



theKenilworthCentre

we're here for you

Activities Summer & Autumn 2024

Bookings are to be made directly with activity leaders. Further info on classes can be found on our website: thekenilworthcentre.com on the 'What's On' tab or by interacting with the online calendar.

Day / Time	Activity / Session	Info	Cost
Monday			
11-12 & 12-1pm	Over 50s Dance Fitness Class	Fun, easy to follow, low impact. To book contact: Nicola 07766 181514	£6
10:30-12:30pm	Little Ray of Sunshine (Dementia friendly) Cafe	Come with with career. Every 3rd Monday in the month. Contact: Andrew 07802 595619	FREE
10:30-12:30pm	Surviving Bereavement Cafe	4th Monday of the month. Drop-in. Contact: tracey@survivingbereavement.com	FREE
1-4pm	tKC/Compassionate Kenilworth Monday Hub	Weekly. Drop-in.	FREE
2:45-3:45pm	Walking for Health	Castle Medical Centre	FREE
4-5pm	Zest Dance *TT	Bringing dance to life for children and adults. https://zest-dance.co.uk/ frankie@zest-dance.co.uk 07897 988735	£
6-9pm	SOS Silence of Suicide - Mental Health Meeting	Monthly group mental health discussion meeting. See diary for dates. yvette@sossilenceofsuicide.org	FREE
Tuesday			
10-11am	Pilates with Deborah *TT	Booking essential. Email: dthomasphysio@gmail.com	£
10:30-12:30pm	CELST Lipreading *TT	Lipreading courses. Contact: 07799 224361 Email: contactcelst@gmail.com	£
10-3pm	ILEAP	Leisure activities for young people and adults with additional needs. Contact: 01789 260 644 Email: spar-kle@ileap.co.uk	£
11:15-12:15	Physio led chair exercise *TT	Numbers are limited and booking is essential. Participation depends on a health screening. Email: dthomasphysio@gmail.com	£9
2-4pm	KU3A Art Appreciation	Every 3rd Tuesday of the month. Members only. Website: https://Kenilworth(u3asite.uk)	Members only
2-4pm	KU3A Photography Group	Every 4th Tuesday of the month. Members only. Website: https://Kenilworth(u3asite.uk)	Members only
6:30-8pm	Sound Hounds	Dog Training. Contact 07855 706122 info@soundhounds.co.uk	£
7-9pm	Menopause Group	Every 1st Tuesday of the month. Abbey Medical Centre	
Wednesday			
9-12.30	Rhythm Time *TT	Using music to promote early development. Contact: 07469 186042. Email: rachel.t@rhythmtime.org	£
9:30-10:30am	Gentle Hatha Yoga *TT	You will be supported to discover those 'hard to come by' moments of self-care and love through the wonderful world of yoga. info@hanbandhu.co.uk	£
9-2pm	Barclays Bank	Pop-up bank— cashless	FREE
Wednesday continued overleaf			

Wednesday Continued			
10-11am	Rain or Shine playgroup *TT	In the tKC garden. www.ticketsource.co.uk/the-kenilworth-centre	£2
1-3pm	Kenilworth Acoustic Traditional Session	Donation to cover room hire	
2-4pm	CELST Lipreading *TT	Lipreading courses. Contact: 07799 224361 Email: contactcelst@gmail.com	
2-3.30pm	Digital Tech Cafe	Come and get some guidance on how to use you smart phone, laptop or Tablet. To book please call Alex: 07737511215	FREE
5-6pm	Griffiths Karate	Tel: 07908 268 629 Email: julian@braxiatek.com	
6-8pm	Arts & Wellbeing *TT	tKC Youth. www.ticketsource.co.uk/the-kenilworth-centre	
7.30-9.30	Kenilworth All Together Greener	2nd Wednesday of the month. griew@waitrose.com	
7.30-9.30pm	Midlands Ancestors Kenilworth Group	2nd Wednesday of the month. kenilworthfhs@gmail.com	Non members £1
Thursday			
9:30-10:30	Over 50s Dance Fitness Class	See contact detail above: Monday	£6
10am-12pm	WDU3A Philosophy Group	Bi-weekly. 07951 108317 smtjazz@hotmail.co.uk	Members only
10:30-3pm	ILEAP	See contact detail above: Tuesday	£
10:45-11:45	Pilates in Motion *TT	07762 311074 yvette@freedomwithmotion.com	£
2-4pm	Kenilworth U3A Poetry Appreciation Group	Every 2nd & 4th Thursday . Website: https://Kenilworth(u3asite.uk)	Members only
4-6pm	Zest Dance *TT	See contact detail above: Monday	£
6:30-8pm	Sound Hounds	See contact detail above: Tuesday	£
7-8:30	Living your Yoga *TT	info@livingyouryoga.co.uk www.livingyouryoga.co.uk	£
Friday			
9-10 am	Pilates with Deborah *TT	See contact detail above: Tuesday	£
10-11am	Pilates with Deborah *TT	See contact detail above: Tuesday	£
10-12	ILEAP Dance	See contact detail above: Tuesday	£
10:30-11:15	Glo Babies *TT	To book call Michelle on: 07956355729	£
11:30-12:30pm	Tonersize with gym tension chairs	Call Liza on: 07403964063	£
1-2pm	Walking for Health	Abbey Medical Centre	FREE
3:45-7:45	Stagecoach *TT	kenilworth@stagecoach.co.uk	£
6-7:15	Junour Youth Club *TT		FREE
7:30-9pm	Senior Youth Club *TT		FREE
Saturday			
9-12pm	Zest Dance *TT	See contact detail above: Monday	£
Sunday			
9:30-2:30	Sound Hounds	See contact detail above: Tuesday	£
3-4pm	Griffiths Karate	Tel: 07908 268 629 Email: julian@braxiatek.com	£
3-5pm	tKC Board Games Hub	Every 3rd Sunday of the month. No booking required—just turn up	FREE
4-6pm	Live music & dinner	Last Sunday of the month	
4:30-6:30	Word of Life Church	admin@wol.org.uk	