

# Hammersmith & Fulham Activity Programme April to July 2019

## Welcome to our new activity programme

We are delighted to see the opening of a new Second Half Club in the borough, at **All Saints Church, Fulham** - from 3<sup>rd</sup> June to 15<sup>th</sup> July. See inside for full details. With thanks to the Second Half Foundation. Do come along and spend time with us!

## Term dates in Hammersmith & Fulham

The new term begins on **Tuesday 23<sup>rd</sup> April 2019** and ends on **Friday 19<sup>th</sup> July 2019**. There will be a **Half Term break from 27<sup>th</sup> to 31<sup>st</sup> May**.

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



### New! Arts & Crafts for All

**Day:** Thursdays from  
**2<sup>nd</sup> May**  
**Time:** 1.30 – 3.30pm

#### What it's all about:

An afternoon of exciting arts and crafts! Led by experienced artist, Zannah, you'll be able to try different artistic activities. Every fortnight the Recycling team from Hammersmith & Fulham Council will introduce additional creative activities. **£2**

#### Address

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

#### Contact details

Vivienne on 078 24 48 49 84



### Pierre Bonnard: The Colour of Memory

**Day:** Wednesday 1<sup>st</sup> May  
**Time:** 2.15pm

#### What it's all about:

The first UK retrospective of Pierre Bonnard's work in 20 years. The exhibition focuses on works from 1912, when colour became a dominant concern, until his death in 1947.

**Suggested donation of £2 on the day  
Booking essential. 7 places available**

#### Address

Tate Modern  
Bankside  
London SE1 9TG

#### Booking details

Vivienne on 078 24 48 49 84



### Van Gogh and Britain EY Exhibition

**Day:** Wednesday 12 June  
**Time:** 2.15pm

#### What it's all about:

Van Gogh lived in Britain for several years while still a young man and was influenced by the art he saw here. This major exhibition brings together 45 paintings by van Gogh and looks at the British artists who he inspired.

**Suggested donation of £2 on the day  
Booking essential. 7 places available**





#### Address

Tate Britain  
Millbank  
London SW1P 4RG

#### Booking details

Vivienne on 078 24 48 49 84



# MONDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>NEW! SECOND HALF CLUB AT ALL SAINTS, FULHAM</b>					
 <b>Digital Clinic</b> 10.00 - 10.45 <i>Starts 3<sup>rd</sup> June</i> <i>Ends 15<sup>th</sup> July</i>		All Saints Church Pryors Bank Pavilion Bishops Park SW6 3LA	14, 22, 220  <b>Tube:</b> Putney Bridge	FREE	Free Digital Clinic to help you build your computer confidence  <i><b>In partnership with Barclays Digital Eagles</b></i>
 <b>Gentle Dance Fitness</b> 10.30 - 11.30 <i>Starts 3<sup>rd</sup> June</i> <i>Ends 15<sup>th</sup> July</i>	£1			An "easy to follow" dance class set to a range of music. Fun and fitness combined!	
 <b>Singing for All</b> 11.30 - 12.30 <i>Starts 3<sup>rd</sup> June</i> <i>Ends 15<sup>th</sup> July</i>	£1			Come along and join us for a fun singing class accompanied by music. Beginners welcome	
<b>Lunch at the Second Half Club</b> 12.30 - 1.00	FREE			Join us for a delicious lunch	
 <b>Film Club</b> 1.00 - 3.00 <i>Starts 3<sup>rd</sup> June</i> <i>Ends 15<sup>th</sup> July</i>	FREE			Catch up on some great films, courtesy of Warner Brothers  <i><b>With thanks to The Second Half Foundation</b></i>	
<b>OTHER ACTIVITIES IN HAMMERSMITH &amp; FULHAM</b>					
<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 29<sup>th</sup> April</i> <i>Ends 15<sup>th</sup> July</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 29<sup>th</sup> April</i> <i>Ends 15<sup>th</sup> July</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>Step into Confidence</b>  <b>MUST BOOK</b>	2.00 - 3.00  <i>Starts 29<sup>th</sup> April</i> <i>Ends 22<sup>nd</sup> July</i>  <b>No class on 6<sup>th</sup> &amp; 27<sup>th</sup> May (Bank Holidays)</b>	Richford Gate Medical Centre Richford Street W12 0NX	94, 237, 272  <b>Tube:</b> Goldhawk Road	FREE	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>
<b>Boxing Fitness</b>  <b>NEW!</b>	2.00 - 3.00  <i>Starts 29<sup>th</sup> April</i> <i>Ends 15<sup>th</sup> July</i>  <b>No class on 6<sup>th</sup> &amp; 27<sup>th</sup> May (Bank Holidays)</b>	Parish Hall Our Lady of Fatima Commonwealth Avenue W12 7QR	72, 95, 220, 228, 283  <b>Tube:</b> White City	£1	Come and try this fun and interactive boxing fitness class designed to improve your heart health, strength and coordination

## TUESDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Pilates</b>	10.00 - 11.00  <i>Starts 23<sup>rd</sup> April</i> <i>Ends 16<sup>th</sup> July</i>  <b>Half term break 28<sup>th</sup> May</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 which focusses 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 and LBHF</b>
<b>Steady &amp; Stable</b> Mixed Abilities  <b>MUST BOOK</b>	10.30 - 11.30  <i>Starts 23<sup>rd</sup> April</i> <i>Ends 16<sup>th</sup> July</i>  <b>No half term break</b>	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 <b>High level</b>  12.00 - 1.00 <b>Low level</b>  <i>Starts 23<sup>rd</sup> April</i> <i>Ends 16<sup>th</sup> July</i>  <b>No half term break</b>	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>Walking Netball</b>	11.00 – 12.00  <i>Starts 23<sup>rd</sup> April</i>  <b>No half term break</b>	Will to Win Hyde Park South Carriage Drive W2 2UH	9,10,52, 70, 452  <b>Tube:</b> Knightsbridge	FREE	Love Netball but not sure the fast game is for you anymore? Then come and join our new walking netball class! Suitable for both beginners and experienced players
<b>Cruse Bereavement Support Group</b>  <b>NEW</b>  <b>MUST BOOK</b>  Open to ALL tri-borough residents	1.30 - 3.00    6 week course  <i>Starts 6th June</i>	The Reed 28 Convent Gardens, London W11 1NH  	7, 23, 52, 70, 228, 295, 452	FREE	A small, friendly, group offered by Cruse Bereavement Care to members who may be experiencing difficulty coping after someone has died. The group will be facilitated by trained Cruse volunteers and is a safe place for members to share their feelings and learn how others are coping. Attending the first session is essential, so the facilitators can explain what is on offer and you can decide if this is the kind of support that might be helpful to you.  <b>Please call 0208 962 5500 to book or for more information.</b>
<b>Kundalini (seated) Yoga</b>	1.45 - 2.45  <i>Starts 30<sup>th</sup> April</i> <i>Ends 9<sup>th</sup> July</i>  <b>Half term break</b> <b>28<sup>th</sup> May</b>	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  <b><i>In partnership with Hammersmith United Charities</i></b>
<b>Explore and Discover at the Science Museum</b>  <b>9<sup>th</sup> July</b>	2.00 - 4.30  <b>ONE DAY ONLY</b>	Science Museum Exhibition Road SW7 2DD	14, 74, 360, 414, 430, C1  <b>Tube:</b> South Kensington	FREE	Come and explore the Science Museum collection and discover more about space as we celebrate the 50 <sup>th</sup> anniversary of the first human landing on the moon.  To get your <b>FREE ticket(s)</b> please book from the <b>1 May 2019</b> by phone <b>020 7942 4000</b> between 8:30 – 18:00 <b>OR</b> you can book online at <b>sciencemuseum.org.uk/exploreapollo</b> from May onwards.  <b><i>In partnership with the Science Museum</i></b>

