> January	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 if 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. <b>Come in or call Maude on 020 8962 5594.</b>
<b>IPads 2 with Ivor David</b> <b>MUST BOOK</b> Starts 19 <sup>th</sup> February	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 if on benefits	Must be confident in using an iPad or completed our iPad 1 course. This fun class will further your knowledge on all aspects of iPad use. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Music Appreciation</b> Starts 8 <sup>th</sup> January	1.30-3.00 Half Term break 12 <sup>th</sup> February 10 week course	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.</b>
<b>Still Life &amp; Life Drawing</b> Starts 8 <sup>th</sup> January	1.30-3.30 Half Term break 12 <sup>th</sup> February	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>Singing for All</b> Starts 8 <sup>th</sup> January	1.30-3.30 Half Term break 12 <sup>th</sup> February	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>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>Step Up from Steady</b> Starts 8 <sup>th</sup> January	2.30-3.30	Earl's Court Health & Wellbeing Centre, 2B Hogarth Road, SW5 0PT.	C1, C3, 74, 328, 430	£1	This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.
<b>Men's Space: Meet-up &amp; Social</b> Starts 8 <sup>th</sup> January	3.30-5.30 Half Term break 12 <sup>th</sup> February	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>Tweet..... Instagram with Ivor David</b> <b>MUST BOOK</b> Starts 8 <sup>th</sup> January	4.00-6.00  10 week course Half Term break 12 <sup>th</sup> February	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 to further develop members' social media skills. You will need to have spoken with Ivor David first to get confirmation that you can join this course and then <b>come in or call Maude on 020 8962 5594 to secure your place</b>

## Tuesdays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Zumba Gold</b> <b>MUST BOOK</b> Starts 9 <sup>th</sup> January	10.00-11.00	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>Book 020 8962 5500.</b>
<b>Community Kitchen Garden</b> Starts 9 <sup>th</sup> January	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. <b>Call 020 8962 5500 for more information.</b>
<b>Polish for Beginners</b> <b>MUST BOOK</b> Start date TBC <b>NEW</b>	10.00-12.00  10 week course Half Term break 13 <sup>th</sup> February	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Come and enrol to enjoy a language class with a difference. This immersive course aims to introduce learners to Polish language and culture through a wide range of activities. No prior knowledge of Polish is required. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Cloud 1 with Ivor David</b> <b>MUST BOOK</b> Starts 9 <sup>th</sup> January	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	Discover the convenience of Cloud. Access your work from anywhere and use free services such as Dropbox. You must have some IT experience to join this class. <b>Come in or call Maude on 020 8962 5594.</b>





<p><b>Cloud 2 Extender with Ivor David</b> <b>MUST BOOK</b> Starts 20<sup>th</sup> February</p>  <p>5 week course</p>	10.00– 12.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Follow on class for those that have completed Cloud 1. Learn more on how to access your work from anywhere and use free services such as Dropbox. <b>Come in or call Maude on 020 8962 5594.</b>
<p><b>Smartphones 1 with Lena Dekair</b> <b>MUST BOOK</b> Starts 9<sup>th</sup> January</p>  <p>5 week course</p>	10.00-12.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Take control of your Smartphone and understand how to operate the phone and Smartphone technology using the Doro Smartphone. <b>Come in or call Maude on 0208 962 5594.</b>
<p><b>Smartphones 2 with Lena Dekair</b> <b>MUST BOOK</b> Starts 20<sup>th</sup> February</p>  <p>5 week course</p>	10.00-12.00	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	This second Smartphone course will give you further understanding on how to operate the phone and use Smartphone technology to your benefit. <b>Come in or call Maude on 020 8962 5594.</b>
<p><b>Creative Writing with Robert.S.Silver</b> <b>MUST BOOK</b> Starts 9<sup>th</sup> January</p>  <p>10 week course Half Term break 13<sup>th</sup> February</p>	10.00-12.00	Earl's Court Health & Wellbeing Centre, 2B Hogarth Road. SW5 0PT.	C1, C3, 74, 328, 430	£3/Free if on benefits	Learn how to start writing a story that will give pleasure to the reader through learning about and using story writing techniques. <b>Come in or call Maude on 020 8962 5594.</b>
<p><b>Healthy Lungs</b> <b>MUST BOOK</b> Starts 9<sup>th</sup> January</p>	10.30-11.30	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. For RBKC residents.</b>
<p><b>Men's Space: Gardening</b> Starts 9<sup>th</sup> January</p>	11.00-1.00 Half Term break 13 <sup>th</sup> February	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. <b>Call Russell on 020 8962 5583 to confirm your attendance.</b>
<p><b>Gentle Chair Exercise</b> Starts 9<sup>th</sup> January</p>	11.00-12.00	Salvation Army Hall, 205 Portobello Road, London, W11 1TT.	7, 23, 52, 70, 45	FREE	Fun, low impact exercise class to improve strength & mobility. For RBKC residents.
<p><b>Yoga Women Only</b> Starts 9<sup>th</sup> January</p>	11.00-12.30	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>
<p><b>Kundalini Yoga / Meditation</b> <b>MUST BOOK</b> Starts 9<sup>th</sup> January</p>	11.15-12.15	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>Book 020 8962 5500.</b>

