


<b>SIGN UP NOW</b> and <b>Come and Discover the Best Half of Your Life</b> <b>0208 962 5500</b>	<b>THE SECOND HALF CENTRE</b> <b>WINTER TERM 13<sup>th</sup> January – 28<sup>th</sup> March 2014</b> St Charles Centre for Health and Wellbeing, Exmoor Street, London W10 6DZ <a href="http://www.thesecondhalfcentre.com">www.thesecondhalfcentre.com</a> <b>We welcome anyone over 50 from any Borough</b> <b>THE SECOND HALF FOUNDATION PROVIDES BURSARIES FOR THOSE WHO SHOW NEED</b> The Life Café OPEN DAILY: 9.30 – 11.30am & 2pm – 4.30pm We serve breads, cakes & cappuccinos	 Reg Charity 1141988

EVERY MONDAY		
10.00am- 12noon	<b>BEGINNERS COMPUTING</b> with Taj Afolabi	£3 *
10.00 - 11.00am	<b>Bokwa</b> with Lindale Thomson	£5/2* <b>NEW</b>
10.00am-12noon	<b>Local History Walks and Talks</b> with Sue Snyder and Maggie Tyler	Delivered by Open Age £2 <b>NEW</b>
11.30am 12.30pm	<b>Latin Burn</b> with Doni Dance	£5/2*
12noon – 2.00pm	<b>Free Computer Time</b>	FREE
12pm – 1.30pm	<b>International Cooking</b> featuring: 13 <sup>th</sup> Jan <b>Ukrainian</b> with Galyna Polchenko; 20 <sup>th</sup> Jan <b>Swedish</b> with Lisa Wallen; 27 <sup>th</sup> Jan <b>Indian</b> with Apu Patwardhan; 3 <sup>rd</sup> Feb <b>Malaysian /Nyonya</b> with Siti Merret; 10 <sup>th</sup> Feb <b>Libaliano</b> with Claude and Maria; 17 <sup>th</sup> Feb <b>Vietnamese</b> with Minh-Tam Janssens ; 24 <sup>th</sup> Feb <b>Greek</b> with Matoula Ploumidi; 3 <sup>rd</sup> March <b>Italian</b> with Barbara Vittoria ; 10 <sup>th</sup> March <b>Greek</b> with Matoula Ploumidi; 17 <sup>th</sup> March <b>Persian</b> with Carol Sopher	£6/3*Includes Lunch <b>NEW CUISINES</b>
1.30pm - 2.30pm	<b>Stretch &amp; Tone</b> (Beginner/Intermediate) with Rachel Teasdale	£5/2*
1.30pm-3.30pm	<b>Singing For All</b> with Ivor Flint	Delivered by Open Age £2 <b>NEW</b>
3.00pm - 4.00pm	<b>Tai Chi &amp; Qi Gong</b> with Gill Croft	£5/2*
EVERY TUESDAY		
10.00am-11.00am	<b>Zumba</b> with Vivian Perez	£5/2*
10.00am - 12noon	<b>INTERMEDIATE COMPUTING</b> with June Quammie	£3*
10.30am-12.30pm	<b>Designing and Practical Gardening</b> with Michael Runge in our award winning allotment at St Charles	£6/3*
11:15 - 12:15pm	<b>Kundalini Yoga/Meditation Class</b> with Rafael Ramos Garcia	£5/2*
12noon – 2.00pm	<b>Free Computer Time</b>	FREE
12:30pm - 2.00pm	<b>Thai Cooking</b> with Pan Kongsrivilai, Head Chef of Thai Square	£6/3*
1.00pm-2.00pm	<b>Chair Zumba</b> with Julie McNamara	Delivered by Open Age £1 <b>NEW</b>
2.00pm-4.00pm	<b>DRAMA AND THEATRE CLUB</b> with Josh Azouz .Combined workshops with West End visits. <b>Thurs 6<sup>th</sup> March 'Versailles'</b> Matinee 2.30pm Donmar Warehouse (12 Tickets). <i>Starting 28<sup>th</sup> Jan</i>	£6/3* <b>NEW</b>
3.00pm-4pm	<b>Body Well-being Pilates</b> with Rhiann Keys	£5/2* <b>NEW</b>
