

Activities for people over 50
FREE MEMBERSHIP
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Charitable Incorporated Organisation No. 1160125



Hammersmith & Fulham Activity Programme September to December 2018

Welcome to our new activity programme

Term begins on Monday 10 September; Half term will be 22 to 26 October. Please check individual class dates as these may differ. This term sees the addition of many Adult Community Learning courses to the programme. You'll need to enrol w/c 3 September to participate. See inside for details.

Hammersmith & Fulham Link Up Service

Link Up is the one-to-one signposting service which Open Age offers to local over 50s who need a little extra help to access activities, groups and services locally. To find out more or to request a home visit for yourself or someone you know, contact Vivienne on tel: 078 24 48 49 84 or by email: vmitchell@openage.org.uk

News & Local Events



SILVER SUNDAY

Days: 8th to 12th October

What it's all about:

Silver Sunday is on 7th October and to celebrate this annual event all Open Age activities in Hammersmith & Fulham from Monday 8th to Friday 12th October will be offered free of charge!

NB: DOES NOT include Adult Community Learning courses

Contact details

Vivienne on 078 24 48 49 84



FRIDA KAHLO: MAKING HERSELF UP

Day: Wednesday 31st October
Time: 3.30pm

What it's all about:

A second chance to see this highly popular exhibition which presents an extraordinary collection of personal artefacts and clothing belonging to the Mexican artist Frida Kahlo.

**Free of charge. Booking essential
9 places available**

Address

Victoria & Albert Museum
Cromwell Road
SW7 2RL

Booking details

Vivienne on 078 24 48 49 84



SOAPBOX: BRINGING THE OUTSIDE IN

Day: Wednesday 14th November
Time: 11.00 – 1.00

What it's all about:

Soapbox at Tate Britain is an opportunity for people near or beyond the age of 60 to meet, to air opinions and share discussions on life and art.

**Free of charge. Booking essential
5 places available**




Address





Tate Britain
Millbank
SW1P 4RG

Booking details

Vivienne on 078 24 48 49 84

Monday





ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Italian for Beginners with Monera Takla MUST BOOK & ENROL 10 week course	10.00 - 12.00  <i>Starts 17th Sept Ends 26th Nov</i> Half term break 22nd October	The Reed  28 Convent Gardens W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	This course is aimed at complete beginners. Develop your speaking and listening skills to enable you to take part in simple conversations. You will learn the alphabet, numbers, the calendar, how to greet and introduce yourself Enrol at the Second Half Centre from 3rd September. Any queries, call Maude on 020 8962 5594
Beginners Computers with Lena Dekair MUST BOOK & ENROL 10 week course	10.00 - 12.00  <i>Starts 17th Sept Ends 26th Nov</i> Half term break 22nd October	Second Half Centre St. Charles Centre Exmoor Street W10 6DZ.	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	Don't be scared of computers! Come and take the first steps using Windows 10 PCs in this interactive course. Learn how to use the mouse, power on and off, access the internet, browse the web, create and use emails in this fun and friendly course. Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594
Steady & Stable MUST BOOK	Two morning sessions: 10.00 - 11.00 <i>High level</i> 11.00 - 12.15 <i>Low level</i> <i>Starts 3rd Sept Ends 10th Dec</i> No half term break	Age UK (H&F) 105 Greyhound Rd W6 8NJ	190, 211, 220, 295 Tube: Barons Court (15min 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 Low Level MUST BOOK	12.45 - 1.45 <i>Starts 3rd Sept Ends 10th Dec</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
Relaxation & Mindfulness	11.00 - 12.30 <i>Starts 17th Sept Ends 10th Dec</i> NO CLASS ON 8TH OCT & half term break 15th & 22nd Oct (3 week break)	Communal Hall Wentworth Court Sheltered Housing Laundry Road W6 8QW	74, 190, 295, 430 Tube: Barons Court (10 minute walk)	£1.50	This course of simple relaxation techniques will aid in slowing heart rate, improving sleep quality, digestion, mood and concentration as well as reducing stress and much more... Partnership with Community Champions