<b>Free Computer Time</b> Starts 9 <sup>th</sup> January	12.15-1.00 Half Term break 13 <sup>th</sup> February	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 9 <sup>th</sup> January	12.30-1.30 (Weekly) Half Term break 13 <sup>th</sup> February	Hardy House, 64 Great Western Road, W11 1AN.	28, 31, 328	FREE	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 MUST BOOK</b> Starts 9 <sup>th</sup> January	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. <b>Book with Tina on 020 8962 5582.</b>
<b>Tai Chi</b> Starts 9 <sup>th</sup> January	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. For RBKC residents.
<b>Smartphone 1 with Ivor David MUST BOOK</b> Starts 9 <sup>th</sup> January	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 if on benefits	Take control of your Smartphone and understand how to operate the phone and Smartphone technology using the Doro Smartphone. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Smartphone 2 with Ivor David MUST BOOK</b> Starts 20 <sup>th</sup> February	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 if on benefits	This second Smartphone course will give you further understanding on how to operate the phone and use Smartphone technology to your benefit. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Water Splash NEW</b> Starts 16 <sup>th</sup> January	1.15-2.00	Chelsea Sports Centre Chelsea Manor Street London SW3 5PL	319, 49, 211, 11 22	£1.50	Water based exercises with a focus on improving stamina & strength. This class will get you burning some calories!
<b>Zumba GOLD</b> Starts 9 <sup>th</sup> January	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) For RBKC residents.
<b>Steady &amp; Stable MUST BOOK</b> Starts 9 <sup>th</sup> January	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. <b>Book with Tina on 020 8962 5582.</b>
<b>Tai Chi</b> Starts 9 <sup>th</sup> January	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! For RBKC residents.


<b>Yoga</b> Starts 9 <sup>th</sup> January	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. For RBKC residents.
<b>Drama &amp; Theatre Club</b> Starts 9 <sup>th</sup> January	2.00-4.00 Half Term break 13 <sup>th</sup> February	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. Priority tickets for Drama and Theatre Club members, call The SHC on <b>0208 962 5500</b> to find out this term's production!
<b>Ready, Steady 2018 – Goals for health and happiness</b> With Paul Langton <b>MUST BOOK</b> Starts 9 <sup>th</sup> January <b>NEW COURSE!</b>	2.00-4.00  10 week course Half Term break 13 <sup>th</sup> February	North Kensington Library, 108 Ladbrooke Grove, W11 1TT	7, 23, 52, 70, 228, 295, 452	£3/free if on benefits	New year and new focus. Assess your health and life style and then come and learn about various complementary and alternative health therapies and techniques to help you feel good and enjoy life. You will be guided to use techniques that help you to get the most out of the world we live in. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Cruse Bereavement Support Group</b> Starts 9 <sup>th</sup> January	2.00-4.00  5 week course	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 - a safe place for members to share their feelings and learn how others are coping.
<b>Barclays Fraud, Scam and Digital Safety Awareness and Tea &amp; Teach. Bring Your Own Gadget</b> <b>NEW</b> Starts 20 <sup>th</sup> February	2.00-4.00 	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	FREE	Come and join Barclays Digital Eagles for a series of workshops to improve computer confidence! 20th Feb Fraud, Scam and Digital Safety; 27th Feb Tea & Teach; 6th March Fraud Scam and Digital Safety; 13th March Tea and Teach ; 20th March Fraud, Scam and Digital Safety
<b>Improve English, Improve Health With Val Phillips</b>  Starts 9 <sup>th</sup> January	2.00 – 4.30	Paddington Library 45 Porchester Road W2 5DU	7, 18, 23, 27, 36	FREE	A 10 week course to improve your understanding of health, on how to stay well, learn how to access health services and to improve your English at Paddington Library. <b>For further details or to express an interest call Russell on 020 8962 5583 or Maude on 020 8962 5594.</b>
<b>Awareness Through Movement Pilates 1</b> <b>MUST BOOK</b> Starts 9 <sup>th</sup> January	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. For RBKC residents. <b>Book on 020 8962 5500.</b>






