

# Hammersmith & Fulham Activity Programme

## September 2<sup>nd</sup> to December 13<sup>th</sup> 2019

### Welcome to our new activity programme

We are delighted to present our autumn programme, filled with exciting activities, including our Stand Up for the Over 50s Comedy Stand Up project. Always wanted to write or perform Comedy? Then join in! Or come along to see the results at our evening of comedy on 16<sup>th</sup> October! See inside for details!

### Term dates in Hammersmith & Fulham

The new term begins on **Monday 2<sup>nd</sup> September** and ends on **Friday 13<sup>th</sup> December 2019**. There will be a **Half Term break from 21<sup>st</sup> to 25<sup>th</sup> October**.

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](mailto:vmitchell@openage.org.uk)

## News & Local Events



### Westminster Cathedral

**Day** Wednesday 3<sup>rd</sup>  
October

**Time:** 2.00pm

#### What it's all about:

Open Age member and official Westminster Cathedral guide Kathy Kelliher will lead a 1-hour guided tour of this beautiful place of worship and mother church of the Catholic faith.

**Suggested donation £2. Booking essential. 20 places available.**

#### Address

Cathedral Clergy House,  
42 Francis Street  
London SW1P 1QW

**Booking opens 5<sup>th</sup> September**

Main Office on 020 8962 4141



### A Funny Thing Happened...

**Day:** Wednesday 16<sup>th</sup>  
October

**Time:** 6.00 – 9.00pm

#### What it's all about:

Join us for a laughter-filled evening as Open Age members perform 5-minute Stand-Up comedy routines!! Original material developed in our Stand Up for the Over 50s writing sessions. See inside for details.

**Tickets £5 includes light refreshments. In support of Open Age**

#### Address

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

**Booking opens 5<sup>th</sup> September**

Main Office on 020 8962 4141



### Piano Recital: Sterndale Bennett Prize

**Day:** Wed 27<sup>th</sup> November

**Time:** 10.00am

#### What it's all about:

A first on the H&F programme as we visit the Royal Academy of Music where competitors for the Sterndale Bennett prize present recitals of their choice of piano music composed between 1830 and 1860.

**Suggested donation of £2. Booking essential. 15 places**

#### Address

Angela Burgess Recital Hall  
Royal Academy of Music  
Marylebone Road  
London NW1 5HT

**Booking opens 5<sup>th</sup> September**

Main Office on 020 8962 4141

## MONDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Steady &amp; Stable</b>  <b>MUST BOOK</b>	<b>Two morning sessions:</b> 10.00 - 11.00 <i>High level</i> 11.00 - 12.15 <i>Low level</i>  <i>Starts 2<sup>nd</sup> September</i> <i>Ends 9<sup>th</sup> December</i>  <b>No half term break</b>	Age UK (H&F) 105 Greyhound Rd W6 8NJ	190, 211, 220, 295  <b>Tube:</b> Barons Court (15min walk)	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls  <b>Book with Tina on 020 8962 5582</b>
<b>Steady &amp; Stable</b> Mixed Abilities  <b>MUST BOOK</b>	12.45 - 1.45  <i>Starts 2<sup>nd</sup> September</i> <i>Ends 9<sup>th</sup> December</i>  <b>No half term break</b>	Bishop Creighton House 374-380 Lillie Rd SW6 7PH	190, 211, 295  <b>Tube:</b> Barons Court (20 min walk)	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls  <b>Book with Tina on 020 8962 5582</b>
<b>Social Cycling</b>	1.00 – 2.00  2 <sup>nd</sup> September & 16 <sup>th</sup> September	Linford Christie Stadium Du Cane Road W12 0DF	7, 27, 70, 72, 134, 139 237, 272, RV1  <b>Tube:</b> <b>East Acton</b>	£1	Come and join one of our Social Cycling sessions where our ride leader will guide you around the local area using quiet streets and cycle paths. Suitable for cyclists of mixed abilities who are looking to either go on group rides and/or develop their cycling skills. Bike and helmets provided  <b>Must book: Please call Tina on 020 8962 5582</b>
<b>Step into Confidence</b>  <b>MUST BOOK</b>	2.00 - 3.00  <i>Starts 9<sup>th</sup> September</i> <i>Ends 9<sup>th</sup> December</i>  <b>No class on 21<sup>st</sup> October</b>	Richford Gate Medical Centre Richford Street W12 0NX	94, 237, 272  <b>Tube:</b> Goldhawk Road	FREE*  Suggested Donation £1*	Fun, evidence-based programme combining chair-based and balance exercises to improve confidence in daily activities  <b>Book with Vivienne on 078 24 48 49 84</b>

## TUESDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Pilates</b>	10.00 - 11.00  <i>Starts 3<sup>rd</sup> Sept</i> <i>Ends 10<sup>th</sup> Dec</i>  <b>Half term break 22<sup>nd</sup> October</b>	Parish Hall Our Lady of Fatima Commonwealth Avenue W12 7QR	72, 95, 220, 228, 283  <b>Tube:</b> White City	£1	Start your day well with Pilates to help focus on stability, balance, flexibility, posture and well-being. Open to all. <b>Mat-based class</b>  <b>In partnership with the Church of Our Lady of Fatima</b>

<b>Steady &amp; Stable</b> Mixed Abilities  <b>MUST BOOK</b>	10.30 - 11.30  <i>Starts 3<sup>rd</sup> September</i> <i>Ends 10<sup>th</sup> December</i>  No half term break	All Saints Church Pryors Bank Pavilion Bishops Park SW6 3LA	14, 22, 220  <b>Tube:</b> Putney Bridge	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls  <b>Book with Tina on 020 8962 5582</b>
<b>Steady &amp; Stable</b> Mixed Abilities  <b>MUST BOOK</b>	11.00 - 12.00 <i>High level</i>  12.00 - 1.00 <i>Low level</i>  <i>Starts 3<sup>rd</sup> September</i> <i>Ends 10<sup>th</sup> December</i>  No half term break	White City Community Centre India Way W12 7QT	72, 95, 220, 228, 283  <b>Tube:</b> White City	FREE	Fun evidence-based programme shown to improve balance and strength to help reduce falls  <b>Book with Tina on 020 8962 5582</b>
<b>Kundalini (seated) Yoga</b>	1.45 - 2.45  <i>Starts 10<sup>th</sup> Sept</i> <i>Ends 26<sup>th</sup> Nov</i>  <i>Half term break 22<sup>nd</sup> Oct</i>	Residents' Hall Sycamore House Sycamore Gardens W6 0AS  To enter the building, ring the Office bell at the new building	94, 237, 272  <b>Tube:</b> Goldhawk Rd	£1	A chair-based class that makes yoga accessible to all  Develops your balance & strength and inspires wellbeing  <i>In partnership with Hammersmith United Charities</i>

## WEDNESDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Step up Circuits</b>	12.00 - 1.00  <i>Starts 4<sup>th</sup> Sept</i> <i>Ends 20<sup>th</sup> Nov</i>  <i>Half term break 23<sup>rd</sup> 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  <b>Tube:</b> Latimer Rd	£1	A fun 'circuits' exercise class to improve strength, flexibility, balance and heart & lung muscles  <b>Book with Vivienne on 078 24 48 49 84</b>  <i>In partnership with Chelsea Football Club Foundation</i>
<b>Regent Street Classic Matinees EVERY WEEK</b>	12.00 - 2.00 or 3.30 - 5.00	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)  <b>For details of films call 020 7911 5050</b> (Regent St cinema)

<b>Regent Street Ballroom Dancing</b>	2.00 - 3.00  <b>EVERY WEEK</b>	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
<b>Awareness through Movement (Feldenkrais Method)</b>	1.15 - 2.15  <i>Starts 4<sup>th</sup> Sept Ends 10<sup>th</sup> Dec</i>  <i>Half term break 23<sup>rd</sup> 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  <b>Tube:</b> 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  <b>Will improve your ability to get up from the floor</b>
<b>Stand Up for the Over 50s</b>  <b>NEW!</b>  <i>Please commit to attending all sessions</i>	5.00 - 7.00  25 <sup>th</sup> Sept 2 <sup>nd</sup> Oct 9 <sup>th</sup> Oct 14 <sup>th</sup> Oct 16 <sup>th</sup> Oct (for the comedy performance)	The Invention Rooms Café Door C 68 Wood Lane W12 7RH	7, 70, 72, 95, 220, 228, 272, C1  <b>Tube:</b> Wood Lane or White City	FREE*  Suggested Donation £2*	Join Comedian Simon Watts and Open Age member, Sandra Anlin to learn to write a comedy script. And, if you're willing to test yourself, you can perform your routine to a live audience at an evening fundraising performance in support of Open Age on 16 <sup>th</sup> October!  <b>MUST BOOK:</b> Call Vivienne on 07824 48 49 84  <i>In partnership with Imperial College London</i>
<b>'A Funny thing Happened...'</b>  <b>An evening of comedy in support of Open Age</b>	6.00 - 9.00  16 <sup>th</sup> October	The Invention Rooms Café Door C 68 Wood Lane W12 7RH	7, 70, 72, 95, 220, 228, 272, C1  <b>Tube:</b> Wood Lane or White City	Tickets £5  Includes light refreshments	Join us for a laughter-filled evening as Open Age members who attended the Stand Up for the Over 50s comedy writing sessions perform their 5-minute Stand-Up comedy routines  <i>In partnership with Imperial College London</i>





## THURSDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Tunes &amp; Tea</b>	11.00 - 12.30  <i>Starts 12<sup>th</sup> Sept Ends 5<sup>th</sup> Dec</i>  <b>Half term break 24<sup>th</sup> October</b>	Large Multipurpose Room Masbro Centre 87 Masbro Road W14 0LR	9,10, 27, 28, 220, 237, 83, 295,  <b>Tube:</b> Shepherds Bush	£1.50	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!  <b><i>n partnership with the Masbro Centre (Urban Partnership Group)</i></b>
<b>Cycle Smarter</b>  <b>Four week courses</b>	10.00 – 12.00 OR 1.00 – 3.00  <b>Dates:</b> <b>12<sup>th</sup> Sept - 3<sup>rd</sup> Oct</b>	Linford Christie Stadium Du Cane Road W12 0DF	7, 27, 70, 72, 134, 139 237, 272, RV1  <b>Tube:</b> <b>East Acton</b>	FREE	Learn to ride a bike or brush up on your cycling skills with our four week courses led by a qualified instructor who will help you achieve your cycling goals  <b>All equipment provided</b>  <b><i>Six people only per course Must book. Call Tina on 020 8962 4537</i></b>  <b><i>In partnership with bikeworks</i></b>
<b>What the Tech!?</b>	2.00 – 3.00  <i>Starts 5<sup>th</sup> Sept Ends 12<sup>th</sup> Dec</i>  <b>No Half term break</b>	The Invention Rooms Café Door C 68 Wood Lane W12 7RH	7, 70, 72, 95, 220, 228, 272, C1  <b>Tube:</b> 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.  <b><i>In partnership with Imperial College London</i></b>
<b>Arts &amp; Crafts for All</b>  <b>All dates are TBC Please call Vivienne on 078 24 48 49 84 to confirm</b>	1.30 – 3.30  <i>Starts 12<sup>th</sup> Sept Ends 5<sup>th</sup> Dec</i>  <b>Half term break 24<sup>th</sup> Oct</b>	The Invention Rooms Café Door C 68 Wood Lane W12 7RH	7, 70, 72, 95, 220, 228, 272, C1  <b>Tube:</b> 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 and the Hammersmith & Fulham Council's Waste & Recycling team (fortnightly).  <b><i>In partnership with Imperial College and London Borough of Hammersmith &amp; Fulham</i></b>



<b>Zumba</b>  <b>New!</b>	12.00 – 1.00  <i>Starts 19<sup>th</sup> Sept</i> <i>Ends 5<sup>th</sup> Dec</i>  <b>Half term break</b> <b>24<sup>th</sup> Oct</b>	Parish Hall Our Lady of Fatima Commonwealth Avenue W12 7QR	72, 95, 220, 228, 283  <b>Tube:</b> White City	£1	Inspired by Latin Dance and music Zumba is a great workout for the whole body.  No need to book, just turn up and join in!
---------------------------------	--	--	--	----	--

## FRIDAYS at the Second Half Club

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
 <b>Digital Eagles</b>	10.00 - 11.00  <i>Starts 6<sup>th</sup> Sept</i> <i>Ends 13<sup>th</sup> Dec</i>  <b>Half term break</b> <b>25<sup>th</sup> Oct</b>	St Andrews Church 5 Greyhound Road W14 9SA	190, 211, 220, 295  <b>Tube:</b> Barons Court (15min walk)	FREE	Free Digital Clinic to help you build your computer confidence.  <b>In partnership with Barclays Digital Eagles</b>
 <b>Zumba</b>	11.00 - 12.00  <i>Starts 6<sup>th</sup> Sept</i> <i>Ends 13<sup>th</sup> Dec</i>  <b>Half term break</b> <b>25<sup>th</sup> Oct</b>	St Andrews Church 5 Greyhound Road W14 9SA	190, 211, 220, 295  <b>Tube:</b> Barons Court (15min walk)	£1	Inspired by Latin Dance and music Zumba is a great workout for the whole body.  No need to book, just turn up!
 <b>Singing for All</b>	12.30 - 1.30  <i>Starts 6<sup>th</sup> Sept</i> <i>Ends 13<sup>th</sup> Dec</i> <b>Half term break</b> <b>25<sup>th</sup> Oct</b>			£1	Join tutor Calin for a fun singing class in the church's main space, accompanied by music
<b>Lunch at the Second Half Club</b>				FREE	Join us for a hot lunch generously donated by City Harvest
 <b>Film Club</b>	1.45 - 3.45  <i>Starts 6<sup>th</sup> Sept</i> <i>Ends 13<sup>th</sup> Dec</i>  <b>Half term break</b> <b>25<sup>th</sup> Oct</b>			FREE	Catch up on some great films, courtesy of Warner Brothers  <b>With thanks to The Second Half Foundation</b>