<b>Health &amp; Wellbeing workshops</b>	2.30 – 4.30  <i>18th June, 25th June, 2nd July, 9th July</i>	Communal Hall Wentworth Court Sheltered Housing Laundry Road W6 8QW	74, 190, 295, 430  <b>Tube:</b> Barons Court (10 minute walk)	£2	This series of sessions will focus on relaxation and how to manage the stresses of everyday life:  <b>June 18<sup>th</sup>:</b> Stress and Relaxation <b>June 25<sup>th</sup>:</b> Introduction to Mindfulness & Relaxation <b>July 2<sup>nd</sup>:</b> Improve your Sleep <b>July 9<sup>th</sup>:</b> Assertiveness  The emphasis will be on practical ways to manage issues and enjoy life.  <b>For more information and details of times, call Vivienne on 078 24 48 49 84</b>  <i>In partnership Back on Track and Community Champions</i>
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## WEDNESDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Step up Circuits</b>	10.00 - 11.00  <i>Starts 24<sup>th</sup> April Ends 17<sup>th</sup> July</i>  <b>Half term break 29<sup>th</sup> May</b>	Matthews Community Hall Margravine Road W6 8HJ	190, 211, 220, 295  <b>Tube:</b> Barons Court (15min walk)	£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>Step up Circuits</b>	12.00 - 1.00  <i>Starts 24<sup>th</sup> April Ends 17<sup>th</sup> July</i>  <b>Half term break 29<sup>th</sup> May</b>	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 (Regent St cinema)</b>


<b>Awareness through Movement (Feldenkrais Method)</b>	1.15 - 2.15 <i>Starts 24<sup>th</sup> April Ends 10<sup>th</sup> July</i>  <b>Half term break 29<sup>th</sup> May</b>	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>Love of Dance! Ballroom dance lesson and Tea Dance</b>  <b>NEW!</b>	1.30 – 4.30 <i>Starts 8<sup>th</sup> May Ends 17<sup>th</sup> July</i>  <b>Half term break 29<sup>th</sup> May</b>	Parish Hall Our Lady of Fatima Commonwealth Avenue W12 7QR	72, 95, 220, 228, 283  <b>Tube:</b> White City	£5  Includes light refreshments	A one-hour lesson in ballroom dance for everyone - passionate dancers, complete beginners, singles or couples – followed by a two-hour tea dance. Come and dance your afternoon away!  <b>In partnership with LOVE OF DANCE</b>




## THURSDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Tunes &amp; Tea</b>  <i>Please note that dates may be subject to change due to our tutor's professional singing commitments. For more information, please call Vivienne on 07824 48 49 84</i>	11.00 - 12.30 <i>Starts 25<sup>th</sup> April Ends 11<sup>th</sup> July</i>  <b>Half term break 30<sup>th</sup> May</b>  <b>DATES MAY BE SUBJECT TO CHANGE</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 Robert. There'll be a variety of songs, old and new. Enjoy the fun of group singing - don't be shy!  <b>In partnership with the Masbro Centre (Urban Partnership Group)</b>
<b>Cycle Smarter</b>  <b>NEW!</b>  <b>Four week courses</b>	10.00 – 12.00 OR 1.00 – 3.00  <i>Dates: 25 April – 16 May 30 May – 20 June 4 July – 25 July</i>	Linford Christie Stadium Du Cane Road W12 0DF	7, 27, 70, 72, 134, 139 237, 272, RV1  <b>Tube:</b> East Acton	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>Six people only per course Must book. Call Tina on 020 8962 4537</b>  <b>In partnership with bikeworks</b>