<b>Work Club Session</b> Starts 9 <sup>th</sup> January	3.15-4.45 Half Term break 13 <sup>th</sup> February	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 9 <sup>th</sup> January	4.15-5.15	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>Book on 020 8962 5500.</b>
<b>Men's Space: The Magic of Music</b> <b>MUST BOOK</b> Starts 9 <sup>th</sup> January	4.15-5.45 Half Term break 13 <sup>th</sup> February	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1.50	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>




## Wednesdays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>GO Generation 50:50 Multi Sports</b> Starts 10 <sup>th</sup> January	10.00-12.00 Half Term break 14 <sup>th</sup> February	Westway Sports & Fitness Centre, Crowthorne Rd, W10 6RP.	295, 316	£2	Participate in table tennis, badminton & short tennis, enjoy refreshments & socialise at the end! For RBKC residents.
<b>English Conversation with Ghada Gaylar</b> <b>MUST BOOK</b> Starts 10 <sup>th</sup> January	10.00 – 12.00  10 week course Half Term break 14 <sup>th</sup> February	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	All are welcome at this very supportive class. Build confidence in your English speaking skills as well as getting to grips with grammar. Topics include current affairs. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Ipad 1 with Ivor David</b> <b>MUST BOOK</b> Starts 10 <sup>th</sup> January	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	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. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Windows (10) - 1 with Ivor David</b> <b>MUST BOOK</b> Starts 21 <sup>st</sup> February	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	Learn about the new features of Windows 10, a computer operating system by Microsoft operating systems. Become a confident user and know what it can do for you. <b>Come in or call Maude on 020 8962 5594.</b>







<p><b>Improve English, Improve Health With Val Phillips</b> Starts 10<sup>th</sup> January</p>	10.00 – 12.30	North Kensington Library, 108 Ladbroke Grove, W11 1PZ	7, 23, 52, 70, 228, 295, 452	FREE	A 10 week course to improve your understanding of health, on how to stay well, learn how to access health services and to improve your English at North Kensington Library. <b>For further details or to express an interest call Russell on 020 8962 5583 or Maude on 020 8962 5594.</b>
<p><b>Painting and Drawing</b> Starts 10<sup>th</sup> January</p>	10.00-12.00 Half Term break 14 <sup>th</sup> February	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.
<p><b>Philosophy</b> Starts 10<sup>th</sup> January</p>	10.15-12.15 Half Term break 14 <sup>th</sup> February	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>
<p><b>Creative Threads</b> Starts 10<sup>th</sup> January</p>	10.30-12.30 Half Term break 14 <sup>th</sup> February	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£1.50/ £3	Knit, sew, embroider & indulge in the art of needlework, in just a few basic steps with a cuppa & good company.
<p><b>Free Computer Time</b> Starts 10<sup>th</sup> January</p>	12.15-1.00 Half Term break 14 <sup>th</sup> February	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.
<p><b>Men's Space: Lunch and Cookery</b> <b>MUST BOOK</b> 17<sup>th</sup> January, 21<sup>st</sup> February &amp; 21<sup>st</sup> March</p>	12.30-2.00 (3rd Wednesday of every month)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	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>
<p><b>Chair Exercise</b> Starts 10<sup>th</sup> January</p>	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. For RBKC residents.
<p><b>Dance International!</b> Starts 10<sup>th</sup> January <b>NEW!</b></p>	12.30-1.30 (10 weeks) Half Term break 14 <sup>th</sup> February	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£1	Join this class to experience an international taste of dance from around the world. Here's a tip: Why not pair this with our International Cookery on Mondays at The Second Half Centre?
<p><b>Intermediate Stretch &amp; Tone</b> <b>MUST BOOK</b> Starts 10<sup>th</sup> January</p>	12.45-1.45 Half Term break 14 <sup>th</sup> February	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>Book on 020 8962 5500.</b>


