

Silver Sunday

6 October 2024

A national day for older people

A guide of events for older residents taking place in Kensington and Chelsea and the surrounding area, from 30 September to 11 October.

A guide to
free events
in your area



SILVER SUNDAY
CELEBRATING OLDER PEOPLE



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Silver Sunday activities
across Kensington and Chelsea
are being coordinated by



We recommend
**making bookings in
advance** due to
limited spaces
available.

Introduction

6 October is a national day where older people can come together to enjoy fun activities in their local community.

A wide range of free activities for older people will be available across Kensington and Chelsea and the local area on Sunday 6 October and the surrounding days as part of Silver Sunday, a national day to overcome loneliness.

The events provide a packed schedule of activities for residents aged 50+ to try something new and meet new people. Whilst loneliness can strike at any age, older people are at greater risk.

List of activities

Date	Activities
Monday 30 September	<p>1. Social singing – karaoke </p> <p>An event where participants can explore the joy of singing in a relaxed, supportive environment.</p> <p>Time: 11.15am to 12.15pm</p> <p>Venue: St Margaret’s Activity Centre, 1 Carey Place Pimlico, SW1V 2RT</p> <p>Booking: call Hannah on 020 4516 9969 or email her on hmunns@openage.org.uk</p>
	<p>2. Board game afternoon </p> <p>An afternoon of games such as Scrabble, Cluedo and Dominoes, with light refreshments provided.</p> <p>Time: 2pm to 4pm</p> <p>Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF</p> <p>Booking: call Fiolla on 020 4516 9970</p>
	<p>3. Creative writing taster session </p> <p>This engaging and supportive workshop is perfect for both seasoned writers and beginners.</p> <p>Time: 2.30pm to 4.30pm</p> <p>Venue: St Margaret’s Activity Centre, 1 Carey Place Pimlico, SW1V 2RT</p> <p>Booking: call Hannah on 020 4516 9969 or email her on hmunns@openage.org.uk</p>

Date	Activities
<p>Tuesday 1 October</p>	<p>1. Tea, talk & walk </p> <p>An activity of gentle walks around the Chelsea Physic Garden, with light refreshments.</p> <p>Time: 10am to 12pm (noon)</p> <p>Venue: Chelsea Physic Garden, 66 Royal Hospital Road, SW3 4HS</p> <p>Booking: call 0207 349 6474 or email learning@chelseaphysicgarden.co.uk</p> <p>To register online please fill the form: chelseaphysicgarden.co.uk/tea-talk-and-walk</p>
	<p>2. Saatchi Gallery fashion collaging workshop </p> <p>A rewarding chance to practice your art skills and meet others.</p> <p>Time: 1.30pm to 3pm</p> <p>Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF</p> <p>Booking: call Fiolla on 020 4516 9970</p>
	<p>3. Table tennis & board game afternoon </p> <p>A friendly game of table tennis, as well as some tea, coffee, and a variety of board games.</p> <p>Time: 1.30pm to 3.30pm</p> <p>Venue: New Avenues, 3-7 Third Avenue, W10 4RS</p> <p>Booking: call 020 3713 8737 or email bookings@openage.org.uk</p>

Date	Activities
Wednesday 2 October	<p>1. Afternoon bingo at Cadogan Pier  </p> <p>An afternoon of bingo, tea, coffee and cake.</p> <p>Time: 2pm to 4pm</p> <p>Location: Cadogan Pier, Chelsea Embankment, SW3 5RQ</p> <p>Booking: call 020 7439 6400 (ask for Imogen or Sally) or email imogen.bather@cadoganpier.com</p>
	<p>2. Pepper Pot community fun & celebration </p> <p>An event full of music, dance, food and games.</p> <p>Time: 2pm to 5pm</p> <p>Venue: The Pepper Pot Day Centre, 1A Thorpe Close, W10 5XL</p> <p>Booking: email sandrastanbury@gmail.com</p>
	<p>3. Quiz </p> <p>Join a fun social trivia quiz.</p> <p>Time: 2.30pm to 4.30pm</p> <p>Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF</p> <p>Booking: call Fiolla on 020 4516 9970</p>
	<p>4. Singing </p> <p>A tutor led singing class with a real variety of music, accompanied by guitar. All abilities are welcome.</p> <p>Time: 2.30pm to 4.30pm</p> <p>Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF</p> <p>Booking: call Fiolla on 020 4516 9970</p>



Venue not suitable for wheelchair users and those less able.

