

Hammersmith & Fulham Activity Programme January to April 2020

Welcome to our new activity programme

Happy New Year! We are delighted to present our winter programme, filled with exciting activities, including a 10-week Healthy Hearts cardiovascular health programme and a visit to the V&A for a stunning exhibition on Japanese Kimonos and their influence on fashion. See below for details, then come and join in!

Term dates in Hammersmith & Fulham

The new term begins on **Monday 6th January** and ends on **Friday 3rd April 2020**. There will be a **Half Term break from 17th to 21st February**.

We look forward to seeing you at our activities, both old and new! For more information, call Vivienne on Tel: 078 24 48 49 84 or email vmitchell@openage.org.uk

News & Local Events



Healthy Hearts

Starts Friday 10th January
Ends Friday 13th March

Time: 10.30am - 12.00pm

What it's all about:

Adult Weight Management course delivered jointly with Healthy Hearts, the local cardiovascular disease prevention service. Start the year positively!
FREE. Booking essential.

Address

Hammersmith Fitness & Squash Centre
Chalk Hill Road
W6 8DW

To enquire, call Healthy Hearts directly on 020 3434 2500

CREATIVE WRITING!

New! Creative Writing

Day: Wednesday 4th & 11th March

Time: 11.00 - 1.00

What it's all about:

We are delighted to bring two creative writing sessions on the theme of 'Our Personal Stories'
Come and share your story, writing, reading and exploring different genres together. **Must Book!**

Address

The Invention Rooms Café
Door C, Imperial College
68 Wood Lane
W12 7HR

To book, call Vivienne on 07824 484984



Kimono: Kyoto to Catwalk at the V&A

Day: Tuesday 10th March

Time: 10.30am

What it's all about:

This exhibition presents the Kimono as an icon of fashion and explores the significance of the garment from 1660 onwards, in Japan and the rest of the world.

Suggested donation of £2. Booking essential. 14 places

Address

Victoria & Albert Museum
Cromwell Road
SW7 2RL

Booking opens 10th January
Call 020 8962 4141

MONDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Steady & Stable MUST BOOK	10.00 - 11.00 <i>Mixed level</i> <i>Starts 6th January</i> <i>Ends 30th March</i> No half term break	Age UK (H&F) 105 Greyhound Rd W6 8NJ	190, 211, 220, 295 Tube: Barons Court (15 min walk)	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582
Steady & Stable Mixed Abilities MUST BOOK	11.30 – 12.30 <i>High level</i> 12.45 - 1.45 <i>Low level</i> <i>Starts 6th January</i> <i>Ends 30th March</i> No half term break	Bishop Creighton House 374-380 Lillie Rd SW6 7PH	190, 211, 295 Tube: Barons Court (20 min walk)	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582
Shared Reading Group NEW!	5.30 - 7.00 <i>Starts 6th January</i> <i>Ends 30th March</i> Half term break 17th February	Sir Oswald Stoll Foundation 446 Fulham Road SW6 1DT	11, 28, 211, 295, 391, 414 Tube: Fulham Broadway	FREE* * Suggested donation £1.50	Together we listen to great stories and poems read aloud. You can sit back, relax and listen, join in the conversation or read aloud – it's up to you. Everyone welcome! Come and discover the joy of shared reading! In partnership with The Reader and The Stoll Foundation

TUESDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Pilates	10.00 - 11.00 <i>Starts 7th January</i> <i>Ends 31st March</i> Half term break on 18th February	Parish Hall Our Lady of Fatima Commonwealth Avenue W12 7QR	72, 95, 220, 228, 283 Tube: White City	£1	Pilates is a slow and controlled system of mind-body exercises focusing on body awareness and good posture as well as increasing core strength, flexibility and agility. Mat-based class In partnership with the Church of Our Lady of Fatima
Steady & Stable Mixed Abilities MUST BOOK	10.30 - 11.30 <i>Starts 7th January</i> <i>Ends 31st March</i> No half term break	All Saints Church Pryors Bank Pavilion Bishops Park SW6 3LA	14, 22, 220 Tube: Putney Bridge	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582