<b>Advanced Social Cycling</b>	1.00-3.00 Ongoing	Westway Sports & Fitness Centre, Crowthorne Rd, W10 6RP.	295, 316	FREE	This session for all confident advanced cyclists wishing to join social rides further afield. For RBKC residents. <b>Call Armand on 07494268855.</b>
<b>Improve English, Improve Health With Val Phillips (Beginners)</b> Starts 10 <sup>th</sup> January <b>NEW</b>	1.00 –3.00	North Kensington Library, 108 Ladbroke Grove, W11 1PZ	7, 23, 52, 70, 228, 295, 452	FREE	A 10 week beginners course to improve your understanding of health, on how to stay well, learn how to access health services and to improve your English at North Kensington Library. <b>For further details or to express an interest call Russell on 020 8962 5583 or Maude on 020 8962 5594.</b>
<b>Microsoft Word (1) with Ivor David</b> <b>MUST BOOK</b> Starts 10 <sup>th</sup> January	 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	An introduction to the Microsoft Word Package. Some computer knowledge is needed to attend this class. <b>Come in or call Maude on 020 8962 5594</b>
<b>Men's Space: Computers and Ipad course with Ivor David</b> <b>MUST BOOK</b> Starts 21 <sup>st</sup> February	 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	Build up your computer, iPad and Smartphone skills within a friendly supportive group.  <b>Come in or call Russell on 020 8962 5583.</b>
<b>Meditation, Mindfulness and Stress Management with Paul Langton</b> <b>MUST BOOK</b> Starts 10 <sup>th</sup> January	 10 week course Half Term break 14 <sup>th</sup> February	Thomas Darby Court, 133 Lancaster Rd. W11 1TT	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	New Year, New Awareness. Give yourself time to learn, understand and practice meditation and mindfulness, increase your ability to 'be in the moment'. Brain stimulation and improved awareness included!  <b>Come in or call Maude on 020 8962 5594.</b>
<b>Creative Writing with Robert.S.Silver</b> <b>MUST BOOK</b> Starts 10 <sup>th</sup> January	 10 week course Half Term break 14 <sup>th</sup> February	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 start writing a story that will give pleasure to the reader through learning about and using story writing techniques.  <b>Come in or call Maude on 020 8962 5594.</b>
<b>Art for All With Rishi Jogoo</b> Starts 10 <sup>th</sup> January	2.00-4.00  10 week course Half Term break 14 <sup>th</sup> February	 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. Materials are provided.
<b>Advanced French</b> Starts 10 <sup>th</sup> January	2.30-4.30 Half Term break 14 <sup>th</sup> February	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>Dance Exercise</b> Starts 10 <sup>th</sup> January	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! For RBKC residents.
<b>Bolder Not Older Dance Classes</b> Starts 17 <sup>th</sup> January	2.30-3.30 Half Term break 14 <sup>th</sup> February	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	FREE	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>Campden Ward Social</b> Starts 10 <sup>th</sup> January	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>Digital Life 1 with Ivor David</b> <b>MUST BOOK</b> Starts 10 <sup>th</sup> January	4.00-6.00  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	Find out how to embrace digital life. Learn how to use the internet, learn about internet shopping safely, setting up accounts and Skype.. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Digital Life 2 with Ivor David</b> <b>MUST BOOK</b> Starts 21 <sup>st</sup> February	4.00-6.00  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	This second Digital Life course will give you further understanding on how to survive and confidently use digital life to your advantage. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Poetry with Robert.S.Silver</b> <b>MUST BOOK</b> Starts 10 <sup>th</sup> January	4.00-6.00  10 week course Half Term break 14 <sup>th</sup> February	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 cannon 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 or call Maude on 020 8962 5590.</b>
<b>Bone Density Workout 2</b> <b>MUST BOOK</b> Starts 10 <sup>th</sup> January	4.15-5.15	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 020 8962 5500.</b>




## Thursdays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Health and Wellbeing Through Yoga and Meditation: Managing Anxiety, Stress, and Low Mood</b> Starts 11 <sup>th</sup> January	10.00-11.00 Half Term break 15 <sup>th</sup> February	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>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>Intermediate French With Youseff Haji Khameneh</b> Starts 11 <sup>th</sup> January	10.00-12.00 Half Term break 15 <sup>th</sup> February 10 week course	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. <b>Call Maude on 0208 962 5594.</b>
<b>Steady &amp; Stable</b> <b>MUST BOOK</b> Starts 11 <sup>th</sup> January	10.00-11.00 (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. <b>Call Tina on 020 8962 5582.</b>
<b>GO Generation: Table Tennis</b> Starts 11 <sup>th</sup> January	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: An Introduction to Western Art History; from Renaissance to Modern.</b> <b>NEW</b> Starts 11 <sup>th</sup> January	10.00-12.00 (No class 18 <sup>th</sup> January)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£2/£5	A lively introduction to western Art History. Learn how to visually analyse art and identify key historical works. Each week will feature a new work of art to study, with group discussions and activities. Come enjoy beautiful works of art and thought-provoking discussion!
<b>Shopping on line safely and confidently with Lena Dekair</b> <b>MUST BOOK</b> Starts 11 <sup>th</sup> January	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	This course will ensure that you know how to search, shop, and pay confidently whilst cruising around the world wide web.  <b>Come in or call Maude on 0208 962 5594.</b>

