

# Hammersmith & Fulham Activity Programme January to April 2020

## Welcome to our new activity programme

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

## Term dates in Hammersmith & Fulham

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

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

## News & Local Events



### Healthy Hearts

**Starts** Friday 10<sup>th</sup> January

**Ends** Friday 13<sup>th</sup> March

**Time:** 10.30am - 12.00pm

#### What it's all about:

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

**FREE. Booking essential.**

#### Address

Hammersmith Fitness & Squash Centre  
Chalk Hill Road  
W6 8DW

**To enquire, call Healthy Hearts directly on 020 3434 2500**

## CREATIVE WRITING!

### New! Creative Writing

**Day:** Wednesday 4<sup>th</sup> & 11<sup>th</sup> March

**Time:** 11.00 - 1.00

#### What it's all about:

We are delighted to bring two creative writing sessions on the theme of 'Our Personal Stories'

Come and share your story, writing, reading and exploring different genres together. **Must Book!**

#### Address

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

**To book, call Vivienne on 07824 484984**



### Kimono: Kyoto to Catwalk at the V&A

**Day:** Tuesday 10<sup>th</sup> March

**Time:** 10.30am

#### What it's all about:

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

**Suggested donation of £2. Booking essential. 14 places**

#### Address

Victoria & Albert Museum  
Cromwell Road  
SW7 2RL

**Booking opens 10<sup>th</sup> January  
Call 020 8962 4141**

## MONDAYS

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

## TUESDAYS

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

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

## WEDNESDAYS

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





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|--|---|--|---|-------|---|
| <b>Regent Street Classic Matinees</b>                  | 12.00 - 2.00<br>or<br>3.30 - 5.00<br><br>EVERY WEEK   | Regent Street Cinema<br>307 Regent St<br>W1B 2HW               | 88, 453,<br>C2  | £1.75 | Weekly matinee film screening at the Regent Street Cinema (north of Oxford Circus)<br><br><b>For details of films call 020 7911 5050</b> (Regent St cinema)   |
| <b>Regent Street Ballroom Dancing</b>                  | 2.00 - 3.00<br><br>EVERY WEEK   | The Bar<br>Regent Street Cinema<br>309 Regent St<br>W1B 2UW    | 88, 453,<br>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!<br><br>All levels welcome   |
| <b>Awareness through Movement (Feldenkrais Method)</b> | 1.15 - 2.15<br><br><i>Starts 8<sup>th</sup> January<br/>Ends 25<sup>th</sup> March</i><br><br><i>Half term break<br/>19<sup>th</sup> February</i> | Edward Woods Community Centre<br>60-70 Norland Road<br>W11 4TX | C1, 31, 49,<br>72, 94, 95,<br>148, 220,<br>228, 237,<br>260, 272,<br>295, 316,<br>607<br><br><b>Tube:</b><br>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<br><br><b>Will improve your ability to get up from the floor</b> |

## THURSDAYS

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

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

## FRIDAYS at the Second Half Club

| ACTIVITY  | TIME  | PLACE  | BUS   | COST | DETAILS   |
|---|---|--|---|------|---|
| <b>Digital Eagles</b><br>   | 10.00 - 11.00<br><br><i>Starts 10<sup>th</sup> January</i><br><i>Ends 3<sup>rd</sup> April</i><br><br><b>Half term break</b><br><b>21<sup>st</sup> February</b> | St Andrews Church<br>5 Greyhound Road<br>W14 9SA | 190, 211,<br>220, 295<br><br><b>Tube:</b> Barons<br>Court (15min<br>walk) | FREE | Free Digital Clinic to help you build your computer confidence.<br><br><b>In partnership with Barclays Digital Eagles</b>   |
| <b>Zumba®</b><br>           | 11.00 - 12.00<br><br><i>Starts 10<sup>th</sup> January</i><br><i>Ends 3<sup>rd</sup> April</i><br><br><b>Half term break</b><br><b>21<sup>st</sup> February</b> |  |   | £1   | This class is broken down into easy to follow steps and routines for everyone to enjoy. Ditch the workout – join the party!<br><br>No need to book, just turn up and join in! |
| <b>Singing for All</b><br> | 12.30 - 1.30<br><br><i>Starts 10<sup>th</sup> January</i><br><i>Ends 3<sup>rd</sup> April</i><br><br><b>Half term break</b><br><b>21<sup>st</sup> February</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><br>      | 1.45 - 3.45<br><br><i>Starts 10<sup>th</sup> January</i><br><i>Ends 3<sup>rd</sup> April</i><br><br><b>Half term break</b><br><b>21<sup>st</sup> February</b>   |  |   | FREE | Catch up on some great films, courtesy of Warner Brothers<br><br><b>With thanks to The Second Half Foundation</b>   |