Steady & Stable Mixed Abilities	10.00 - 11.00 <i>High level</i>	Phoenix Fitness Centre, Bloemfontein Rd, White City, London W12 7DB	72, 95, 220, 228, 283 Tube: White City	FREE	Fun evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582
	MUST BOOK 11.00 - 11.00 <i>Low level</i>				
PLEASE NOTE NEW VENUE	<i>Starts 7th January Ends 31st March</i> No half term break				
Kundalini (seated) Yoga	1.45 - 2.45 <i>Starts 7th January Ends 31st March</i> Half term break on 18th February	Residents' Hall Sycamore House Sycamore Gardens W6 0AS To access the Residents' Hall, ring the Office bell at the new building	94, 237, 272 Tube: Goldhawk Road	£1	A chair-based class that makes yoga accessible to all. This class is designed to elevate consciousness, promote physical well-being and expand awareness In partnership with Hammersmith United Charities

WEDNESDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Creative Writing Workshops 2 sessions Must book	11.00 - 1.00 <i>4th and 11th March</i>	The Invention Rooms Café Imperial College Door C 68 Wood Lane W12 7RH	7, 70, 72, 95, 220, 228, 272, C1 Tube: Wood Lane or White City	FREE* Suggested Donation £2*	Following our successful Stand up for the Over 50s Comedy project last autumn, we are delighted to bring two creative writing sessions hosted by Jo Robinson on the theme of 'Our Personal Stories.' Come and share your story over two weeks, writing, reading and exploring different genres To find out more and to book, call Vivienne: 07824 484 984
Step up Circuits PLEASE NOTE NEW VENUE AND ADDRESS	12.00 - 1.00 <i>Starts 15th Jan Ends 25TH March</i> Half term break 19th February	Parish Hall Our Lady of Fatima Commonwealth Avenue W12 7QR	72, 95, 220, 228, 283 Tube: White City	£1	A fun 'circuits' exercise class to improve strength, flexibility, balance and heart & lung muscles In partnership with Chelsea Football Club Foundation
Begin to Gym NEW!	12.00 - 1.00 <i>Starts 8th January Ends 1st April</i> No half term	Lillie Road Fitness Centre Lillie Road SW6 7PD	14, 22, 74, 190, 211, 295, 414, 424, 430	£2 Cashless site – please bring a debit card to pay	A group-based session where a personal trainer will be on hand to show you how to work the machines with the correct technique. Great for improving strength and cardiovascular fitness




Regent Street Classic Matinees	12.00 - 2.00 or 3.30 - 5.00 EVERY WEEK	Regent Street Cinema 307 Regent St W1B 2HW	88, 453, C2	£1.75	Weekly matinee film screening at the Regent Street Cinema (north of Oxford Circus) For details of films call 020 7911 5050 (Regent St cinema)
Regent Street Ballroom Dancing	2.00 - 3.00 EVERY WEEK	The Bar Regent Street Cinema 309 Regent St W1B 2UW	88, 453, C2	FREE	Join us in the bar in Regent Street Cinema, for a free informal ballroom dance class – doesn't matter if you haven't got a partner! All levels welcome
Awareness through Movement (Feldenkrais Method)	1.15 - 2.15 <i>Starts 8th January Ends 25th March</i> <i>Half term break 19th February</i>	Edward Woods Community Centre 60-70 Norland Road W11 4TX	C1, 31, 49, 72, 94, 95, 148, 220, 228, 237, 260, 272, 295, 316, 607 Tube: Latimer Rd	£1	Gentle movement sequences to re-educate our use of the body through this method. Improve breathing, relieve chronic muscular tension, increase range and ease of movement and improve posture and well-being Will improve your ability to get up from the floor

THURSDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Tunes & Tea NEW! PLEASE NOTE SESSION LENGTH IS ONE HOUR	11.00 - 12.00 <i>Starts 16th Jan Ends 26th March</i> <i>Half term break 20th February</i>	Large Multipurpose Room Masbro Centre 87 Masbro Road W14 0LR	9,10, 27, 28, 220, 237, 83, 295, Tube: Shepherds Bush	£1	Come and join us for music, singing and laughter, led by our tutor. There'll be a variety of songs, old and new. Enjoy the fun of group singing - don't be shy! <i>In partnership with the Masbro Centre (Urban Partnership Group)</i>
Zumba®	12.00 - 1.00 <i>Starts 16th January Ends 26th March</i> <i>Half term break 20th February</i>	Parish Hall Our Lady of Fatima Commonwealth Avenue W12 7QR	72, 95, 220, 228, 283 Tube: White City	£1	This class is broken down into easy to follow steps and routines for everyone to enjoy. Ditch the workout – join the party! No need to book, just turn up and join in!

What the Tech!?	2.00 - 3.00 <i>Starts 9th January Ends 3rd April</i> No Half term break	The Invention Rooms Café Imperial College Door C 68 Wood Lane W12 7RH	7, 70, 72, 95, 220, 228, 272, C1 Tube: Wood Lane or White City	FREE Includes free refreshments	Do you or someone you know have a phone, tablet or laptop? Do you need a little bit of support getting to grips with new gadgets? If so, come along to our weekly afternoon drop-in sessions. <i>In partnership with Imperial College London</i>
Health & Wellbeing workshops NEW!	1.00 – 3.00 4 sessions: 5th, 12th, 19th and 26th of March	Communal Hall John Betts House Rylett Road W12 9NJ	94, 237, 266 Tube: Goldhawk Road	£2 per session	This series of sessions will focus on understanding the impact of daily stresses and learning how to manage them. March 5th : Stress and Relaxation March 12th : Introduction to Mindfulness & Relaxation March 19th : Improve your Sleep March 26th : Assertiveness The emphasis will be on practical ways to manage issues and enjoy life. For more information and details of times, call Vivienne on 078 24 48 49 84 <i>In partnership with Back on Track and Hammersmith United Charities</i>
Arts & Crafts for All	1.30 - 3.30 <i>Starts 16th Jan Ends 2nd April</i> Half term break: 2 weeks 20th & 27th February	The Invention Rooms Café Imperial College Door C 68 Wood Lane W12 7RH	7, 70, 72, 95, 220, 228, 272, C1 Tube: Wood Lane or White City	FREE* Suggested Donation £2*	From painting to mosaics to creating with fabrics, there'll be a perfect activity for you to try at our new arts and crafts session led by our tutor, Alaydis. <i>In partnership with Imperial College</i>

FRIDAYS at the Second Half Club

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Digital Eagles 	10.00 - 11.00 <i>Starts 10th January</i> <i>Ends 3rd April</i> Half term break 21st February	St Andrews Church 5 Greyhound Road W14 9SA	190, 211, 220, 295 Tube: Barons Court (15min walk)	FREE	Free Digital Clinic to help you build your computer confidence. In partnership with Barclays Digital Eagles
Zumba® 	11.00 - 12.00 <i>Starts 10th January</i> <i>Ends 3rd April</i> Half term break 21st February			£1	This class is broken down into easy to follow steps and routines for everyone to enjoy. Ditch the workout – join the party! No need to book, just turn up and join in!
Singing for All 	12.30 - 1.30 <i>Starts 10th January</i> <i>Ends 3rd April</i> Half term break 21st February			£1	Join tutor Calin for a fun singing class in the church's main space, accompanied by music
Lunch at the Second Half Club				FREE	Join us for a hot lunch generously donated by City Harvest