<p><b>Internet &amp; Email with Lena Dekair</b></p> <p><b>MUST BOOK</b> Starts 22<sup>nd</sup> February</p>	<p>10.00-12.00</p>  <p>5 week course</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>This course is exploring how to get the most out of the internet and email. Not designed for beginners, some prior computer knowledge is needed.</p> <p><b>Come in or call Maude on 020 8962 5590.</b></p>
<p><b>Mosaic &amp; Ceramics</b></p> <p>Starts 11<sup>th</sup> January</p>	<p>10.30-12.30 Half Term break 15<sup>th</sup> February</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2/£5</p>	<p>Learn to make your own beautiful works of art. All materials supplied!</p>
<p><b>Steady &amp; Stable</b></p> <p><b>MUST BOOK</b> Starts 11<sup>th</sup> January</p>	<p>11.00-12.00 (Low Level)</p>	<p>Earl's Court Health &amp; Wellbeing Centre, 2B Hogarth Road, SW5 0PT.</p>	<p>C1, C3, 74, 328, 430</p>	<p>FREE</p>	<p>Fun evidence-based programme shown to improve balance and strength to help reduce falls. <b>Book with Tina on 020 8962 5582.</b></p>
<p><b>Strictly Dance</b></p> <p>Starts 11<sup>th</sup> January</p>	<p>11.05-11.50 (Ongoing class)</p>	<p>Westway Sports &amp; Fitness Centre, 3-5 Thorpe Close, W10 5XL.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2</p>	<p>Fitness based dance class focuses on using dance moves from the world of ballroom. Must show Open Age membership card.</p>
<p><b>Staying Strong Yoga</b></p> <p><b>MUST BOOK</b> Starts 11<sup>th</sup> January</p>	<p>11.45-12.45</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>Strengthen the body, building health from the inside and aiding pain-free movement. For RBKC residents <b>Must book on 020 8962 5500.</b></p>
<p><b>Free Computer Time</b></p> <p>Starts 11<sup>th</sup> January</p>	<p>12.15-1.00 Half Term break 15<sup>th</sup> February</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>FREE</p>	<p>Drop-In no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.</p>
<p><b>Exercise to Music &amp; Health Management</b></p> <p><b>MUST BOOK</b> Starts 11<sup>th</sup> January</p>	<p>12.15-1.30</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£1.50/£3</p>	<p>Weight Management &amp; Nutritional Advice. <b>Must book on 020 8962 5500.</b></p>
<p><b>Stretch and Tone (Beginners)</b></p> <p><b>MUST BOOK</b> Starts 11<sup>th</sup> January</p>	<p>1.00-2.00 Half Term break 15<sup>th</sup> February</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>Strengthen your muscles to increase flexibility, improve posture, balance &amp; helps reduce stress &amp; tension. For RBKC residents. <b>Book on 020 8962 5500.</b></p>
<p><b>Windows 10 (1) with Lena Dekair</b></p> <p><b>MUST BOOK</b> Starts 11<sup>th</sup> January</p>	<p>1.00-3.00</p>  <p>5 week course</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>Learn about the new features of Windows 10, a computer operating system by Microsoft operating systems. Become more confident with this operating system and what it can do for you.</p> <p><b>Come in or call Maude on 020 8962 5594.</b></p>






