

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



life's just begun



The Second Half Centre Activity Programme

11th January - 18th March

CALL US ON 020 8962 5500

MONDAY		
10.00-11.00am	Bokwa with Lindale Thompson	£1/3*
10.00am-12noon	Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i>	£3
10.00am-12noon	Local History Walks and Talks with Sue Snyder <i>Half term 15th Feb</i>	£2/5*
11.00am -12noon	Latin American Dance with Oleg Storozhuk from Doni Dance	£1/3*
12noon-1.30pm	International Cooking featuring: 11th Jan Indian , 18th Jan Vietnamese , 25th Jan Turkish , 1st Feb African , 8th Feb Asian Fusion , 15th Feb HALF TERM , 22nd Feb Nonya/Malay , 29th Feb, TBC 7th March Greek ,	£3/6*
12.15-1.00pm	FREE COMPUTER TIME	FREE
1.00-3.00pm	Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i>	£3
1.30-3.30pm	Still Life & Life Drawing with Dan Whiteson <i>Half term 15th Feb</i>	£2/5*
1.30-3.30pm	Singing For All with Joshua Millais <i>Half term 15th Feb</i>	£2/5*
3.15-4.00pm	Work Club Open Age's Employment Team	FREE
3.30-5.30pm	Men's Monday Meet Up led by Russell John	FREE
4.00pm-6.00pm	Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i>	£3
TUESDAY		
10.00-11.00am	Zumba Gold with Vivian Perez <i>Starting 19th January</i>	£1/3*
10.00-12noon	Community Kitchen Garden member run	FREE
10.00am-12noon	Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i>	£3
10.00am-12noon	Drawing & Painting with Peter Dunn <i>Half term 16th Feb</i>	£3
11.15-12.30pm	Kundalini Yoga/Meditation with Rafael Ramos Garcia	£1/3*
12.45pm-1.45pm	Steady and Stable with Deryn Bath	FREE
1.00-3.00pm	Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i>	£3
1.45pm-2.45pm	Steady and Stable with Deryn Bath	FREE
2.00-4.00pm	Drama and Theatre Club with Pamela Jakiemi .Combined Workshops and West End visits. Thursday 21st January, Matinee 2.30pm at The Donmar Warehouse (10 tickets available £17.50each). First Priority to The Drama and Theatre Club. <i>Half term 16th Feb</i>	£2/5*
3.00pm-4.00pm	Body Well-being Pilates with Rhiann Keys	£1/3*
3.15-4.45pm	FREE COMPUTER TIME	FREE
WEDNESDAY		
10.00am-12noon	Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i>	£3
10.00am-12noon	Painting and Drawing with Derek Ogbourne <i>Half Term 17th Feb</i>	£2/5*
10.15-12.15pm	Philosophy with John Goff <i>Half Term 17th Feb</i>	£2/5*
10.30-12.30pm	Creative Threads with Daisy Surgery <i>Half Term 17th Feb</i>	£1.50
12noon-2.00pm	Men's Cookery led by Russell John <i>(1st and 3rd Wednesday of the Month)</i>	£2/5*
12.45-1.45pm	Stretch and Tone (Intermediate) with Rachel Teasdale	£1/3*
1.00-3.00pm	Practical IT Courses <i>(Booking essential. Please check IT schedule for further details)</i>	£3