Date	Activities
<p>Thursday 3 October</p>	<p>1. Dance-a-thon </p> <p>Five fabulous hours of dance classes with the best instructors and fantastic music – attend for as long or as little as you would like.</p> <p>Time: 10am to 4pm Venue: Chelsea Theatre, 7 World’s End Place, SW10 0DR Booking: not required, first come first served basis.</p>
	<p>2. Beginner’s origami workshop </p> <p>Come along to join a fun and social origami activity.</p> <p>Time: 1pm to 2pm Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF Booking: call Fiolla on 020 4516 9970</p>
	<p>3. Gift card making workshop </p> <p>Join a mixed-media card making workshop and create a variety of unique cards.</p> <p>Time: 1pm to 3pm Venue: New Avenues, 3-7 Third Avenue, W10 4RS Booking: call 020 3713 8737 or email bookings@openage.org.uk</p>
	<p>4. Afternoon quiz at Cadogan Pier  </p> <p>A fun quiz accompanied by tea, coffee and cake.</p> <p>Time: 2pm to 4pm Location: Cadogan Pier, Chelsea Embankment, SW3 5RQ Booking: call 020 7439 6400 (ask for Imogen or Sally) or email imogen.bather@cadoganpier.com Bookings must be registered by Friday 27 September.</p>



Venue not suitable for wheelchair users and those less able.

Date	Activities
Friday 4 October	<p>1. Dance-a-thon </p> <p>Five fabulous hours of dance classes with the best instructors and fantastic music – attend for as long or as little as you would like.</p> <p>Time: 10am to 3.30pm</p> <p>Venue: New Avenues, 3-7 Third Avenue, W10 4RS</p> <p>Booking: call Marinne or Nisat on 020 3713 8737</p>
	<p>2. Guided tour & history of the Coronet Theatre </p> <p>Learn about the rich history of the theatre.</p> <p>Time: first tour at 2pm and second one at 3.30pm</p> <p>Venue: The Coronet Theatre, 103 Notting Hill Gate, W8 7TA</p> <p>Booking: call Andrea or India on 020 4516 9971</p>
	<p>3. Haiku workshop </p> <p>Design a haiku (a Japanese poetic form) that focuses on the theme of nature.</p> <p>Time: 2.30pm to 4.30pm</p> <p>Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF</p> <p>Booking: call Fiolla on 020 4516 9970</p>

Date	Activities
Saturday 5 October	1. Bingo bonanza  Enjoy tea and cake and a social game of bingo, with the chance to win a prize. Tea and coffee will be available. Time: 2pm to 3.30pm Venue: North Kensington Library, 108 Ladbroke Grove, W11 1PZ Booking: no registration required



Date	Activities
<p>Sunday 6 October</p>	<p>1. Life drawing </p> <p>Join artist Marie-Therese Ross to explore the art of life drawing from a nude model. This fun and informal session is open to beginners and confident artists alike.</p> <p>Time: 10.30am to 12.30pm</p> <p>Venue: Hertford House, Manchester Square, W1U 3BN</p> <p>Booking: booking is essential. Call 020 7563 9577 or email community@wallacecollection.org</p>
	<p>2. Introduction to mindfulness </p> <p>Ever wondered what Mindfulness is all about? Here's a golden opportunity to find out what it is and why it is valuable.</p> <p>Time: 3pm to 4pm</p> <p>Venue: online event (Zoom)</p> <p>Booking: to make a reservation please email bookings@openage.org.uk</p>



Registration is now
open! Have a look and
see what events are
happening near
you

Date	Activities
<p>Monday 7 October</p>	<p>1. Reflexology & Shiatsu – talk and taster session </p> <p>Rita Taylor will be offering a short Reflexology taster sessions and will be available to answer questions about both Reflexology and Shiatsu.</p> <p>Time: 10am to 1.30pm</p> <p>Venue: The Reed Centre, 28 Convent Gardens, W11 1NH</p> <p>Booking: call Rita on 07865 080969</p>
	<p>2. Local history online </p> <p>Learn about the interesting history of North Kensington and the stories behind the streets.</p> <p>Time: 2pm to 3pm</p> <p>Venue: online event (Zoom)</p> <p>Booking: email bookings@openage.org.uk</p>