<p><b>Windows 10(2) with Lena Dekair</b>  <b>MUST BOOK</b>                  Starts 22<sup>nd</sup> February</p> 	<p>1.00-3.00                  5 week course</p>	<p>Second Half Centre,                  St. Charles Centre,                  Exmoor Street,                  W10 6DZ</p>	<p>7, 23, 52,                  70, 228,                  295, 452</p>	<p>£3/Free                  if on                  benefits</p>	<p>Further develop your skills in using Windows 10, a computer operating system by Microsoft operating systems. For members who have already completed Windows 10 (1).   <b>Come in or call Maude on 020 8962 5594.</b></p>
<p><b>Men's Reminiscence Group</b>                  Starts 11<sup>th</sup> January</p>	<p>1.30-3.00                  Ongoing</p>	<p>Chelsea Theatre,                  7 World's End Place,                  King's Road,                  SW10 0DR</p>	<p>11,22,                  211, 328,                  19,49,                  319,345,                  C3</p>	<p>FREE</p>	<p>Do you have any memories you would like to share? A chance to reminisce with like-minded people.  <b>Call Russell on 0208 962 5583</b> for more information about the group.</p>
<p><b>Monthly Members Meeting</b></p>	<p>2.00-4.00                  Last Thursday of Month</p>	<p>Thomas Darby Crt,                  133 Lancaster Rd.                  W11 1TT.</p>	<p>7, 23, 52,                  70, 228,                  295, 452</p>	<p>50p                  Raffle                  £1                  Social</p>	<p>Lively afternoon where you can meet others, air ideas &amp; listen to talks with refreshments &amp; raffle. See Trips Programme for Listing.</p>
<p><b>Conversational French</b>                  Starts 11<sup>th</sup> January</p>	<p>2.00-4.00                  Half Term break                  15<sup>th</sup> February</p>	<p>Second Half Centre,                  St. Charles Centre,                  Exmoor Street,                  W10 6DZ.</p>	<p>7, 23, 52,                  70, 228,                  295, 452</p>	<p>£2/£5</p>	<p>In this class you will learn the basics of communicating simply &amp; effectively. Covers grammar, vocabulary &amp; pronunciation.</p>
<p><b>Book Talk: Phone Discussion group</b>                  For the Housebound</p>	<p>2.30-3.30                  Last Thursday of the month</p>	<p>Comfort of your own home.</p>	<p>N/A</p>	<p>FREE</p>	<p>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></p>
<p><b>Bone Density Workout</b>  <b>MUST BOOK</b>                  Starts 11<sup>th</sup> January</p>	<p>2.30-3.30</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>Increase muscular &amp; bone strength, joint mobility and flexibility using Pilates &amp; other techniques. For RBKC residents. <b>Must Book 020 8962 5500.</b></p>
<p><b>Work Club Session</b>                  Starts 11<sup>th</sup> January</p>	<p>3.15-4.45                  Half Term break                  15<sup>th</sup> February</p>	<p>Second Half Centre,                  St. Charles Centre,                  Exmoor Street,                  W10 6DZ.</p>	<p>7, 23, 52,                  70, 228,                  295, 452</p>	<p>FREE</p>	<p>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.</p>
<p><b>Exercise to African Music/African Dance</b>  <b>MUST BOOK</b>                  Start Date TBC</p>	<p>3.45-4.45</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>Come and enjoy African music and move your body to the beats.</p>
<p><b>Phone Club: Discussion Group</b>                  For the Housebound</p>	<p>4.00-5.00</p>	<p>Comfort of your own home.</p>	<p>N/A</p>	<p>FREE</p>	<p>Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. <b>Phone Hester for more info &amp; to join on 020 3713 8736</b></p>

## 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>Maria on 020 7266 5762 or Rita on 078 650 80969 to book and for more information.</b>
<b>Steady &amp; Stable</b> <b>MUST BOOK</b> Starts 12 <sup>th</sup> January	10.00-11.00	The Reed  28 Convent Gardens, London, W11 1NH	295, 316	FREE	Fun tried & tested programme to improve balance, reduce falls & increase your confidence. <b>Book with Tina on 020 8962 5582.</b>
<b>Improve English, Improve Health</b> <b>With Val Phillips</b> Starts 12 <sup>th</sup> January	10.00 – 12.30	Queen's Park Library, 66 Harrow Road, W10 4NE	18,28, 228	FREE	A 10 week course to improve your understanding of health, on how to stay well, learn how to access health services and to improve your English at Queen's Park Library. <b>For further details call Russell on 020 8962 5583 or Maude on 020 8962 5594.</b>
<b>Awareness Through Movement</b> <b>Pilates</b> <b>MUST BOOK</b> Starts 12 <sup>th</sup> January	10.00-11.15 (No class 23 <sup>rd</sup> March)	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 020 8962 5500.</b>
<b>Spanish 2 with Anna Czubak</b> <b>MUST BOOK</b> Starts 12 <sup>th</sup> January	10.00-12.00  10 week course Half Term break 16th February	Thomas Darby Crt, 133 Lancaster Rd. W11 1TT.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	For those who have completed an introductory course learning Spanish, or studied Spanish with us before. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Pilates</b> Starts 12 <sup>th</sup> January	10.20-11.20	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 12 <sup>th</sup> January	10.30-12.30  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	An IT course specifically for carers for fun and confidence building with technology. Call <b>Liz Butters on 020 8962 4536</b> to register your interest.