## OTHER FRIDAY ACTIVITIES IN HAMMERSMITH & FULHAM

<b>Shared Reading Group</b>  <b>NEW!</b>	10.30 – 12.00  <i>Starts 4<sup>th</sup> Oct</i> <i>Ends 13<sup>th</sup> Dec</i>  <b>Half term break</b> <b>25<sup>th</sup> Oct</b>	The Invention Rooms Café Door C 68 Wood Lane W12 7RH	7, 70, 72, 95, 220, 228, 272, C1  <b>Tube:</b> 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> <b>In partnership with The Reader and Imperial College</b>
--	--	--	--	--	--

<p><b>Mindfulness &amp; Relaxation</b></p> <p><b>NEW!</b></p>	<p>1.00 – 2.00</p> <p>Starts 13<sup>th</sup> Sept Ends 13<sup>th</sup> Dec</p> <p>No class on 4<sup>th</sup> Oct and 22<sup>nd</sup> Nov</p> <p><b>Half term break is TBC by the tuto</b></p>	<p>Communal Hall Wentworth Court Sheltered Housing Laundry Road W6 8QW</p>	<p>74, 190, 295 430</p> <p>Tube: Barons Court (10 minute walk)</p>	<p>£1</p>	<p>Come and try out some mindfulness practice. Mindfulness can help relieve pain, reduce stress and restore well-being. Discover ways to bring more ease and balance to your everyday experience</p>
---	---	--	--	-----------	--

## Trips

Please note all trips being organised by the Hammersmith and Fulham Team are included in Open Age's main trips programme so please refer to that for information on exciting trips between September and December 2019!!



## SILVER SUNDAY 2019

This year, Silver Sunday will be Sunday 6<sup>th</sup> October, with a week of free activities running from Sunday 6<sup>th</sup> – Saturday 12<sup>th</sup> October 2019 in a variety of venues.

### Wednesday 9<sup>th</sup> October 2019

**2.30-4.30pm: Explore and Discover – Silver Wednesday.** Science Museum, Exhibition Road, London, SW7 2DD

The Science Museum is excited to be teaming up with Open Age to celebrate this year's Silver Sunday. Ignite your curiosity as we explore our new exhibitions and galleries. Discover more about the relationship between science and art and how London was a centre for innovation. Get hands on with some creative, factual and physical activities, all accompanied by some delicious refreshments. Please book via Open Age on 0208 962 5500. **Bookings open from 2<sup>nd</sup> September.**

### Thursday 24<sup>th</sup> October

**10am-12pm (Breakfast discussion from 10.30am)** The Second Half Career Art Exhibition and Sale 2019: A Celebration of Older Masters at The Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ.

This event is organised by The Second Half Foundation to support the work of The Second Half Centre. This year we will have a breakfast discussion hosted by Dr Nadia Rosenthal – 'When Science Meets Art'. This event is open to everyone- our members, the public and all friends.

For further enquiries relating to Silver Sunday for the Kensington Programme,  
please call The Second Half Centre on 0208 962 5500

**SCIENCE  
MUSEUM**



**Silver Sunday** is a special day in the national calendar when everyone can come together to celebrate older people: a day in the nation's hearts where older people feel valued and are given new opportunities to get out of the house, keep their minds and bodies active, learn new skills, make new friends and connect with the communities.

To mark this special event, all Open Age activities taking place in Hammersmith & Fulham between Monday 7 and Friday 11<sup>th</sup> October will be free of charge



## OPEN AGE - ADULT COMMUNITY LEARNING – September to December 2019

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

**For courses at New Horizons, please call: 020 7590 8970**

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

**ADULT COMMUNITY LEARNING CLASSES:** These classes have this symbol next to them in our programmes.

They 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](mailto:asharkey@openage.org.uk)

Maude 020 8962 5594 [machinery@openage.org.uk](mailto:machinery@openage.org.uk)

Simon 020 7590 8974 [sshum@openage.org.uk](mailto:sshum@openage.org.uk)