<p><b>What the Tech!?</b></p> <p><b>NEW!</b></p>	<p>2.00 – 3.00</p> <p><i>Starts 25th April</i> <i>Ends 18th July</i></p> <p><b>No Half term break</b></p>	<p>The Invention Rooms Café Door C 68 Wood Lane W12 7TA</p>	<p>7, 27, 70, 72, 134, 139 237, 272, RV1</p> <p><b>Tube:</b> Wood Lane or White City</p>	<p>FREE</p> <p>Includes free refreshments</p>	<p>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.</p> <p><b><i>In partnership with Imperial College London</i></b></p>
<p><b>Arts &amp; Crafts for All</b></p> <p><b>NEW!</b></p> <p><b>On 23<sup>rd</sup> May our session will be in support of Dementia Action Week</b></p>	<p>1.30 – 3.30</p> <p><i>Starts 2<sup>nd</sup> May</i> <i>Ends 18th July</i></p> <p><b>Half term break 30<sup>th</sup> May</b></p>	<p>The Invention Rooms Café Door C 68 Wood Lane W12 7TA</p>	<p>7, 27, 70, 72, 134, 139 237, 272, RV1</p> <p><b>Tube:</b> Wood Lane or White City</p>	<p>£2</p>	<p>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 artist Zannah and members of the Hammersmith &amp; Fulham Council's Waste &amp; Recycling team (fortnightly).</p> <p>There'll also be a chance to explore Imperial College's state of the art Invention Room with its exciting range of equipment.</p> <p><b>Come and join in this exciting new activity!</b></p> <p><b><i>In partnership with Imperial College and London Borough of Hammersmith &amp; Fulham</i></b></p>

## FRIDAYS at the Second Half Club

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<p><b>Digital Eagles</b></p> 	<p>10.00 - 11.00</p> <p><i>Starts 10<sup>th</sup> May</i> <i>Ends 19<sup>th</sup> July</i></p> <p><b>Half term break 31<sup>st</sup> May</b></p>	<p>St Andrews Church 5 Greyhound Road W14 9SA</p>	<p>190, 211, 220, 295</p> <p><b>Tube:</b> Barons Court (15min walk)</p>	<p>FREE</p>	<p>Free Digital Clinic to help you build your computer confidence.</p> <p><b><i>In partnership with Barclays Digital Eagles</i></b></p>

<b>Zumba</b> 	11.00 - 12.00 <i>Starts 10<sup>th</sup> May</i> <i>Ends 19<sup>th</sup> July</i> <b>Half term break</b> <b>31<sup>st</sup> May</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> 	12.15 - 1.15 <i>Starts 10<sup>th</sup> May</i> <i>Ends 19<sup>th</sup> July</i> <b>Half term break</b> <b>31<sup>st</sup> May</b>			£1	Join tutor Alistair for a fun singing class in the church's main space, accompanied by music
<b>Lunch at the Second Half Club</b>	1.15 - 1.45			FREE	Join us for a hot lunch generously donated by City Harvest
<b>Film Club</b> 	1.45 - 3.45 <i>Starts 10<sup>th</sup> May</i> <i>Ends 19<sup>th</sup> July</i> <b>Half term break</b> <b>31<sup>st</sup> May</b>			FREE	Catch up on some great films, courtesy of Warner Brothers  <b>With thanks to The Second Half Foundation</b>

## SATURDAY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Creative Writing workshop</b>  <b>2 DAYS ONLY (SATURDAY &amp;/or SUNDAY)</b>	12.00 - 4.00  Saturday 27 <sup>th</sup> April	Level 5 Blavatnik Building Tate Modern Bankside London SE1 9TG	45, 63, 100, 344, 381, RV1  <b>Tube:</b> Southwark (600 metres approx)	FREE	To mark the 50 <sup>th</sup> anniversary of the anti-ageism movement, Flourishing Lives will create an intergenerational arts exchange that will shatter sedate stereotypes of ageing and older people

## SUNDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Free Gym Sessions</b>	10.00 - 5.00  <i>Starts 27<sup>th</sup> April</i>  <b>No half term break</b>	Jubilee Hall Trust 30 The Piazza Covent Garden WC2E 8BE	23  <b>Tube:</b> Covent Garden	FREE	Drop in any Sunday and exercise in the gym for free! Available to anyone of any age so why not bring a friend?  Classes and gym inductions are available throughout the day. A gym membership form will need to be completed on your first session.