<b>IPad 1 with Lena Dekair</b> <b>MUST BOOK</b> Starts 23 <sup>rd</sup> February	9.30-12.00  4 week course	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if 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. <b>Come in or call Maude on 020 8962 5594.</b>
<b>Healthy Lungs</b> <b>MUST BOOK</b> Starts 12 <sup>th</sup> January	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. Must have a respiratory condition. <b>Book with Hansa: 020 8962 4141. For RBKC residents.</b>
<b>All Ability Cycling</b> 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. <b>On day call 020 8980 7998 to check!</b>
<b>Time for Me Carer's Activities</b>	11.00-1.00 (No class 23 <sup>rd</sup> March)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7,23,527 0,228,29 5, 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 12 <sup>th</sup> January	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.
<b>Bus Pass to Broadway</b> Starts 12 <sup>th</sup> January	11.30-12.45 Half Term break 16 <sup>th</sup> February	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 12 <sup>th</sup> January	12.00-4.00 Half Term break 16 <sup>th</sup> February	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 12 <sup>th</sup> January	12.15-1.00 (No class 23 <sup>rd</sup> March)	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> 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. <b>Must Book on 020 8962 4141.</b>
<b>Breathing Yoga</b> Starts 12 <sup>th</sup> January	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. <b>For RBKC residents.</b>
<b>Line Dancing</b> Starts 12 <sup>th</sup> January	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. <b>For RBKC residents.</b>



<p><b>Build Your Own Website 1 With Lena Dekair</b>  <b>MUST BOOK</b>                  Starts 12<sup>th</sup> January</p>	<p>1.00-3.00                    5 week course</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>Join this course to learn how to create a 4 page website using Wordpress. You will need an email address in order to attend this course. <b>Come in or call Maude on 020 8962 5594.</b></p>
<p><b>Social Media 1 With Lena Dekair</b>  <b>MUST BOOK</b>                  Starts 23<sup>rd</sup> February</p>	<p>12.30-3.00                    4 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 if on benefits</p>	<p>New course exploring and learning about various social media sites, such as Twitter, FaceBook, etc. Learn how to activate accounts and how to participate in these forums in this friendly course. <b>Come in or call Maude on 020 8962 5594.</b></p>
<p><b>Spanish 1 with Anna Czubak</b>  <b>MUST BOOK</b>                  Starts 12<sup>th</sup> January</p>	<p>1.00-3.00                    10 week course                  Half Term break 16<sup>th</sup> February</p>	<p>The Reed  OCTAVIA                  28 Convent Gardens, London, W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>For beginners who have had a small experience of Spanish classes – i.e. 20 hours and want to further their Spanish experience.   <b>Come in or call Maude on 020 8962 5594..</b></p>
<p><b>Abs, Bums and Thighs</b>  <b>MUST BOOK</b>                  Starts 12<sup>th</sup> January</p>	<p>1.00-2.00                  Half Term break 16<sup>th</sup> February</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>Combines aerobic exercise with toning to help you firm your legs, bums &amp; thighs. For RBKC residents. <b>Must Book on 020 8962 5500.</b></p>
<p><b>Conversational English with Robert Silver</b>                  Starts 12<sup>th</sup> January</p>	<p>1.30-3.30                    9 week course                  Half Term break 16<sup>th</sup> February</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 if on benefits</p>	<p>All are welcome at this very supportive class. Brush up your English speaking skills, do a spot of grammar and build your confidence. For those where English is a second language. Classes up to 9<sup>th</sup> February 1.30-3.30 &amp; from 23<sup>rd</sup> February to 16<sup>th</sup> March 1.30-4pm.  <b>Come in or Call Maude on 020 8962 5594/</b></p>
<p><b>Stroke Survivors Social Group</b>                  Starts 12<sup>th</sup> January</p>	<p>2.00-4.00                  Fortnightly</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>FREE</p>	<p>An informal social group for people who have had a stroke &amp; their carers'. Enjoy tea, coffee, &amp; the support of other stroke survivors.</p>
<p><b>Healthy Lungs</b>  <b>MUST BOOK</b>                  Starts 12<sup>th</sup> January</p>	<p>2.00-3.00                  Half Term break 16<sup>th</sup> February</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>FREE</p>	<p>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></p>
<p><b>Free Computer Time</b>                  Starts 12<sup>th</sup> January</p>	<p>3.15-4.30</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>FREE</p>	<p>Drop-in with no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.</p>