OTHER FRIDAY ACTIVITIES IN HAMMERSMITH & FULHAM

Shared Reading Group	10.30 – 12.00 <i>Starts 10th January</i> <i>Ends 3rd April</i> Half term break 21st February	The Invention Rooms Café Door C 68 Wood Lane W12 7RH	7, 70, 72, 95, 220, 228, 272, C1 Tube: Wood Lane or White City	FREE* Suggested Donation £1.50*	<i>Together we listen to great stories and poems read aloud. You can sit back, relax and listen, join in the conversation or read aloud – it's up to you. Everyone welcome!</i> <i>Come and discover the joy of shared reading!</i> In partnership with The Reader and Imperial College
Healthy Hearts NEW! 10 week programme	10.30 - 12.00 <i>Starts 10th January</i> <i>Ends 13th March</i> No Half term break	Hammersmith Fitness & Squash Centre Chalk Hill Road W6 8DW	<i>All buses that go via Hammersmith Bus Station</i> Tube: Hammersmith	FREE	<i>Adult Weight Management course delivered jointly with Healthy Hearts, the local cardiovascular disease prevention service. The programme combines theory and practice where you will be fully supported to make healthier food</i>

Must book!					<p>choices and move more. This is a free service for Hammersmith & Fulham residents who meet Healthy Hearts criteria.</p> <p>For more information and to book, call Healthy Hearts directly on 020 3434 2500.</p>
<p>Mindfulness & Relaxation</p> <p>NEW!</p> <p>8 week course:</p> <p>Must book</p>	<p>10.30 - 1.00 Includes a 30 minute tea break</p> <p><i>Starts: 24th January Ends: 13th March</i></p> <p>No Half Term break</p>	<p><i>Communal Hall Wentworth Court Sheltered Housing Laundry Road W6 8QW</i></p>	<p>74, 190, 295, 430</p> <p><i>Tube: Barons Court Court (10 minute walk)</i></p>	<p>£2 per session</p> <p>You will also need to buy course materials at the subsidised cost of £10</p>	<p><i>Come and learn the skill of meditation and mindfulness. Mindfulness can help relieve pain, reduce stress and restore well-being. Discover ways to bring more ease and balance to your everyday experience. Joining an eight week course can give you supportive transformative skills to take forward in your daily life</i></p> <p>Please call Stephanie Robertshaw on 07814 536 463 to check if this course is for you and to book</p> <p>In partnership with Community Champions</p>

Adult Community Learning courses

Please do look at the exciting programme of courses on the following two pages. To attend you will need to commit to attending all the sessions. You also need to enrol in January.

If you are interested in one or more of these courses and would like to reserve a space, please contact Maude, 020 8962 5594 machinery@openage.org.uk or Angela, 020 8962 5590 asharkey@openage.org.uk

Enquiries and reservations can be made from Monday 9th December

OPEN AGE - ADULT COMMUNITY LEARNING – January to April 2020

MUST BOOK BEFORE YOU START – Please contact Maude on 020 8 962 5590

COURSES ARE FREE IF YOU ARE ELIGIBLE OR £3 PER SESSION

ADULT COMMUNITY LEARNING CLASSES: These classes are different from the standard Open Age drop-in classes. We are required to meet certain conditions to receive the funds to deliver these classes and must ask you to complete an enrolment form at the start of each academic year (September to August), provide specific ID, national insurance number and proof of benefits if applicable. If we do not meet these conditions we will not receive the funds to deliver the classes. Please help us by doing the following:

- Ask questions about the class before you join to be sure it is the right class and level for you
- Do not book the class if you know you have planned holidays. Absence and irregular attendance affects our funding and prevents other members from joining classes.
- Please arrive on time, at least 5 minutes before class starts.
- Do let us know if you will be absent, late, or need to withdraw from the class for any reason

Finally, we want you to enjoy the class and recommend Open Age to your friends.

If you have any suggestions, we'll be happy to hear from you.