### VENUES

KENSAL LIBRARY 20 Golborne Road W10 5PF	CURVE COMMUNITY CENTRE, 10 Bard Road W10 6TP	NEW HORIZONS CENTRE, Guinness Trust Estate, Cadogan Street SW3 2PF	REED CENTRE, Convent Gardens, W11 1NH
RESPONSE COMMUNITY PROJECTS, 300 Old Brompton Road SW5	SECOND HALF CENTRE, St Charles Hospital, Exmoor Street W10 6DZ	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 Sept 23rd	New Horizons Centre
10.00-12.00	Italian for Beginners	10 week course, Starts Sep 23rd	Reed Centre
10.00-12.00	Android Smartphones for Beginners	10 week course Starts Sep 23rd	New Horizons Centre
10.00-12.00	Beginners' Computers	10 week course, Starts Sep 23rd	Second Half Centre
1.00-3.00	Current Affairs	10 week course, Starts Sep 23rd	Reed Centre
1.00-3.00	Italian-Next Step up from Beginners	10 week course Starts Sep 23rd	TBC
1.00-3.00	Sketching at the V&A	10 week course Starts Sep 23rd	V&A Museum
1.00-3.00	Beginners Computers Limited Spaces -	10 week course, Starts Sep 23rd	New Horizons Centre
1.00-3.00	Smartphone Photography	10 week course, Starts Sep 23rd	Second Half Centre
4.00-6.00	Ipad for Beginners	10 week course, Starts Sep 23rd	Second Half Centre

### TUESDAY

10.00-12.00	French for Beginners	10 week course, Starts Sep 24th	Reed Centre
10.00-12.00	Computers for Beginners	10 week course, starts 24 <sup>th</sup> Sept	Second Half Centre



10.00-12.00	Using an Android Smartphone	10 week course, Starts Sep 24th	Second Half Centre
10.00-12.00	Creative Writing	10 week course, Starts Sep 24th	Response Community Projects
1.00-3.00	French-Next Step up from Beginners	10 week course, Starts Sept 24th	Kensal Library
1.00-3.00	Going further with Computers	10 week course, Starts Sep 24th	Second Half Centre
2.00-4.00	Creativity in Writing	10 week course, Starts Sep 24th	New Horizons Centre
2.00-4.00	Drama Skills	10 week course, Starts Sep 24th	New Horizons
<b>WEDNESDAY</b>			
10.00-12.00	Excel Made Easy	10 week course, Starts Sep 25 <sup>th</sup>	Second Half Centre
10.00-12.00	ESOL for Health	10 week course, Starts 25 <sup>th</sup> Sep	Reed Centre
10.00-12.00	Lip-reading and Managing Hearing Loss	10 week course Starts 25 <sup>th</sup> Sep	North Kensington Library
1.00-3.00	Men's Space IT	5 wk course, starts 18 <sup>th</sup> Sept	Second Half Centre
1.00-3.00	Men's Space Android Smartphones	Starts 30 <sup>th</sup> Oct 6 week course, starts 30 <sup>th</sup> Oct	Second Half Centre
1.00-3.00	Art on iPads	10 week course, starts Sep 25th	New Horizons Centre
1.30-3.30	Meditation, Mindfulness, Stress Man.	10 week course, starts Sep 25th	Thomas Darby Court
1.30-3.30	Creative Writing	10 week course, starts Sep 25th	Second Half Centre
2.00- 4.00	Lip Reading & Hearing Loss	10 week course, starts Sep 25th	New Horizons Centre
2.00-4.00	Sketching at the V&A II	10 week course starts Sep 25th	V&A Museum
4.00-6.00	Create Greeting Cards on Computer	10 week course, starts Sept 25 <sup>th</sup>	Second Half Centre
4.00-6.00	Poetry	10 week course, starts Sept 25 <sup>th</sup>	Second Half Centre
<b>THURSDAY</b>			
10.00-12.00	Windows 10	10 week course, starts 26 <sup>th</sup> Sep	Second Half Centre
10.15-12.15	Speak with Confidence (English as a Second Language)	10 week course, starts Sep 26th	Curve Community Centre
1.00-3.00	Microsoft Excel-Next Step after Easy	10 week course, starts Sep 26th	Second Half Centre
2.00-4.00	Conversational English	10 week course, starts Sep 26th Sept	New Horizons
2.00-4.00	Life Stories	10 week course, Starts Sep 26th	New Horizons Centre
<b>FRIDAY</b>			
10.00-12.00	Build your own Website-Starter course	10 week course, Starts Sep 20th	Second Half Centre
10.00-12.00	Travel and Tech	10 week course, Starts Sep 27th	New Horizons
10.30-12.30	Time for me I.T. (For Carers only)	6 week course, starts Nov 1 <sup>st</sup>	Second Half Centre
12.30-2.30	Spanish for Beginners	10 week course, starts Sep 27th	Reed Centre
1.00-3.00	Digital Photography	10 week course, starts Sep 27th	Second Half Centre
3.00-5.00	Spanish stepping up from Beginners	10 week course, starts Sep 27th	Reed Centre
2.00-4.00	iPads for You	10 week course, Starts Sep 27th	New Horizons Centre