## Sundays in Kensington

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Meet, Eat &amp; Learn (MEAL)</b> <b>MUST BOOK</b> Starts 14 <sup>th</sup> January	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 4141.</b>

### THE SECOND HALF CENTRE TRIPS (Booking essential for all trips: 0208 962 5500)

**IMPRESSIONISTS IN LONDON** at Tate Britain, Tuesday 16th January, 10.30am-12.30pm. FREE

**WHAT'S IN A PORTRAIT** at National Portrait Gallery, Thursday 8th March, 2-3.30pm. FREE

**THE YORK REALIST** matinee at Donmar Warehouse, Thursday 1st March, 2.30pm. £20 (12 tickets)

**WINNIE THE POOH: EXPLORING A CLASSIC** at The V & A, Wednesday 14<sup>th</sup> February FREE

(10 tickets available for 10.15am and 10 tickets available for 10.45am)

**HOUSES OF PARLIAMENT** Monday 12th February, (Time TBC). FREE

### WORKSHOPS AND CLUBS at THE SECOND HALF CENTRE

**GOOD MOOD FOOD** with Rachel Kelly (with Depression Alliance), Thursday 8th March, 4.30pm-6pm, FREE.

**BOOK CLUB** with Jane Goldstaub: Thursday, 25<sup>th</sup> January, 22<sup>nd</sup> February and 22<sup>nd</sup> March 2.30pm-4pm FREE.

**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 18<sup>th</sup> January, 12.30pm-2pm. £4.50.

**POST-CHRISTMAS DETOX** with Medical Herbalist Roisin Reilly, Thursday 15<sup>th</sup> February, 2pm-4pm FREE.

**WALKING GROUP** led by Caroline Hatch & John Lawrie, every third Wednesday. Ask at the SHC for more information.

**\*\*BAKE OFF Monday 19<sup>th</sup> March 12-3pm\*\***

**\*COME EAT. DRINK AND BE MERRY AT OUR END OF TERM PARTY Friday 23<sup>rd</sup> 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 2018**

- 8<sup>th</sup> Topical Talk: Silverline Service with Jack Booth-Cole
- 15<sup>th</sup> Trip: Buckingham Palace Exhibition Tour and Art Workshop with Amy Stocker  
MUST BOOK (15 places) call Hester on: 020 3713 8736
- 22<sup>nd</sup> Musical Performance: On the Accordion with Iosif Purits
- 29<sup>th</sup> Topical Talk: 18<sup>th</sup> Century English Silk Weaving with Dimity Spiller

**February 2018**

- 5<sup>th</sup> Topical Talk: Guide Dogs for the Blind with Simon Coates & Otto
- 12<sup>th</sup> Half Term- No group
- 19<sup>th</sup> Film Screening: The Private Life of a Masterpiece – BBC Art Documentary with Hester Jones
- 26<sup>th</sup> Topical Talk: Community Gardener with Lisa Wilkinson

**March 2018**

- 5<sup>th</sup> Trip: Kensington Palace + workshop MUST BOOK (20 places) call Hester on: 020 3713 8736  
Hester Jones
- 12<sup>th</sup> Topical Talk: Speaker TBC
- 19<sup>th</sup> Topical Talk: Travels around the world Hester Jones

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

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

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

**January 2018**

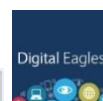
- 8<sup>th</sup> Talk on oral health with community dentist, Alison Fraser.
- 15<sup>th</sup> Find out about Campden Charities and their work in Kensington & Chelsea.
- 22<sup>nd</sup> A talk by Lorelei Sheppard from Care UK.
- 29<sup>th</sup> Bob Garvin facilitates a current affairs session, followed by lunch (£4.50).

**February 2018**

- 5<sup>th</sup> Westway community transport talk about their work.
- 12<sup>th</sup> HALF TERM – no group.
- 19<sup>th</sup> Manuel Moreno talks about Spanish History, followed by lunch (£4.50).
- 26<sup>th</sup> The Mary Seacole Trust visit Monday forum.

**March 2018**

- 5<sup>th</sup> Charlotte Page from the Red Cross talks about the community connectors service.
- 12<sup>th</sup> Planning meeting and social.
- 19<sup>th</sup> A talk by the Kensington & Chelsea Alcohol service, followed by lunch (£4.50).



Promoting healthy active communities