Angela 020 8962 5590 asharkey@openage.org.uk

Maude 020 8962 5594 machinery@openage.org.uk

VENUES

SECOND HALF CENTRE, St Charles Hospital, Exmoor Street W10 6DZ	NEW HORIZONS CENTRE, Guinness Trust Estate, Cadogan Street SW3 2PF	BROMPTON LIBRARY 210 Old Brompton Road SW5 OBS	CURVE COMMUNITY CENTRE, 10 Bard Road W10 6TP
REED CENTRE 28 Convent Gardens, W10 1NH	RESPONSE COMMUNITY PROJECTS, 300 Old Brompton Road SW5 OBS	THOMAS DARBY COURT, 133 Lancaster Road W11 1TT	V&A MUSEUM, Cromwell Road Entrance, SW7 2RL

MONDAY

9.45- 11.45	Art Using Watercolours (Beginners)	10 week course, Starts Jan 13th	New Horizons Centre
10.00-12.00	Italian for Beginners	10 week course, Starts Jan 13th	Reed Centre
10.00-12.00	Me and My iPhone	10 week course Starts Jan 13th	New Horizons Centre
10.00-12.00	Going Further with Computers	10 week course Starts Jan 13th	Second Half Centre
1.00-3.00	Today's Issues	10 week course, Starts Jan 13th	Reed Centre
1.00-3.00	Sketching at the V&A	10 week course Starts Jan 13th	V&A Museum
1.00-3.00	Beginners Computers	10 week course, Starts Jan 13th	New Horizons
1.00-3.00	Cloud	10 week course, Starts Jan 13th	Second Half Centre
4.00-6.00	Ipad for Beginners	10 week course, Starts Jan 13th	Second Half Centre

TUESDAY

10.00-12.00	French for Beginners	10 week course, Starts Jan 14th	Reed Centre
10.00-12.00	Computers for Beginners	10 week course, starts Jan 14th	Second Half Centre
10.00-12.00	Me and My iPhone	10 week course, Starts Jan 14th	Second Half Centre
10.00-12.00	Creative Writing	10 week course, Starts Jan 14 th	Response Community Projects
1.00-3.00	First Steps to a Healthy On-Line Life	10 week course, starts Jan 14th	Second Half Centre

2.00-4.00	Creative Writing	10 week course, Starts Jan 14th	New Horizons
2.00-4.00	Drama Skills	10 week course, Starts Jan 14th	New Horizons
4.00-6.00	Excellent Excel for Budgeting (NEW)	10 week course, starts Jan 14th	Second Half Centre
WEDNESDAY			
10.00-12.00	Smartphones and Social Media Apps	10 week course starts Jan 15th	Second Half Centre
10.00-12.00	French Next Steps	10 week course starts Jan 15 th	Reed Centre
10.30-12.30	Lip-reading and Managing Hearing Loss	10 week course Starts 25 th Sep	North Kensington Library
1.00-3.00	Men's Space IT	5 wk course, starts 15 th Jan	Second Half Centre
1.00-3.00	Men's Space Android Smartphones	6 week course, starts 26 th Feb	Second Half Centre
1.00-3.00	Smartphones and Social Media Apps	10 week course, starts Jan 15 th	New Horizons Centre
1.30-3.30	Meditation, Mindfulness, Stress Man.	10 week course, starts Jan 15th	Thomas Darby Court
1.30-3.30	Creative Writing	10 week course, starts Jan 15th	Second Half Centre
2.00- 4.00	Lip Reading & Hearing Loss	10 week course, starts Jan 15th	New Horizons Centre
2.00-4.00	Sketching at the V&A II	10 week course starts Jan 15th	V&A Museum
4.00-6.00	Create Greeting Cards on Computer	10 week course, starts Jan 15th	Second Half Centre
4.00-6.00	Poetry	10 week course, starts Jan 15th	Second Half Centre
5.00-7.00	Meditation (NEW)	10 week course starts Jan 15th	Second Half Centre
THURSDAY			
10.00-12.00	Internet and Email	10 week course, starts Jan 16 th	Second Half Centre
10.15-12.15	Speak with Confidence (English as a Second Language)	10 week course, starts Jan 16th	Curve Community Centre
1.00-3.00	Introducing Microsoft Word with Touch-Typing	10 week course, starts Jan 16th	Second Half Centre
1.00-3.00	Art Using Watercolours	10 week course, starts 16 th Jan	Brompton Library
2.00-4.00	Speaking with Confidence	10 week course, starts Jan 16th	New Horizons
2.00-4.00	Life Stories	10 week course, Starts Jan 16th	New Horizons Centre
3.00-5.00	Italian Next Step	10 week course Starts Oct 17th	Second Half Centre
FRIDAY			
9.30-11.30	English for Health and Well Being	10 week course, starts Jan 17th	North Kensington Library