<p>Current Affairs with Robert S Silver</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	<p>1.00 - 3.00</p>  <p>Starts 17th Sept Ends 26th Nov</p> <p>Half term break 22nd Oct</p>	<p>The Reed  28 Convent Gardens W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>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</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>iPads for Beginners with Ivor David</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	<p>1.00 - 3.00</p>  <p>Starts 17th Sept Ends 26th Nov</p> <p>Half term break 22nd Oct</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>Begin your journey with using iPads, learn the location and uses of buttons; how to turn on/off, using finger gestures; how to open apps, learn to use Email, take and edit photos, navigate the internet and web pages, download Skype and make video calls, plus much, more in this fun and informative course</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Relaxation & Mindfulness</p>	<p>2.00 - 3.30</p> <p>Starts 17th Sept Ends 10th Dec</p> <p>NO CLASS ON 8TH OCT & half term break 15th & 22nd Oct (3 week break)</p>	<p>Charecroft Hall Rockley Road W12 8PQ</p>	<p>28, 83, 220, 237, 295</p> <p>Tube: Shepherds Bush</p>	<p>£1.50</p>	<p>This course of simple relaxation techniques will aid in slowing heart rate, improving sleep quality, digestion, mood and concentration as well as reducing stress and much more...</p> <p>Partnership with Community Champions</p>
<p>Instagram with Ivor David</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	<p>4.00 - 6.00</p>  <p>Starts 17th Sept Ends 26th Nov</p> <p>Half term break 22nd Oct</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>Instagram is getting bigger and bigger and this course will show you how to log-in and use Instagram. Includes uploading photos/videos to share with everyone in your world easily, quickly and with fun. You will find out how to follow your family, friends, celebrities, etc</p> <p>Enrol at the Second Half Centre from 3rd September Any queries call Maude on 020 8962 5594</p>

Enrol for Adult Community Learning (ACL) courses from 3rd September at the Second Half Centre, St Charles Centre for Health & Well-being, Exmoor Street, London W10 6DZ.



ACL courses are funded by Royal Borough of Kensington & Chelsea. The courses are also open to residents of Hammersmith & Fulham.






Tuesdays


ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<p>Pilates</p> <p>Please note new time and location</p>	<p>10.00 – 11.00</p> <p><i>Starts 18th Sept Ends 11th Dec</i></p> <p>Half term break 23rd and 30th Oct</p>	<p>Church Hall Our Lady of Fatima Commonwealth Avenue W12 7QR</p>	<p>72, 95, 220, 228, 283</p> <p>Tube: White City</p>	<p>£1</p>	<p>Start your day well with Pilates which focusses on stability, balance, flexibility, posture and well-being</p> <p>Mat-based class. Open to all</p> <p>Partnership with the Church of Our Lady of Fatima and LBHF</p>
<p>French for Beginners with Monera Takla</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	 <p>10.00 - 12.00</p> <p><i>Starts 18th Sept Ends 27th Nov</i></p> <p>Half term break 23rd Oct</p>	<p>The Reed  28 Convent Gardens W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free on benefit</p>	<p>This course is for complete beginners or for those who want to refresh what they learnt at school. You will learn to communicate in everyday situations. Topics covered will be personal identity, family, where you live, food, shopping, asking for directions, telling the time, leisure activities ...</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Beginners Computers – Step 2 with Ivor David</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	 <p>10.00 - 12.00</p> <p><i>Starts 18th Sept Ends 27th Nov</i></p> <p>Half term break 23rd Oct</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 is the follow on from Beginners Computers to increase your confidence with using a PC</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Smartphones are Easy with Lena Dekair</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	 <p>10.00 - 12.00</p> <p><i>Starts 18th Sept Ends 27th Nov</i></p> <p>Half term break 23rd Oct</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 the very basics, how to turn on/off, access apps, use the camera, connect online and much more. A Doro smartphone will be supplied for you to learn on during the course if you do not have your own smart phone</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>