<p><b>Creative Writing workshop</b></p> <p><b>2 DAYS ONLY (SATURDAY &amp;/or SUNDAY)</b></p>	<p>12.00 – 4.00</p> <p><i>Sunday 28<sup>th</sup> April</i></p>	<p>Level 5 Blavatnik Building Tate Modern Bankside London SE1 9TG</p>	<p>45, 63, 100, 344, 381, RV1</p> <p><b>Tube:</b></p> <p>Southwark (600 metres approx)</p>	<p>FREE</p>	<p>To mark the 50<sup>th</sup> anniversary of the anti-ageism movement, Flourishing Lives will create an intergenerational arts exchange that will shatter sedate stereotypes of ageing and older people</p>
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Image Credit: From Peter Dunn's 'Heart of The Community'

As part of the London Creativity and Wellbeing Week, join Open Age and explore

## A Tale as Old as Time...

**Friday 14th June**

**12-4pm**

At The Second Half Centre

St Charles Centre for Health and Wellbeing,

Exmoor Street, W10 6DZ

Uncover the art of the narrative and revel in tales of time and memory, in a wondrous land of creativity, where you can dare to dream.

Join Open Age right here in London, as part of London Creativity and Wellbeing Week. The Second Half Centre will be filled to the brim with art, performances and workshops to take part in. This is a FREE event, but donations welcome!

**\*\*Deadlines for members submitting artwork, no later than Friday 7th June\*\***

**\*\*Light refreshments will be provided\*\***

For more information call 0208 962 5500





## ADULT COMMUNITY LEARNING

April to July 2019

Enrol at the Second Half Centre from 25<sup>th</sup> March 2019  
**MUST BOOK BEFORE YOU START – Phone Maude on 020 8962 5590**  
COURSES ARE FREE IF YOU ARE ELIGIBLE OR £3 PER SESSION

### MONDAYS

10.00-12.00	Italian for Beginners	The Reed, Convent Gardens, W11 1NH
10.00-12.00	Beginners Computers with Lena Dekair	Second Half Centre
1.00-3.00	Current Affairs with Robert Silver	The Reed, Convent Gardens, W11 1NH
1.00-3.00	iPads for Beginners with Ivor David	Second Half Centre
4.00-6.00	Introduction to PowerPoint with Ivor David	Second Half Centre

### TUESDAYS

10.00-12.00	French for Beginners	The Reed, Convent Gardens, W11 1NH
10.00-12.00	Computers for Beginners	Second Half Centre
10.00-12.00	Get to really use your iPhone with Lena Dekair	Second Half Centre
10.00-12.00	Creative Writing with Robert Silver	Response Community Project, 300 Old Brompton Road, SW5 9JF
10.30-12.30	Lip-Reading and Managing Hearing Loss with Jacques Gholam	The Reed, Convent Gardens, W11 1NH
1.00-3.00	Going further with Computers	Second Half Centre

### WEDNESDAYS

10.00-12.00	Create Greeting Cards on Computers with Ivor David	Second Half Centre
10.00-12.00	Speak English with Confidence with Ghada Gaylani	The Reed, Convent Gardens, W11 1NH
12.30-1.30	Sizzling Salsa with Armand Botha	The Reed, Convent Gardens, W11 1NH
1.00-3.00	Men's Space Beginners' IT with Ivor David	Second Half Centre
1.00-3.00	Internet Browsing and online safety with Ivor David	Second Half Centre
1.30-3.30	Meditation, Mindfulness & Stress Management with Paul Langton	Thomas D'Arby Court, 133 Lancaster Road, W11 1TT
1.30-3.30	Creative Writing with Robert Silver	Second Half Centre
4.00-6.00	Poetry with Robert Silver	Second Half Centre
4.00-6.00	Microsoft Word with Ivor David	Second Half Centre