The Second Half Centre Activity Programme January - March 2020

****The Second Half Centre will be taking bookings from Friday 3rd January.****

MONDAY		
10.00-11.00am	Dance Mix	Starts 13th Jan. H/T 17th Feb. Must Book €1/3*
10.00-12noon	Practical IT Courses	(Booking essential. Please check IT schedule for further details) €3
10.00-12noon	Local History Walks and Talks with Sue Snyder	Starts 13th Jan. H/T 17th Feb €2/5*
11.45-12.45pm	Creative Dance	Starts 13th Jan. H/T 17th & 24th Feb. Must Book €1/3*
12noon-1.30pm	International Cooking	Starts 13th Jan. H/T 17th Feb. Must Book €3/6*
1.00-3.00pm	Practical IT Courses	(Booking essential. Please check IT schedule for further details) €3
1.15-3.15pm	Singing For All	Starts 6th Jan. H/T 17th Feb €2/5*
1.30-3.30pm	Still Life & Life Drawing with Lily Holder	Starts 13th Jan. H/T 17th Feb €2/5*
3.30-5.30pm	Men's Space: Meet Up and Social led by Russell	13th & 20th Jan, 17th Feb, 23rd Mar, 20th Apr €2
3.30-5.30pm	Film Club (fortnightly)	13th & 27th Jan, 10th & 24th Feb, 9th & 23rd March €2 (D)
4.00-6.00pm	Practical IT Courses	(Booking essential. Please check IT schedule for further details) €3
TUESDAY		
9.45-10.45am	Zumba Gold with Vivian Perez	Starts 14th Jan. H/T 18th & 25th Feb. Must Book €1/3*
10.00-12noon	Practical IT Courses	(Booking essential. Please check IT schedule for further details) €3
11.00-1.00pm	Men's Space: Gardening	Starts 14th Jan. H/T 18th & 25th Feb €2 (D)
11.15-12.15pm	Kundalini Yoga/Meditation with Rafael Ramos Garcia	Starts 14th Jan. H/T 18th & 25th Feb. Must Book €1/3
12.45-1.45pm	Steady and Stable with Francesca Hutchinson	Starts 7th Jan. Must Book FREE
1.00-3.00pm	Practical IT Courses	(Booking essential. Please check IT schedule for further details) €3
1.45-2.45pm	Steady and Stable with Francesca Hutchinson	Starts 7th Jan. Must Book FREE
2.00-4.00pm	Drama Group: Introduction to Shakespeare with Matthew Austin	Starts 7th Jan. H/T 18th Feb €2/5
3.00-4.00pm	Awareness Through Movement Pilates 1 with Carol	Starts 14th Jan. H/T 18th & 25th Feb. Must Book €1/3
4.15-5.15pm	Awareness Through Movement Pilates Beginners	Starts 14th Jan. H/T 18th & 25th Feb. Must Book €1/3
4.15-5.45pm	Men's Space: The Magic of Music led by Russell John	Starts 14th Jan. H/T 18th & 25th Feb €1/3
WEDNESDAY		
10.00-12noon	Practical IT Courses	(Booking essential. Please check IT schedule for further details) €3
10.00-12noon	Painting and Drawing with Derek Ogbourne	Start 8th Jan. H/T 19th Feb €2/5
10.00-12.00pm	Creative Threads with Alex Goodwin	Start 8th Jan. H/T 19th Feb €2/5
10.15-12.15pm	Philosophy with Tim Beardmore-Gray	Start 8th Jan. H/T 19th Feb €2/5
12:15 -2.15pm	Men's Space: Lunch and Cookery with Russell	Starts 15th Jan. 1st & 3rd Wed of every Month. Must Book €2/5
12.45-1.45pm	Intermediate Stretch and Tone with Rachel Teasdale	Start 15th Jan. H/T 19th & 26th Feb. Must Book €1/3
1.00-3.00pm	Practical IT Courses	(Booking essential. Please check IT schedule for further details) €3
1.30-3.30pm	Creative Writing with Robert Silver	Start 15th Jan. H/T 19th Feb. Ends 25th Mar. Must Book €3