**The Second Half Centre Activity Programme**  
**2nd September– 15th December 2019**

**\*\*The Second Half Centre will be taking bookings from Tuesday 27<sup>th</sup> August.\*\***

<b>MONDAY</b>			
10.00-11.00am	<b>Go Generation Bokwa</b> with Lindale Thompson	<i>Starts 2nd Sept H/T 21st Oct Must Book</i>	<b>£1/3*</b>
10.00-12noon	<b>Practical IT Courses</b>	<i>(Booking essential. Please check IT schedule for further details)</i>	<b>£3</b>
10.00-12noon	<b>Local History Walks and Talks</b> with Sue Snyder.	<i>Starts 16<sup>th</sup> Sept. H/T 21st Oct</i>	<b>£2/5*</b>
11.00 -12noon	<b>Latin American Dance</b>	<i>Starts 2nd Sept. H/T 21st Oct Must Book</i>	<b>£1/3*</b>
12noon-1.30pm	<b>International Cooking featuring:</b> 9th Sept—Asian Fusion, 16th Sept - Indian, 23rd Sept - Autumn Harvest, 30th Sept - Swedish, 7th Oct- Mexican, 14th Oct- Asian Fusion, 28th Oct - Lebanese, 4th Nov - TBC, 11th Nov - TBC, 18th Nov- Thanks Giving, 25th Nov- Tibetan, 2nd Dec- Christmas festive.	<i>Must Book</i>	<b>£3/6*</b>
1.00-3.00pm	<b>Practical IT Courses</b>	<i>(Booking essential. Please check IT schedule for further details)</i>	<b>£3</b>
1.15-3.15pm	<b>Singing For All</b>	<i>Starts 2nd Sept. H/T 21st Oct</i>	<b>£2/5*</b>
1.30-3.30pm	<b>Still Life &amp; Life Drawing</b> with Lily Holder	<i>Starts 2nd Sept. H/T 21st Oct</i>	<b>£2/5*</b>
3.30-5.30pm	<b>Men's Space: Meet Up and Social</b> led by Russell	<i>Starts 2nd Sept. H/T 21st Oct</i>	<b>£2</b>
3.30-5.30pm	<b>Film Club (fortnightly)</b>	<i>2<sup>nd</sup> 16<sup>th</sup> 30<sup>th</sup> Sept, 14<sup>th</sup> 28<sup>th</sup> Oct, 11<sup>th</sup> 25<sup>th</sup> Nov 9<sup>th</sup> Dec</i>	<b>£2 (D)</b>
4.00-6.00pm	<b>Practical IT Courses</b>	<i>(Booking essential. Please check IT schedule for further details)</i>	<b>£3</b>
<b>TUESDAY</b>			
9.45-10.45am	<b>Zumba Gold</b> with Vivian Perez	<i>Starts 3rd Sept H/T 22nd Oct Must Book</i>	<b>£1/3*</b>
10.00-12noon	<b>Practical IT Courses</b>	<i>(Booking essential. Please check IT schedule for further details)</i>	<b>£3</b>
11.00-1.00pm	<b>Men's Space: Gardening</b>	<i>Starts 3rd Sept H/T 22nd Oct</i>	<b>£2 (D)</b>
11.15-12.15pm	<b>Kundalini Yoga/Meditation</b> with Rafael Ramos Garcia	<i>Starts 3rd Sept H/T 22nd Oct Must Book</i>	<b>£1/3</b>
12.45-1.45pm	<b>Steady and Stable</b> with Francesca Hutchinson	<i>Starts 3rd Sept Must Book</i>	<b>FREE</b>
1.00-3.00pm	<b>Practical IT Courses</b>	<i>(Booking essential. Please check IT schedule for further details)</i>	<b>£3</b>
1.45-2.45pm	<b>Steady and Stable</b> with Francesca Hutchinson	<i>Starts 3rd Sept Must Book</i>	<b>FREE</b>
2.00-4.00pm	<b>Introduction to Shakespeare</b>	<i>Starts 3rd Sept. H/T 22nd Oct</i>	<b>£2/5</b>
3.00-4.00pm	<b>Awareness Through Movement Pilates 1</b> with Carol Pasciullo.	<i>Starts 3rd Sept. H/T 22nd Oct. Must Book</i>	<b>£1/3</b>
4.15-5.15pm	<b>Awareness Through Movement Pilates Beginners</b> with Carol	<i>Starts 3rd Sept H/T 22nd Oct Must Book</i>	<b>£1/3</b>
4.15-5.45pm	<b>Men's Space: The Magic of Music</b> led by Russell John	<i>Starts 3rd Sept H/T 22nd Oct</i>	<b>£1/3</b>
<b>WEDNESDAY</b>			
10.00-12noon	<b>Practical IT Courses</b>	<i>(Booking essential. Please check IT schedule for further details)</i>	<b>£3</b>
10.00-12noon	<b>Painting and Drawing</b> with Derek Ogbourne	<i>Start 4th Sept H/T 23rd Oct</i>	<b>£2/5</b>
10.15-12.15pm	<b>Philosophy</b> with Tim Beardmore-Gray	<i>Start 4th Sept. H/T 23rd Oct</i>	<b>£2/5</b>
10.00-12.30pm	<b>Creative Threads</b> with Alex Goodwin	<i>Start 4th Sept. H/T 23rd Oct</i>	<b>£1.50</b>
12:15 -2.15pm	<b>Men's Space: Lunch and Cookery</b> with Russell John	<i>Must Book 1st &amp; 3rd Wed of month. Starts 4th Sep.</i>	<b>£2/5</b>
12.45-1.45pm	<b>Intermediate Stretch and Tone</b> with Rachel Teasdale	<i>Start 4th Sept. H/T 23rd Oct Must Book.</i>	<b>£1/3</b>