<p>Creative Writing with Robert S Silver</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	<p>10.00 - 12.00</p>  <p>Dates and venue to be confirmed</p> <p><i>Half term break 23rd Oct</i></p>	<p>TBC</p>	<p>TBC</p>	<p>£3/Free if on benefits</p>	<p>Write about travel, nature, autobiographies, memoirs, essays, rants, almost anything else you can think of. Air your opinions, share fascinating facts and learn how to improve the quality of your writing with new techniques</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Steady & Stable Mixed Abilities</p> <p>MUST BOOK</p>	<p>10.30 - 11.30</p> <p><i>Starts 4th Sept Ends 11th Dec</i></p> <p>No half term break</p>	<p>All Saints Church Pryors Bank Pavilion Bishops Park SW6 3LA</p>	<p>14, 22, 220</p> <p>Tube: Putney Bridge</p>	<p>FREE</p>	<p>Fun, evidence-based programme shown to improve balance and strength to help reduce falls</p> <p>Book with Tina on 020 8962 5582</p>
<p>Steady & Stable Mixed Abilities</p> <p>MUST BOOK</p>	<p>Two morning sessions:</p> <p>11.00 - 12.00 <i>High level</i></p> <p>12.00 - 1.00 <i>Low level</i></p> <p><i>Starts 4th Sept Ends 11th Dec</i></p> <p>No half term break</p>	<p>White City Community Centre India Way W12 7QT</p>	<p>72, 95, 220, 228, 283</p> <p>Tube: White City</p>	<p>FREE</p>	<p>Fun evidence-based programme shown to improve balance and strength to help reduce falls</p> <p>Book with Tina on 020 8962 5582</p>
<p>Kundalini (seated) Yoga</p>	<p>1.45 - 2.45</p> <p><i>Starts 18th Sept Ends 11th Dec</i></p> <p><i>Half term break 23rd and 30th Oct</i></p>	<p>Residents' Hall Sycamore House Sycamore Gardens W6 0AS</p> <p>To enter the building, ring the Office bell at the new building</p>	<p>94, 237, 272</p> <p>Tube: Goldhawk Road</p>	<p>£1</p>	<p>A chair-based class that makes yoga accessible to all</p> <p>Develops your balance & strength and inspires wellbeing</p> <p>Partnership with Hammersmith United Charities</p>
<p>Health and Wellbeing With Paul Langton</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	<p>2.00 - 4.00</p>  <p><i>Starts 18th Sept Ends 27th Nov</i></p> <p><i>Half term break 23rd Oct</i></p>	<p>The Curve Community Centre 10 Bard Road W10 6TP</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/free if on benefits</p>	<p>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</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>

Wednesdays



ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Step up Circuits NEW! MUST BOOK Dates, times and venue TBC	10.00 – 11.00 <i>Starts 12th Sept</i> <i>Ends 12th Dec</i> <i>Half term break</i> <i>24th and 31st Oct</i>	Matthews Community Hall Margravine Road W6 8HJ	190, 211, 220, 295 Tube: Barons Court (15min walk)	£1	A fun 'circuits' exercise class to improve strength, flexibility, balance and heart & lung muscles Book with Vivienne on 078 24 48 49 84 Partnership with Chelsea Football Club Foundation
Speak with Confidence with Ghada Gaylani MUST BOOK & ENROL 10 week course	10.00 - 12.00  <i>Starts 19th Sept</i> <i>Ends 28th Nov</i> <i>Half term break</i> <i>24th October</i>	The Reed  28 Convent Gardens W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	A course for learners who want to improve their spoken English, using various texts, videos, and scenarios in a fun and friendly environment Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594
National Theatre Project MUST BOOK!!	10.30 - 12.30 <i>Starts 26th Sept</i> *Pre-session refreshments at 10.00am	Open Age QPHR Hub, New Avenues 3-7 Third Avenue London, W10 4RS	18,28, 228	FREE	Come and explore the joy of expressing stories through dance and movement in this 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! Limited spaces available so call 07717201791 to book
Step into Confidence NEW! MUST BOOK	12.00 - 1.00 <i>Starts 5th Sept</i> <i>Ends 12th Dec</i> NO CLASS ON 17th OCT No half term break	TBC	TBC	FREE	Fun, evidence-based programme combining chair-based and balance exercises to improve confidence in daily activities Book with Vivienne on 078 24 48 49 84
Step up Circuits NEW! MUST BOOK Dates, times and venue TBC	12.00 - 1.00 <i>Starts 12th Sept</i> <i>Ends 12th Dec</i> <i>Half term break</i> <i>24th and 31st Oct</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	A fun 'circuits' exercise class to improve strength, flexibility, balance and heart & lung muscles Book with Vivienne on 078 24 48 49 84 Partnership with Chelsea Football Club Foundation


Regent Street Classic Matinees EVERY WEEK	12.00 - 2.00 or 3.30 - 5.00	Regent Street Cinema 309 Regent St W1B 2UW	88, 453 C2	£1.75	Weekly matinee film screening at the newly renovated Regent Street Cinema.(north of Oxford Circus) For details of films call 020 3713 8737
Dance Fever! with Armand Botha MUST BOOK & ENROL 12 weeks	12.30 - 1.30  <i>Starts 19th Sep Ends 12th Dec</i> <i>Half term break 24th Oct</i>	The Reed  28 Convent Gardens W11 1NH	7, 23, 52, 70, 228, 295, 452	£1.50/ Free if on benefits	This course will teach you four different dance steps – Rumba, Cha Cha Cha, Waltz and Foxtrot. You will learn the foundation of the dances with different steps and routines. It will be a fun hour with warm-ups, dancing and stretches Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594
Men's Space: Computers and iPad course with Ivor David MUST BOOK & ENROL 5 week course	1.00 - 3.00  <i>Starts 12th Sept Ends 17th Oct</i> NO CLASS ON 10th OCT	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 and supportive group Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594
Men's Space: Computers and iPad course with Ivor David MUST BOOK & ENROL 6 week course	1.00 -3.00  <i>Starts 31st Oct Ends 5th Dec</i>	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 and supportive group Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594
Meditation, Mindfulness and Stress Management with Paul Langton MUST BOOK & ENROL 10 week course	1.30 - 3.30  <i>Starts 19th Sept Ends 28th Nov</i> <i>Half term break 24th Oct</i>	Thomas Darby Court 133 Lancaster Rd W11 1TT	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	A course to learn about various complementary and alternative health therapies and techniques Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594