2.00-3.00pm	Bolder Not Older Dance Classes with Dance West		£1
2.30-4.30pm	Advanced French with Ann Stones	<i>Starts 15th Jan. H/T 19th Feb</i>	£2/5*
3.45-4.45pm	Bone Density Workout 2 with Natalie Nicoll	<i>Starts 15th Jan. H/T 19th Feb. Must Book</i>	£1/3*
4.00-6.00pm	Poetry with Robert Silver	<i>Starts 15th Jan. H/T 19th Feb. Ends 25th Mar. Must Book</i>	£3
4.00-6.00pm	Practical IT Courses	<i>(Must Book. Please check IT schedule for further details)</i>	£3
5.00-7.00pm	Meditation with Paul Langton	<i>Starts 15th Jan. H/T 19th Feb. Ends 25th Mar. Must Book</i>	£3
THURSDAY			
10.00-11.30am	Go Generation Table Tennis with Westway Sports and Fitness	<i>Starts 16th Jan. H/T 20th Feb</i>	£1/3*
10.00am-12noon	History of Art: Art in Focus with Julia Heckles	<i>Starts 9th Jan H/T 20th Feb</i>	£2/5*
10.00am-12noon	Practical IT Courses	<i>(Must Book. Please check IT schedule for further details)</i>	£3
10.30-12.30pm	Mosaic and Ceramics with Barbara Gorton	<i>Starts 9th Jan. H/T 20th Feb</i>	£2/5*
11.45-12.45pm	Staying Strong Yoga with Sophia Panas-O'Brien	<i>Starts 16th Jan. H/T 20th & 27th Feb. Must Book</i>	£1/3*
12.15-1.15pm	Exercise to Music and Health Management I with Liz	<i>Starts 16th Jan. Must Book</i>	£1.50
12.30-2.00pm	Lunch Club with Manju Malhi	<i>13th & 27th Feb, 12th & 26th Mar. Must Book</i>	£4.50
1.00- 2.00pm	Bone Density Workout with Natalie Nicoll	<i>Starts 16th Jan. H/T 20th & 27th Feb. Must Book</i>	£1/3*
1.00-3.00pm	Practical IT Courses	<i>(Must Book. Please check IT schedule for further details)</i>	£3
1.30-2.30pm	Exercise to Music and Health Management II	<i>Starts 16th Jan. Must Book</i>	£1.50
2.30-3.30pm	Stretch and Tone Beginners with Pan	<i>Starts 16th Jan H/T 20th & 27th Feb. Must Book</i>	£1/3*
2.45-4.45pm	Spanish Conversation with Ana Gutierrez Hornero	<i>Starts 16th Jan. H/T 20th Feb</i>	£2/5*
3.00-5.00pm	Italian: Step up with Roberto Antonetti	<i>Starts 16th Jan. H/T 20th Feb. Ends 26th Mar. Must Book</i>	£3
3.45-4.45pm	Boxing Fitness	<i>Starts 16th Jan. H/T 20th & 27th Feb</i>	£1/3*
FRIDAY			
10.00-11.15am	Awareness Through Movement Pilates 2	<i>Starts 17th Jan. H/T 14th Feb. Ends 27th Mar. Must Book</i>	£1/3*
10.30am-12.30pm	Practical IT Courses	<i>(Must Book. Please check IT schedule for further details)</i>	£3
10.00am-12noon	Time For Me IT with Lena Dekair	<i>(Must Book. Please check IT schedule for further details)</i>	£3
11.00am-1.00pm	Time For Me Activities with Liz Butters	<i>Starts 17th Jan</i>	FREE
11.30am-12.45pm	Bus Pass To Broadway: Singing and Dancing	<i>Starts 10th Jan. H/T 14th Feb</i>	£1/3*
1.00-3.00pm	Practical IT Courses	<i>Booking essential. Please check IT schedule for further details) Ends 6th Dec</i>	£3
1.00-2.00pm	Abs, Bums and Thighs with Rachel Teasdale	<i>Starts 17th Jan. H/T 14th & 28th Feb. Must Book</i>	£1/3*
1.15pm-3.15pm	Conversational French with Alaydys Schwander	<i>Starts 10th Jan. H/T 14th Feb</i>	£2
2.00-3.00pm	Healthy Lungs with Hansa Bhodia	<i>Starts 10th Jan. H/T 14th Feb</i>	FREE
2.00-4.00pm	Stroke Recovery Social Group with Rachel	<i>Fortnightly, Starts 10th Jan</i>	£2
SUNDAY			
12.30-2.30pm	MEALS: Meet, Eat and Learn, Sunday lunch	<i>Booking essential</i>	£4.50