Date	Activities
<p>Tuesday 8 October</p>	<p>1. Morley College Classic Films “It’s a Wonderful Life” </p> <p>A movie screening with refreshments.</p> <p>Time: 2pm to 4.30pm</p> <p>Venue: Morley College, North Kensington Centre for Skills, Wornington Rd, W10 5QQ</p> <p>Booking: call Open Age on 020 4516 9971</p>
	<p>2. Make & bake cupcake workshop </p> <p>Perfect for both beginners and baking enthusiasts.</p> <p>Time: 2pm to 4pm</p> <p>Venue: St Margaret’s Activity Centre, 1 Carey Place Pimlico, SW1V 2RT</p> <p>Booking: call Hannah on 020 4516 9969</p>

Date	Activities
<p>Wednesday 9 October</p>	<p>1. Painting and drawing </p> <p>Learn how to paint in various mediums and styles. Suitable for all abilities.</p> <p>Time: 10am to 11.30am</p> <p>Venue: Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ</p> <p>Booking: call Andrea or India on 020 4516 9971</p>
	<p>2. Sliver Sunday at Al Manaar Centre </p> <p>This event will provide an opportunity for people to meet with others and have refreshments.</p> <p>Dress code: modest</p> <p>Time: 11am to 2pm</p> <p>Venue: Al Manaar Centre, 244 Acklam Road, W10 5YG</p> <p>Booking: please email intlak@mchc.org.uk or call 020 8964 1496</p>
	<p>3. Royal Parks Tree Walk </p> <p>A 90-minute walk in Kensington Gardens.</p> <p>Time: 2pm to 4pm</p> <p>Meeting: the café kiosk close to the Albert Memorial</p> <p>Booking: email bookings@openage.org.uk</p>

Date	Activities
<p>Thursday 10 October</p>	<p>1. Treasures of the British Library – talk & online workshop </p> <p>Join this fascinating and sociable workshop exploring the ‘Treasures’ of the British Library collections.</p> <p>Time: 10.30am to 12.30pm Venue: online event (Zoom) Booking: Andrea or India on 020 4516 9971 or email bookings@openage.org.uk</p>
	<p>2. Roller block printing workshop </p> <p>A fun and social printing workshop.</p> <p>Time: 1pm to 2pm Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF Booking: call Laura on 020 4516 9970</p>
	<p>3. Morley College & Open Age tea dance </p> <p>Come along to dance, meet new people and mingle with the Morley College students. Buffet is provided by Morley College.</p> <p>Time: 2pm to 4.30pm Venue: Morley College, North Kensington Centre for Skills, Wornington Rd, W10 5QQ Booking: call Open Age on 020 4516 9971</p>

Date	Activities
Friday 11 October	<p>1. History of art </p> <p>Enjoy a talk on a range of creative history, from Renaissance to modern times.</p> <p>Time: 1pm to 2pm</p> <p>Venue: online event (Zoom)</p> <p>Booking: call Andrea or India on 020 4516 9971 or email bookings@openage.org.uk</p>
	<p>2. Philosophy </p> <p>Engage in some key debates in the history of philosophy, as well as contemporary discussions.</p> <p>Time: 10.30am to 11.30am</p> <p>Venue: online event (Zoom)</p> <p>Booking: call Andrea or India on 020 4516 9971 or email bookings@openage.org.uk</p>
	<p>3. Online quiz </p> <p>Join for an online quiz on various topics.</p> <p>Time: 11.45am to 12.45pm</p> <p>Venue: online event (Zoom)</p> <p>Booking: call Marinne on 020 3713 8737 or email bookings@openage.org.uk</p>
	<p>4. Tea bag origami card making workshop </p> <p>Come along to make your own beautiful card, using tea bag and Origami techniques.</p> <p>Time: 2pm to 4.30pm</p> <p>Venue: Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ</p> <p>Booking: call 020 4516 9971 or email bookings@openage.org.uk</p>

Find out more

For more information on what is happening in Kensington and Chelsea scan the QR code or visit:



 <https://silversunday.org.uk/calendar>