EVERY WEDNESDAY		
10.00am - 12noon	<b>Painting</b> with Derek Ogbourne	£6/3*
11am-12.30pm	<b>'A Time to Talk'</b> with Psychotherapists Denise Hurst-Hastings and Fella Orlean-Taub	£6/3* <b>NEW</b>
12pm-2pm	<b>Free Computer Time</b>	FREE <b>NEW</b>
1.00pm - 3.00pm	<b>Beginners Drawing</b> with Derek Ogbourne	£6/3*
12.45pm-1.45pm	<b>Stretch &amp; Tone</b> (Intermediate) with Rachel Teasdale	£5/2*
1.45pm-2.15pm	<b>Abs Express</b> with Rachel Teasdale	£3 /2*
2.00pm-4.00pm	<b>INTERMEDIATE: THE NEXT STEP LEVEL COMPUTER SKILLS</b> with June Quammie	£3*
3.00pm-4.00pm	<b>Salsa</b> with Mark Elie	£5/2*
EVERY THURSDAY		
10.00-11:30am	<b>Craft Art</b> with Emily Fuller (Mosaics, Felt and Beading)	£6/3*
10.00am-12noon	<b>The Art of Revolution: Painting and Politics 1789- 1914</b> with Dr Kevin Childs	£6/3*
10.30am-12noon	<b>In Touch with IPADS</b> with Simon Shum	Delivered by Open Age £1.50 <b>NEW</b>
11:45am- 12:45pm	<b>'Staying Strong Yoga'</b> with Clara Vacassin	£ 5/2*
12noon – 2.00pm	<b>Free Computer Time</b>	FREE
1.00pm-2.00pm	<b>Ballet Tone</b> with Clare Lumley	£5/2*
2.00pm-4.00pm	<b>Spanish (Intermediate/Advanced)</b> with Maria Marti	Delivered by Open Age £2 <b>NEW</b>
2:30pm - 4.30pm	<b>'Living Write!' Creative Writing</b> with Susanna Howard	£6/3* <b>NEW</b>
3.00pm-4.00pm	<b>Bone Density Workout</b> with Zee Filho from TenPilates	£5/2*
EVERY FRIDAY		
10.00am-12noon	<b>Discovering World Religions Through Art Objects and Sacred Spaces</b> with Maria Cristina White-da Cruz	£6/3* <b>NEW</b>
10.30am-11.30am	<b>Mat Pilates</b> with Lauren Clancy	£5/2*
12pm-1.15pm	<b>Bus Pass to Broadway.</b> Singing and Dancing – no expertise required	£5/2*
1pm-2.30pm	<b>ESOL</b> conversation class led by Soraya Boyd. £3 includes a cup of tea and a snack	£3 *
1.30pm-2.30pm	<b>Abs, Bums and Thighs</b> with Rachel Teasdale	£5/2*
2.00pm-4.00pm	<b>Intermediate Computer Skills</b> with Mohammed Jaafar	Delivered by Open Age £2 <b>NEW</b>
2.30pm-3.30pm	<b>'La Belle France' Beginner's French</b> with Soraya Boyd.	£5/2*

#### WORKSHOPS AND CLUBS

**LUNCH CLUB: LUNCH, LAUGH AND LINGER** 30<sup>th</sup> January and 27<sup>th</sup> February open to ALL MEMBERS. Includes a **delicious meal, a glass of wine and the best company in town. £4**

**Book Club:** 30<sup>th</sup> January, 20<sup>th</sup> February & 20<sup>th</sup> March: Jane Goldstaub 3.30pm-5pm // **Tapestry Workshop** 15<sup>th</sup> January, 19<sup>th</sup> February and 19<sup>th</sup> March: Marianne Astor 10am-12.30pm// **Investing in Contemporary Art** 25<sup>th</sup> February and 4<sup>th</sup> March :Freeny Yianni Hammick 2pm-4pm.

All Computer courses must be paid for in full at the start of the term. The Second Half Foundation provides bursaries for those who show need.

\* Denotes Classes already subsidized