<p>Creative Writing with Robert.S Silver</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	<p>1.30 - 3.30</p>  <p><i>Starts 19th Sept Ends 5th Dec</i></p> <p>NO CLASS ON 10th OCT</p> <p><i>Half term break 24th Oct</i></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>Write about travel, nature, autobiographies, memoirs, essays, rants, almost anything else you can think of. Air your opinions, share fascinating facts and learn how to improve the quality of your writing with new techniques</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Awareness through Movement (Feldenkrais Method)</p>	<p>2.00 - 3.00</p> <p><i>Starts 19th Sept Ends 5th Dec</i></p> <p>Half term break 24th and 31st Oct</p>	<p>Edward Woods Community Centre 60-70 Norland Road W11 4TX</p>	<p>C1, 31, 49, 72, 94, 95, 148, 220, 228, 237, 260, 272, 295, 316, 607</p> <p>Tube: Latimer Rd</p>	<p>£1</p>	<p>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</p> <p>Will improve your ability to get up from the floor</p>
<p>Regent Street Ballroom Dancing</p>	<p>2.00 - 3.00</p> <p>EVERY WEEK</p>	<p>The Bar Regent Street Cinema 309 Regent St W1B 2UW</p>	<p>88, 453 C2</p>	<p>FREE</p>	<p>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</p>
<p>Over 50's Monthly Film Matinée</p> <p>Last Wednesday of the month</p>	<p>2.30 - 4.30</p>	<p>Action on Disability (next to Normand Croft Community School) Lillie Road SW6 7SR</p> <p>NB. Please use Action on Disability's entrance on Lillie Road - not the school's entrance</p>	<p>74, 190, 430</p> <p>Action on Disability is next to the Mulgrave Road bus stop</p>	<p>£2 for refreshments</p>	<p>A chance to see old and new cinematic greats on our big screen. Refreshments provided</p> <p>26th September: Philomena</p> <p>31st October: An American Werewolf in London</p> <p>28th November: Victoria & Abdul</p> <p>19th December: White Christmas</p> <p>Partnership with Action on Disability</p>







<p>DIGITAL LIFE with Ivor David</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	 <p>4.00 - 6.00</p> <p><i>Starts 19th Sept Ends 5th Dec</i></p> <p>NO CLASS ON 10th OCT</p> <p><i>Half term break 24th Oct</i></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 how to use technology to help you live life easier, better, faster and safer. From online shopping, booking tickets, researching reviews and comparison sites and much, much more in this fun interactive course.</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Poetry with Robert.S.Silver</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	 <p>4.00 - 6.00</p> <p><i>Starts 19th Sept Ends 5th Dec</i></p> <p>NO CLASS ON 10th OCT</p> <p><i>Half term break 24th Oct</i></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 examines the canon 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</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>

Thursdays

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<p>Speaking with Confidence With Anna Czubak</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	 <p>10.00 - 12.00</p> <p><i>Starts 20th Sept Ends 29th Nov</i></p> <p><i>Half term break 25th Oct</i></p>	<p>The Curve Community Centre 10 Bard Road W10 6TP</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£2</p>	<p>This course is for speakers of English as a second language who want to improve their English speaking skills, grammar and build up confidence</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Creative Design using MS Word with Lena Dekair</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	 <p>10.00 - 12.00</p> <p><i>Starts 20th Sept Ends 6th Dec</i></p> <p>NO CLASS ON 11th OCT</p> <p><i>Half term break 25th Oct</i></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 will show you the many features of MS word where you will create publications – for example, cards, posters and fliers. You will refresh your knowledge of Microsoft Word and then progress to more advanced features and techniques. You must be familiar with using Microsoft Word</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>