SECOND HALF CENTRE WORKSHOPS, CLUBS Call 0208 962 5500 to book!

BOOK CLUB with Jane Goldstaub: Thursday, 9th January, 13th February, 28th March. £2

Join us for our **Easter Party** - Friday 3rd April, 12noon-2pm

Kensington and Chelsea Residents priority in busy classes—From January 2020

Open Age wants to encourage members to attend any of our venues. However, as you might be aware from our programmes, some of our funders have strict guidelines about funds being allocated only to benefit residents in respective boroughs. Therefore for over subscribed groups, Kensington and Chelsea residents can book for their next class on the day of the class in person or by phone. Members from other boroughs will be able to book two working days after the class in person or by calling on:

0208 962 5500



The Second Half Centre was created and founded by The Second Half Foundation (Reg 1141988)

Work Routes 50+ at Open Age (working in partnership with Reed)

Are you 50 or over, unemployed, and live in Hammersmith & Fulham?

Work Routes 50+ at Open Age supports local unemployed jobseekers to:

- Find sustainable employment
- Develop personal skills for work
- Meet regularly with a Job Coach for 1-2-1 personalised support
- Receive financial help with the cost of entering work

Call us on: 07766 752 093 or 020 3713 8735 to arrange an appointment. Part-funded by the European Social Fund

Access to Open Age activities in other boroughs

Hammersmith & Fulham residents are also welcome to attend activities in Open Age's activity centres in Westminster and Kensington & Chelsea. All our activity programmes can be found in the activity centres or online at openage.org.uk.

We want to encourage members to attend any Open Age venue that they wish to go to. However, as you may be aware from our programmes, some of our funders have strict guidelines about funds being allocated ONLY to benefit residents in respective boroughs.

We have not to date monitored this too closely but with some of our classes now being oversubscribed and residents who should be able to take part in classes not being able to, we will now have to start doing so.

As a charity, we are dependent on any funding we receive and we have to be careful that we don't put ourselves at risk.

Therefore, in the instance of over-subscribed classes and where there are funding restrictions in place, we will have to give priority to the residents in that borough.

Members outside of this postcode will be added to a waiting list and of course, if a space is available, we will give them a call.

Please Note:

On 14th February the Open Age Head Office and Centres (Avenues, Second Half Centre, New Horizons and St Margaret's) will be closed for Staff Training