### THURSDAY

10.00-12.00	Speaking English with Confidence with Anna Czubak	The Curve, 10 Bard Road, W10 6TP
10.00-12.00	Microsoft Excel made Easy with Lena Dekair	Second Half Centre
1.00-3.00	Digital Photography with Lena Dekair	Second Half Centre

### FRIDAYS

10.00-12.00	Online Shopping and Security with Lena Dekair	Second Half Centre
10.30-12.30	Time for Me IT – Carers IT group with Lena Dekair	Second Half Centre
12.30-2.30	Spanish for Beginners with Anna Czubak	The Reed, Convent Gardens, W11 1NH
1.00-3.00	Social Media with Lena Dekair	Second Half Centre
3.00-5.00	Spanish 2 with Anna Czubak	The Reed, Convent Gardens, W11 1NH



## The Second Half Centre Activity Programme

April – July 2019

MONDAY	Charitable Incorporated Organisation No. 1160125	
10.00-11.00am	<b>Go Generation Bokwa</b> with Lindale Thompson <i>Starts 29th Apr .Bank Holiday 6th May. H/T 27th May. Must Book</i>	£1/3*
10.00-12noon	<b>Practical IT Courses</b> <i>(Booking essential. Please check IT schedule for further details)</i>	£3
10.00-12noon	<b>Local History Walks and Talks</b> with Sue Snyder <i>Starts 29th Apr. Bank Holiday 6th May H/T 27th May.</i>	£2/5*
11.00 -12noon	<b>Latin American Dance</b> with Armand Botha <i>Starts 29th Apr. Bank Holiday 6th May.H/T 27th May.Must Book.</i>	£1/3*
12noon-1.30pm	<b>International Cooking featuring:</b> 29th Apr—Indian; 6th May—Bank Holiday; 13th May –British; 20th May—African; 27th May—Half Term Break; 3rd June— TBC; 10th June - Mediterranean; 17th June— Creole; 24th June—TBC; 1st July—TBC; 8th July—TBC; 15th July –TBC <i>Booking Essential.</i>	£3/6*
1.00-3.00pm	<b>Practical IT Courses</b> <i>(Booking essential. Please check IT schedule for further details)</i>	£3
1.15-3.15pm	<b>Singing For All</b> with Robert Carlin <i>Starts 29th Apr . Bank Holiday 6th May. H/T 27th May.</i>	£2/5*
1.30-3.30pm	<b>Still Life &amp; Life Drawing</b> with Lily Holder <i>Starts 29th Apr. Bank Holiday 6th May. H/T 27th May.</i>	£2/5*
3.30-5.30pm	<b>Men's Space: Meet Up and Social</b> led by Russell <i>Start 29th Apr. Bank Holiday 6th May. H/T 27th May.</i>	FREE
3.30-5.30pm	<b>Film Club (fortnightly)</b> 29 <sup>th</sup> April, 13 <sup>th</sup> May, 3 <sup>rd</sup> June, 17 <sup>th</sup> June, 1 <sup>st</sup> July and 15 <sup>th</sup> July.	
4.00-6.00pm	<b>Practical IT Courses</b> <i>(Booking essential. Please check IT schedule for further details)</i>	£3
TUESDAY		
10.00-11.00am	<b>Zumba Gold</b> with Vivian Perez <i>Start 23rd April. H/T 28th May. Must Book.</i>	£1/3*
10.00-12noon	<b>Practical IT Courses</b> <i>(Booking essential. Please check IT schedule for further details).</i>	£3
11.00-1.00pm	<b>Men's Space: Gardening</b> <i>Starts 23rd Apr. H/T 28th May. Must Book.</i>	FREE
11.15-12.15pm	<b>Kundalini Yoga/Meditation</b> with Rafael Ramos Garcia <i>Starts 23rd Apr. H/T 28th May. Must Book.</i>	£1/3
12.45-1.45pm	<b>Steady and Stable</b> with Francesca Hutchinson <i>Starts 23rd Apr. Must Book.</i>	FREE
1.00-3.00pm	<b>Practical IT Courses</b> <i>(Booking essential. Please check IT schedule for further details).</i>	£3
1.45-2.45pm	<b>Steady and Stable</b> with Francesca Hutchinson <i>Starts 23rd Apr. Must Book.</i>	FREE
2.00-4.00pm	<b>An Introduction to Performing Shakespeare</b> with Lucy Hollis <i>Starts 23rd Apr. H/T 28th May.</i>	£2/5
3.00-4.00pm	<b>Awareness Through Movement Pilates 1</b> with Carol Pasciullo. <i>Starts 23rd Apr. H/T 28th May. Must Book.</i>	£1/3
3.15-4.45pm	<b>Work Club</b> with Open Age's Employment Team	FREE
4.15-5.15pm	<b>Awareness Through Movement Pilates Beginners</b> with Carol <i>Starts 23rd Apr. H/T 28th May. Must Book.</i>	£1/3
4.15-5.45pm	<b>Men's Space: The Magic of Music</b> led by Russell John <i>Starts 23rd Apr. H/T 28th May. Must Book.</i>	FREE
WEDNESDAY		
10.00-12noon	<b>Practical IT Courses</b> <i>(Booking essential. Please check IT schedule for further details).</i>	£3
10.00-12noon	<b>Painting and Drawing</b> with Derek Ogbourne <i>Start 24th April. H/T 29 May.</i>	£2/5
10.15-12.15pm	<b>Philosophy</b> with Tim Beardmore-Gray <i>Start 24th April. H/T 29 May.</i>	£2/5