<p>Health Walks</p> <p>NEW!</p>	<p>11.00 - 12.00</p> <p><i>Starts 13th Sept</i> <i>Ends 13th Dec</i></p> <p>No half term break</p>	<p>Meet at St Pauls Church Green Queen Caroline St W6 9PJ</p>	<p>33, 72, 209, 220, 283, 295, 419, 485 etc</p> <p>Tube: Hammersmith</p>	<p>FREE</p> <p>NB: Refreshments after the walks will need to be paid for</p>	<p>Anthony will lead you on a healthy walk with routes including along the River Thames to a local park. After the walk there'll be a chance to catch up with new friends over a cup of something hot in a local cafe! Bring water</p> <p>Partnership with LBHF</p>
<p>Tunes & Tea</p>	<p>11.00 - 12.30</p> <p>TIME TBC</p> <p><i>Starts: 27th Sept</i> <i>Ends: 6th Dec</i></p> <p>Half term break 25th Oct & 1st Nov</p> <p>DATES MAY BE SUBJECT TO CHANGE</p>	<p>Large Multipurpose Room Masbro Centre 87 Masbro Road W14 0LR</p>	<p>9,10, 27, 28, 220, 237, 83, 295,</p> <p>Tube: Shepherds Bush</p>	<p>£1.50</p>	<p>Come and join us for music, singing and laughter, led by Robert. There'll be a variety of songs, old and new. Enjoy the fun of group singing - don't be shy!</p> <p>Partnership with the Masbro Centre (Urban Partnership Group)</p>
<p>Internet and Email with Lena Dekair</p> <p>MUST BOOK</p> <p>10 week course</p>	<p>1.00 -3.00</p>  <p><i>Starts 20th Sept</i> <i>Ends 6th Dec</i></p> <p>NO CLASS ON 11th OCT</p> <p>Half term break 25th Oct</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 will enable you to explore and get the most out of the internet and email</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>White City Flicks</p> <p>Second Thursday of the month</p>	<p>1.00 - 3.00</p>	<p>The Church of St Michael & St George 1 Commonwealth Avenue W12 7QR</p>	<p>72, 95, 220, 228, 283</p> <p>Tube: White City</p>	<p>£2 For refreshments</p>	<p>Come along and enjoy some great family films at our fun film club! Snacks provided</p> <p>13th September: Selma</p> <p>11th October: Brooklyn</p> <p>8th November: Rabbit Proof Fence</p> <p>13th December: Nativity</p>

Fridays

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<p>Build Your Own Website - Starter course with Lena Dekair</p> <p>MUST BOOK & ENROL</p> <p>5 week course</p>	<p>10.00 - 12.00</p>  <p>Starts 14th Sept Ends 19th Oct</p> <p>NO CLASS ON 12th OCT</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 how to set up and design your own free website online. Learn how to add pages, insert pictures, photos and writings. Requires a valid email address</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Spanish for Beginners with Anna Czubak</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	<p>12.30 - 2.30</p>  <p>Starts 21st Sept Ends 30th Nov</p> <p>Half term break 26th Oct</p>	<p>The Reed  28 Convent Gardens London W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>This is a Spanish course for those who are new to Spanish or just beginning to learn Spanish</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Digital Photography and Editing with Lena Dekair</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	<p>1.00 - 3.00</p>  <p>Starts 21st Sept Ends 7th Dec</p> <p>NO CLASS ON 12th OCT</p> <p>Half term break 26th Oct</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>A digital photography course learning how to take photos using either your iPad, smartphone or digital camera. Take pictures and learn how to download and upload them onto a computer, edit, crop, change colours and more</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>
<p>Spanish 2 with Anna Czubak</p> <p>MUST BOOK & ENROL</p> <p>10 week course</p>	<p>3.00 - 5.00</p>  <p>Starts 21st Sept Ends 30th Nov</p> <p>Half term break 26th Oct</p>	<p>The Reed  28 Convent Gardens 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</p> <p>Enrol at the Second Half Centre from 3rd September. Any queries call Maude on 020 8962 5594</p>

Time for Me:

If you are an unpaid carer aged over 50, the Time for Me activity programme is a chance for you to relax, meet other carers and have some fun.

For more information and to sign up, call the Open Age main Reception on 020 8962 4141 or contact Eitan Kooperman by email: ekooperman@openage.org.uk

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

Work Routes is part-funded by the European Social Fund

Other activities...

As members of Open Age you can also join in our programme of trips and visits as well as the amazing programme of activities which we run at the Second Half Centre, St Charles Centre for Health & Wellbeing, Exmoor Street, London W10 6DZ.

We also have the Men's Space programme; for more details, call Russell on 020 8962 5583.

And, finally, a reminder: If you would like some support to help you – or someone you know – to get involved in our activities, just call Vivienne on 020 8962 4141 or 078 24 48 49 84 to arrange a home visit.