### OTHER FRIDAY ACTIVITIES IN HAMMERSMITH & FULHAM

|                             |   |   |  |   |  |
|-----------------------------|---|---|--|---|--|
| <b>Shared Reading Group</b> | 10.30 – 12.00<br><br><i>Starts 10<sup>th</sup> January</i><br><i>Ends 3<sup>rd</sup> April</i><br><br><b>Half term break</b><br><b>21<sup>st</sup> February</b> | The Invention Rooms Café<br>Door C<br>68 Wood Lane<br>W12 7RH | 7, 70, 72, 95,<br>220, 228,<br>272, C1<br><br><b>Tube:</b><br>Wood Lane or<br>White City | FREE*<br><br>Suggested Donation<br>£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><br><br><i>Come and discover the joy of shared reading!</i><br><br><b>In partnership with The Reader and Imperial College</b> |
|-----------------------------|---|---|--|---|--|

|  |   |   |   |   |   |
|--|---|---|---|---|---|
| <p><b>Healthy Hearts</b></p> <p><b>NEW!</b></p> <p><b>10 week programme</b></p> <p><b>Must book!</b></p>           | <p>10.30 - 12.00</p> <p><i>Starts 10<sup>th</sup> January<br/>Ends 13<sup>th</sup> March</i></p> <p><b>No Half term break</b></p>                                     | <p>Hammersmith Fitness &amp; Squash Centre<br/>Chalk Hill Road<br/>W6 8DW</p>                     | <p><i>All buses that go via Hammersmith Bus Station</i></p> <p><i>Tube: Hammersmith</i></p> | <p>FREE</p>   | <p><i>Adult Weight Management course delivered jointly with Healthy Hearts, the local cardiovascular disease prevention service. The programme combines theory and practice where you will be fully supported to make healthier food choices and move more. This is a free service for Hammersmith &amp; Fulham residents who meet Healthy Hearts criteria.</i></p> <p><b>For more information and to book, call Healthy Hearts directly on 020 3434 2500.</b></p>  |
| <p><b>Mindfulness &amp; Relaxation</b></p> <p><b>NEW!</b></p> <p><b>8 week course:</b></p> <p><b>Must book</b></p> | <p>2.00-4.30</p> <p>Includes a 30 minute tea break</p> <p><i>Starts: 24<sup>th</sup> January<br/>Ends: 13<sup>th</sup> March</i></p> <p><b>No Half Term break</b></p> | <p><i>Communal Hall<br/>Wentworth Court<br/>Sheltered Housing<br/>Laundry Road<br/>W6 8QW</i></p> | <p>74, 190, 295, 430</p> <p><i>Tube: Barons Court (10 minute walk)</i></p>                  | <p>£2 per session</p> <p>You will also need to buy course materials at the subsidised cost of £10</p> | <p><i>Come and learn the skill of meditation and mindfulness. Mindfulness can help relieve pain, reduce stress and restore well-being. Discover ways to bring more ease and balance to your everyday experience. Joining an eight week course can give you supportive transformative skills to take forward in your daily life</i></p> <p><b>Please call Stephanie Robertshaw on 07814 536 463 to check if this course is for you and to book</b></p> <p><b>In partnership with Community Champions</b></p> |

### Adult Community Learning courses

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

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

**Enquiries and reservations can be made from Monday 9<sup>th</sup> December**

## OPEN AGE - ADULT COMMUNITY LEARNING – January to April 2020

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

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

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

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

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

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

Angela 020 8962 5590 [asharkey@openage.org.uk](mailto:asharkey@openage.org.uk)