1.00-3.00pm	<b>Practical IT Courses</b> <i>(Booking essential. Please check IT schedule for further details)</i>	<b>£3</b>
1.30-3.30pm	<b>Creative Writing</b> with Robert Silver <i>Start 30th Oct. Must Book.</i>	<b>£3</b>
2.00-3.00pm	<b>Bolder Not Older Dance Classes</b> with Dance West <i>Starts 25th Sept H/T Oct 23rd</i>	<b>£1</b>
2.30-4.30pm	<b>Advanced French</b> with Ann Stones <i>Starts 4th Sept H/T Oct 23rd</i>	<b>£2/5*</b>
3.45-4.45pm	<b>Bone Density Workout 2</b> with Natalie Nicoll <i>Starts 4th Sept H/T Oct 23rd. Must Book</i>	<b>£1/3*</b>
4.00-6.00pm	<b>Poetry</b> with Robert Silver <i>Start 25th Sept. Must Book.</i>	<b>£3*</b>
4.00-6.00pm	<b>Practical IT Courses</b> <i>(Must Book. Please check IT schedule for further details)</i>	<b>£3</b>
<b>THURSDAY</b>		
10.00-11.30am	<b>Go Generation Table Tennis</b> with Westway Sports and Fitness <i>Starts 5th Sept H/T 24th Oct</i>	<b>£1/3*</b>
10.00am-12noon	<b>History of Art: Art in Britain from 1500 to today</b> with Julia Heckles <i>Starts 5th Sept H/T 24th Oct</i>	<b>£2/5*</b>
10.00am-12noon	<b>Practical IT Courses</b> <i>(Must Book. Please check IT schedule for further details)</i>	<b>£3</b>
10.30-12.30pm	<b>Mosaic and Ceramics</b> with Barbara Gorton <i>Starts 5th Sept H/T 24th Oct</i>	<b>£2/5*</b>
11.45-12.45pm	<b>Staying Strong Yoga</b> with Sophia Panas-O'Brien <i>Starts 5th Sept H/T 24th Oct</i>	<b>£1/3*</b>
12.15-1.30pm	<b>Exercise to Music and Health Management I</b> with Liz Turner <i>Starts 5th Sept Must Book</i>	<b>£1.50</b>
1.00– 2.00pm	<b>Bone Density Workout</b> with Natalie Nicoll <i>Starts 5th Sept Must Book</i>	<b>£1/3*</b>
1.00-3.00pm	<b>Practical IT Courses</b> <i>(Must Book. Please check IT schedule for further details)</i>	<b>£3</b>
1.30-2.30pm	<b>Exercise to Music and Health Management II</b> <i>Starts 5th Sept. H/T 24th Oct</i>	<b>£1.50</b>
2.30-3.30pm	<b>Stretch and Tone Beginners</b> with Pan Pavlopoulos <i>Starts 5th Sept. H/T 24th Oct</i>	<b>£1/3*</b>
2.45-4.45pm	<b>Spanish Conversation</b> with Ana Gutierrez Hornero <i>Starts 5th Sept. H/T 24th Oct</i>	<b>£2/5*</b>
3.45-4.45pm	<b>Boxing Fitness</b> <i>Starts 5th Sept. H/T 24th Oct</i>	<b>£1/3*</b>
<b>FRIDAY</b>		
10.00-11.15am	<b>Awareness Through Movement Pilates</b> with Carol Pasciullo <i>Start 6th Sept H/T 25th Oct. Must Book Ends 6th Dec</i>	<b>£1/3*</b>
10.00am-12.30pm	<b>Practical IT Courses</b> <i>(Must Book. Please check IT schedule for further details)</i>	<b>£3</b>
10.30am-12.30pm	<b>Time For Me IT</b> with Lena Dekair <i>Starts 1st Nov. Booking Essential Ends 6th Dec</i>	<b>£3</b>
11.00am-1.00pm	<b>Time For Me Activities</b> with Liz Butters <i>Starts 6th Sept. H/T 25th Oct Ends 6th Dec</i>	<b>FREE</b>
11.30am-12.45pm	<b>Bus Pass To Broadway: Singing and Dancing</b> <i>Start 6th Sept. H/T 25th Oct Ends 6th Dec</i>	<b>£1/3*</b>
1.15pm-2.30pm	<b>Conversational French</b> with Alaydys Schwander <i>Start 6th Sept. H/T 25th Oct Ends 6th Dec</i>	<b>£2</b>
1.00-3.00pm	<b>Practical IT Courses</b> <i>Booking essential. Please check IT schedule for further details) Ends 6th Dec</i>	<b>£3</b>
1.00-2.00pm	<b>Abs, Bums and Thighs</b> with Rachel Teasdale <i>Start 6th Sept. H/T 25th Oct. Must Book Ends 6th Dec</i>	<b>£1/3*</b>
2.00-3.00pm	<b>Healthy Lungs</b> with Hansa Bhodia <i>Start 30th Aug Ends 6th Dec</i>	<b>FREE</b>
2.00-4.00pm	<b>Stroke Survivors Social Group</b> with Rachel <i>Fortnightly, Starts 6th Sept</i>	<b>£2</b>
<b>SUNDAY</b>		
12.30-2.30pm	<b>MEALS: Meet, Eat and Learn, Sunday lunch</b> <i>Starts 15th Sept. Booking essential</i>	<b>£4.50</b>