10.30-12.30pm	<b>Creative Threads</b> with Alex Goodwin	<i>Start 24th April. H/T 29 May.</i>	<b>£1.50</b>
12:30-2.00pm	<b>Men's Space: Lunch and Cookery</b> with Russell John. <i>Must Book. 1st &amp; 3rd Wed of month. Starts date TBC.</i>		<b>£2/5</b>
12.45-1.45pm	<b>Intermediate Stretch and Tone</b> with Rachel Teasdale	<i>Start 24th April. H/T 29 May. 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 1st May. H/T 29 May. Must Book.</i>	<b>£3</b>
2.00-3.00pm	<b>Bolder Not Older Dance Classes</b> with Dance West	<i>Start 1st May. H/T 29 May.</i>	<b>£1</b>
2.30-4.30pm	<b>Advanced French</b> with Ann Stones	<i>Start 24th April. H/T 29 May.</i>	<b>£2/5*</b>
3.45-4.45pm	<b>Go Generation Bone Density Workout 2</b> with Natalie Nicoll	<i>Start 24th April. H/T 29 May. Must Book.</i>	<b>£1/3*</b>
4.00-6.00pm	<b>Poetry</b> with Robert Silver	<i>Start 1st May. H/T 29 May. 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 25th April.</i>	<b>£1/3*</b>
10.00am-12noon	<b>History of Art: Lives of the Artists</b> with Julia Heckles	<i>Starts 25th April. H/T 30 May.</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 25th April. H/T 30 May.</i>	<b>£2/5*</b>
11.45-12.45pm	<b>Staying Strong Yoga</b> with Sophia Panas-O'Brien	<i>Starts 25th April. H/T 30 May. Must Book.</i>	<b>£1/3*</b>
12.15-1.30pm	<b>Exercise to Music and Health Management I</b> with Liz Turner	<i>Starts 25th April. Must Book.</i>	<b>£1.50</b>
1.00- 2.00pm	<b>Bone Density Workout</b> with Natalie Nicoll	<i>Starts 25th April. H/T 30 May. 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 25th April. Must Book.</i>	
2.30-3.30pm	<b>Stretch and Tone Beginners</b>	<i>Starts 25th April. Must Book.</i>	<b>£1/3*</b>
2.45-4.45pm	<b>Spanish Conversation</b>	<i>Start TBC. H/T 30 May.</i>	<b>£2/5*</b>
3.15-4.45pm	<b>Work Club</b> with Open Age's Employment Team	<i>Starts 25th April.</i>	<b>FREE</b>
3.45-4.45pm	<b>Boxing Fitness</b>	<i>Starts 25th April. H/T 30 May. Must Book.</i>	<b>£1/3*</b>
<b>FRIDAY</b>			
10.00-11.15am	<b>Awareness Through Movement Pilates</b> with Carol Pasciullo	<i>Start 26th April. No class 14th June &amp; 19th July. Must Book.</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 26th April. Booking Essential.</i>	
11.00am-1.00pm	<b>Time For Me Activities</b> with Liz Butters	<i>Start 26th April. No class 14th June &amp; 19th July.</i>	<b>FREE</b>
11.30am-12.45pm	<b>Bus Pass To Broadway: Singing and Dancing</b>	<i>Start 26th April. No class 14th June &amp; 19th July.</i>	<b>£1/3*</b>
12.30pm-2.30pm	<b>Conversational French</b>	<i>Starts 26th April. H/T 31 May. No class 14th June &amp; 19th July.</i>	<b>£2</b>
1.00-3.00pm	<b>Practical IT Courses</b>	<i>(Booking essential. Please check IT schedule for further details).</i>	<b>£3</b>
1.00-2.00pm	<b>Abs, Bums and Thighs</b> with Rachel Teasdale	<i>Start 26th April. No class 14th June &amp; 19th July.</i>	<b>£1/3*</b>
2.00-3.00pm	<b>Healthy Lungs</b> with Hansa Bhodia	<i>Start 26th April. No class 14th June &amp; 19th July.</i>	<b>FREE</b>
2.00-4.00pm	<b>Stroke Survivors Social Group</b> with Rachel	<i>Fortnightly</i>	<b>£2</b>