2.00-4.00pm	English Literature with Robert Silver	<i>Half Term 17th Feb</i>	£3 NEW
2.00-4.00pm	Kensington and Chelsea's 'A Time to Talk Service' (6 week workshop)		FREE
2.30-4.30pm	Advanced French with Anne Stones	<i>Half Term 17th Feb</i>	£2/5*
3.15-4.45pm	Work Club with Open Age's Employment Team		FREE
THURSDAY			
10.00am-11.30am	Table Tennis Member run		£1/3*
10.00am-12noon	The Good, the Bad and the Ugly: Artistic Responses To Two World Wars, Revolutions in Russia, China and Latin America with Peter Dunn	<i>Half Term 18th Feb</i>	£2/5* NEW
10.00am-12noon	Practical IT Courses (<i>Booking essential . Please check IT schedule for further details</i>)		£3
10.30am-12.30pm	Mosaic and Ceramics with Barbara Gorton	<i>Half Term 18th Feb</i>	£2/5*
11.45am-12.45pm	'Staying Strong Yoga' with Susanne Guyler/Monika Pawlowska		£1/3*
12.15-1.30pm	Exercise To Music And Health Management with Liz Turner		£1.50
1.00-3.00pm	Practical IT Courses (<i>Booking essential . Please check IT schedule for further details</i>)		£3
1.00-2.00pm	Stretch and Tone with Rachel Teasdale		£1/3*
2.00pm-4.00pm	Spanish For Absolute Beginners with Maria Marti	<i>Half Term 18th Feb</i>	£3*
2.30pm-3.30pm	Bone Density Workout with Natalie Grant		£1/3*
3.15-4.45pm	FREE COMPUTER TIME		FREE
FRIDAY			
10.00am-12noon	Practical IT Courses (<i>Booking essential . Please check IT schedule for further details</i>)		£3
10.30am-11.45am	Awareness Through Movement Pilates with Carol Pasciullo		£1/3*
11.00am-1.00pm	Time For Me Carers Activities with Liz Butters		FREE
12noon-1.15pm	Bus Pass To Broadway. Singing and Dancing	<i>Half Term 19th Feb</i>	£1/3*
12.15- 1.00pm	FREE COMPUTER TIME		FREE
1.00-3.00pm	Practical IT Courses (<i>Booking essential . Please check IT schedule for further details</i>)		£3
1.15-2.45pm	ESOL conversation class with Soraya Boyd (includes a cup of tea and snack)		£1.50/3*
1.30-2.30pm	Abs, Bums and Thighs with Rachel Teasdale		£1/3*
2.00-4.00pm	Stroke Survivors Social Group with Rachel	<i>(Fortnightly, Starting 15th Jan)</i>	FREE
2.30-3.30pm	Healthy Lungs with Hansa Bhodia		FREE
2.45-3.45pm	'La Belle France; Beginner's French with Soraya Boyd	<i>Half Term 19th Feb</i>	£1/3*
3.15-4.30pm	Work Club with Open Age's Employment Team		FREE
SUNDAY			
12.30-2.30pm	MEALS:Meet, Eat and Learn, Sunday lunch	<i>(Booking essential)</i>	£4.50

WORKSHOPS AND CLUBS

BOOK CLUB: Thursday 21st January, Thursday 18th February, Thursday 17th March with Jane Goldstaub. 2.30pm-4pm FREE

FRAUD PREVENTION WORKSHOP Monday 15th February, 10am-11.30am

LUNCH CLUB: LUNCH, LAUGH AND LINGER Thursday 18th February open to ALL MEMBERS. Includes a delicious meal, a glass of wine and the best company in town. 12.30pm-2pm £4 (Booking essential)

HERBAL WORKSHOP SERIES with Maria Vlotides: **Post Christmas Herbal Detox:** Tuesday 26th January 2pm-4pm: **Health and Wellbeing, The True Cost of Sugar:** Tuesday 16th February 2pm-4pm, **Maria's Top 8 Desert Island Herbs** Tuesday 15th March 2pm-4pm

TAPESTRY with Marianne Astor. Thursday 14th January and 11th February, 2pm-4pm £2

QUEENS GALLERY VISIT: Friday 29th January, 10am-12.30pm– call The SHC to book on 0208 962 5500

WALKING GROUP: led by Chris Horner, every third Wednesday. Call The SHC on 0208 962 5500 for more information.

COME EAT, DRINK AND BE MERRY AT OUR END OF TERM PARTY Friday 18th March, 12noon– 2pm