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

### VENUES

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

### MONDAY

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

### TUESDAY

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



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



## The Second Half Centre Activity Programme January - March 2020

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

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

|                 |   |  |       |
|-----------------|---|--|-------|
| 2.00-3.00pm     | <b>Bolder Not Older Dance Classes with Dance West</b>             |  | £1    |
| 2.30-4.30pm     | <b>Advanced French with Ann Stones</b>                            | <i>Starts 15th Jan. H/T 19th Feb</i>   | £2/5* |
| 3.45-4.45pm     | <b>Bone Density Workout 2 with Natalie Nicoll</b>                 | <i>Starts 15th Jan. H/T 19th Feb. Must Book</i>                                      | £1/3* |
| 4.00-6.00pm     | <b>Poetry with Robert Silver</b>                                  | <i>Starts 15th Jan. H/T 19th Feb. Ends 25th Mar. Must Book</i>                       | £3    |
| 4.00-6.00pm     | <b>Practical IT Courses</b>                                       | <i>(Must Book. Please check IT schedule for further details)</i>                     | £3    |
| 5.00-7.00pm     | <b>Meditation with Paul Langton</b>                               | <i>Starts 15th Jan. H/T 19th Feb. Ends 25th Mar. Must Book</i>                       | £3    |
| <b>THURSDAY</b> |   |  |       |
| 10.00-11.30am   | <b>Go Generation Table Tennis with Westway Sports and Fitness</b> | <i>Starts 16th Jan. H/T 20th Feb</i>   | £1/3* |
| 10.00am-12noon  | <b>History of Art: Art in Focus with Julia Heckles</b>            | <i>Starts 9th Jan. H/T 20th Feb</i>  | £2/5* |
| 10.00am-12noon  | <b>Practical IT Courses</b>                                       | <i>(Must Book. Please check IT schedule for further details)</i>                     | £3    |
| 10.30-12.30pm   | <b>Mosaic and Ceramics with Barbara Gorton</b>                    | <i>Starts 9th Jan. H/T 20th Feb</i>  | £2/5* |
| 11.45-12.45pm   | <b>Staying Strong Yoga with Sophia Panas-O'Brien</b>              | <i>Starts 16th Jan. H/T 20th &amp; 27th Feb. Must Book</i>                           | £1/3* |
| 12.15-1.15pm    | <b>Exercise to Music and Health Management I with Liz</b>         | <i>Starts 16th Jan. Must Book</i>  | £1.50 |
| 12.30-2:00pm    | <b>Lunch Club with Manju Malhi</b>                                | <i>13th &amp; 27th Feb, 12th &amp; 26th Mar. Must Book</i>                           | £4.50 |
| 1.00- 2.00pm    | <b>Bone Density Workout with Natalie Nicoll</b>                   | <i>Starts 16th Jan. H/T 20th &amp; 27th Feb. Must Book</i>                           | £1/3* |
| 1.00-3.00pm     | <b>Practical IT Courses</b>                                       | <i>(Must Book. Please check IT schedule for further details)</i>                     | £3    |
| 1.30-2.30pm     | <b>Exercise to Music and Health Management II</b>                 | <i>Starts 16th Jan. Must Book</i>  | £1.50 |
| 2.30-3.30pm     | <b>Stretch and Tone Beginners with Pan</b>                        | <i>Starts 16th Jan H/T 20th &amp; 27th Feb. Must Book</i>                            | £1/3* |
| 2.45-4.45pm     | <b>Spanish Conversation with Ana Gutierrez Hornero</b>            | <i>Starts 16th Jan. H/T 20th Feb</i>   | £2/5* |
| 3.00-5.00pm     | <b>Italian: Step up with Roberto Antonetti</b>                    | <i>Starts 16th Jan. H/T 20th Feb. Ends 26th Mar. Must Book</i>                       | £3    |
| 3.45-4.45pm     | <b>Boxing Fitness</b>   | <i>Starts 16th Jan. H/T 20th &amp; 27th Feb</i>                                      | £1/3* |
| <b>FRIDAY</b>   |   |  |       |
| 10.00-11.15am   | <b>Awareness Through Movement Pilates 2</b>                       | <i>Starts 17th Jan. H/T 14th Feb. Ends 27th Mar. Must Book</i>                       | £1/3* |
| 10.30am-12.30pm | <b>Practical IT Courses</b>                                       | <i>(Must Book. Please check IT schedule for further details)</i>                     | £3    |
| 10.00am-12noon  | <b>Time For Me IT with Lena Dekair</b>                            | <i>(Must Book. Please check IT schedule for further details)</i>                     | £3    |
| 11.00am-1.00pm  | <b>Time For Me Activities with Liz Butters</b>                    | <i>Starts 17th Jan</i>   | FREE  |
| 11.30am-12.45pm | <b>Bus Pass To Broadway: Singing and Dancing</b>                  | <i>Starts 10th Jan. H/T 14th Feb</i>   | £1/3* |
| 1.00-3.00pm     | <b>Practical IT Courses</b>                                       | <i>Booking essential. Please check IT schedule for further details) Ends 6th Dec</i> | £3    |
| 1.00-2.00pm     | <b>Abs, Bums and Thighs with Rachel Teasdale</b>                  | <i>Starts 17th Jan. H/T 14th &amp; 28th Feb. Must Book</i>                           | £1/3* |
| 1.15pm-3.15pm   | <b>Conversational French with Alaydys Schwander</b>               | <i>Starts 10th Jan. H/T 14th Feb</i>   | £2    |
| 2.00-3.00pm     | <b>Healthy Lungs with Hansa Bhodia</b>                            | <i>Starts 10th Jan. H/T 14th Feb</i>   | FREE  |
| 2.00-4.00pm     | <b>Stroke Recovery Social Group with Rachel</b>                   | <i>Fortnightly, Starts 10th Jan</i>  | £2    |
| <b>SUNDAY</b>   |   |  |       |
| 12.30-2.30pm    | <b>MEALS: Meet, Eat and Learn, Sunday lunch</b>                   | <i>Booking essential</i>   | £4.50 |

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

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

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

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

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

0208 962 5500



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

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

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

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

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

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

## Access to Open Age activities in other boroughs

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

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

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

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

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

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

### Please Note:

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