**\*\*Please note we take bookings for exercise classes a maximum of one week before the class takes place. We are only able to admit latecomers to exercise classes a maximum of five minutes after the class has begun\*\***

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

**BOOK CLUB** with Jane Goldstaub: Thursdays - 26th September, 31st October, 5th December.

**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 19th September, 12:30pm –2pm £4.50

**SECOND HALF CAREER ART EXHIBITION AND SALE 2019: A CELEBRATION OF OLDER MASTERS:**

**10am-12pm (Breakfast discussion from 10.30am)** The Second Half Career Art Exhibition and Sale 2019: A Celebration of Older Masters at The Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ.

**COME EAT, DRINK AND BE MERRY AT OUR PARTY Friday 13th December 12noon–2pm**

**(Activities marked with a 'D' is a suggested donation)**



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



# A FUNNY THING HAPPENED ...

An evening of Comedy in support of Open Age



Join us for a laughter-filled evening as  
**Open Age members perform their  
5-minute Stand-Up comedy routines!!**

Wednesday 16th October 2019, 6pm to 9pm  
Invention Rooms Café, Imperial College,  
Door C, 68 Wood Lane, W12 7RH

Tickets: £5. Includes light refreshments

**To book, call Open Age on 020 8962 4141**

Nearest Tubes: Wood Lane/ White City. Buses: 7, 70, 72, 95, 220, 228, 272, C1

Imperial College  
London



Stand Up for the Over 50s



**Want to write comedy?  
Want to perform a stand up routine in  
front of an audience?**

Join Comedian Simon Watts and Open Age member  
Sandra Anlin to learn to write a comedy script. And, if you're  
willing to test yourself, you can perform your routine to a live  
audience at an evening fundraising performance in support of  
Open Age on 16th October!

When: 25<sup>th</sup> September, 2<sup>nd</sup>, 9<sup>th</sup> and 14<sup>th</sup> October, 5.00 - 7.00pm, and  
16<sup>th</sup> October, 6.00 - 9.00 pm (performance)

Where: Invention Rooms Café, Imperial College, Door C,  
68 Wood Lane, W12 7RH

**Must book\*. Call Vivienne on 07824 48 49 84**

\* Please commit to all writing and performance sessions

Imperial College  
London



## 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



Imperial College  
London