<b>SUNDAY</b>		
12.30-2.30pm	<b>MEALS: Meet, Eat and Learn</b> , Sunday lunch	<i>Booking essential</i> <b>£4.50</b>

**SECOND HALF CENTRE WORKSHOPS, CLUBS & TRIPS - Call 0208 962 5500 to book**

**Please note we will be taking bookings for the below trips from the 15th April 2019. There is a maximum of 2 trips per person.**

**NATURAL HISTORY WITH THE READER** at The Natural History Museum. Thursday 25<sup>th</sup> April, 11.15am FREE (10 tickets).

**CHIHULY AT KEW** at Kew Gardens. Friday 17<sup>th</sup> May, 10.30am -12.30pm. £2 (15 tickets).

**WILDLIFE PHOTOGRAPHER OF THE YEAR** at The Natural History Museum. Thursday 23<sup>rd</sup> May, 3.30pm. £9 (10 tickets)

**BEHIND THE SCENES TOUR OF THE ROYAL ALBERT HALL** at The Royal Albert Hall. Friday 24<sup>th</sup> May, 10am. £15.50 (12 tickets)

**EXPLORING THE LIFE OF QUEEN VICTORIA** at Kensington Palace. Thursday 30<sup>th</sup> May, 2.30pm. FREE (12 tickets)

**GUIDED TOUR OF THE SAATCHI GALLERY** at The Saatchi Gallery. Monday 3<sup>rd</sup> June, 2pm FREE (12 tickets).

**MEMORY SCENTS** with Kensington Community Gardeners at The Second Half Centre. Tuesday 21<sup>st</sup> May 2pm-4pm FREE

**A TALE AS OLD AS TIME** London Creativity and Wellbeing Week Exhibition at The Second Half Centre. Friday 14<sup>th</sup> June 12-4pm FREE

**BOOK CLUB** with Jane Goldstaub: Thursday, 25<sup>th</sup> April, 23<sup>rd</sup> May, 20<sup>th</sup> June and 18<sup>th</sup> July. £2

**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 2<sup>nd</sup> May, 12:30pm -2pm £4.50

**COME EAT, DRINK AND BE MERRY AT OUR PARTY Friday 19<sup>th</sup> July, 12pm – 2pm**

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



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