



The Second Half Centre

The Second Half Centre is open Monday to Friday 9.30am until 5pm. The Centre offers over 68 hours of activities and classes every week, a lending library and The Life Café, a place to come for coffee, cakes and conversation.

For more information call us on:

0208 962 5500

Email us at:

info@thesecondhalfcentre.com

or visit our website

www.thesecondhalfcentre.com

or the Open Age Website

www.openage.org.uk

Workshops, Clubs and Events

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

Book Club: Thursday 21st January, 18th February, 17th March, 2.30pm - 4pm with Jane Goldstaub FREE

Lunch Club: Lunch, Laugh and Linger: Thursday 18th February, 12.30pm - 2pm OPEN TO ALL MEMBERS. Includes a delicious meal, a glass of wine and the best company in town! (Booking is essential) £4

Meals: Meat, Eat and Learn: Every Sunday, 12.30pm - 2.30pm (Booking is essential)

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

Fraud Prevention Workshop: Monday 15th February, 10am - 11.30am.

Herbal Workshop Series: '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, with Maria Vlotides

Fraud Prevention Workshop: Monday 15th February, 10am - 11.30am

Queens Gallery Visit: Friday 29th January, 10am - 12.30pm, Call The SHC to book on 0208 962 5500

How to find us:

The Second Half Centre
St Charles Centre for Health and Wellbeing
Exmoor Street, London
W10 6DZ



You can enter from Exmoor Street, off St Charles Square/ Ladbrooke Grove or from St Marks Road.

Underground:

Only a 10 minute walk from Ladbrooke Grove Station (Hammersmith and City Line) or the 52 bus from Notting Hill Gate Station (Central, District & Circle Lines).

Bus:

52, 452, 23, 295 - Alight at St Charles Square/Ladbrooke Grove.

70 - Alight at Barlby Road or as above.

7,316 - Alight at St Marks Road, and then walk through St Charles Centre for Health and Wellbeing to the main reception.

Car:

Pay & display on Exmoor Street, St Charles Square and St Marks Road.



The Second Half Centre was created and founded by
The Second Half Foundation (Reg 1141988) in May 2011.



European Union
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Kensington and Chelsea



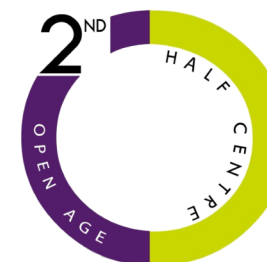
Sponsored by
The National Lottery
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WEST
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THE KENSINGTON
CHELSEA
FOUNDATION



The Second Half Centre

*'The Place to
Discover the Best Half of
Your Life'*

11th January -
18th March
2016



Open Age is registered as a Charitable Incorporated Organisation in England and Wales. (no.1160125)

MONDAY	BOKWA (Booking Essential) Lindale Thompson 10am - 11am	PRACTICAL IT COURSES (Booking Essential) 10am - 12pm	LOCAL HISTORY WALKS AND TALKS Sue Snyder 10am - 12pm	LATIN AMERICAN DANCE (Booking Essential) Oleg Storozhuk 11am - 12pm	INTERNATIONAL COOKING (Booking Essential) 12pm - 1.30pm	PRACTICAL IT COURSES (Booking Essential) 1pm - 3pm	STILL LIFE AND LIFE DRAWING Dan Whiteson 1.30pm - 3.30pm	SINGING FOR ALL Josh Millais 1.30pm - 3.30pm	MENS MONDAY MEET UP Russell John 3.30pm - 5.30pm	PRACTICAL IT COURSES (Booking Essential) 4pm - 6pm	
	TUESDAY	ZUMBA GOLD (Booking Essential) Vivian Perez (Starts 19th Jan) 10am - 11am	COMMUNITY KITCHEN GARDEN Member Run 10am - 12pm	PRACTICAL IT COURSES (Booking Essential) 10am - 12pm	DRAWING AND PAINTING Peter Dunn 10am - 12pm	KUNDALINI YOGA (Booking Essential) Rafael Ramos Garcia 11.15am - 12.15am	PRACTICAL IT COURSES (Booking Essential) 1pm - 3pm	STEADY & STABLE (Booking Essential) Deryn Bath 12.45pm - 1.45pm	STEADY & STABLE (Booking Essential) Deryn Bath 1.45pm - 2.45pm	DRAMA & THEATRE CLUB Pamela Jakiemi 2pm - 4pm	
WEDNESDAY		PRACTICAL IT COURSES (Booking Essential) 10am - 12pm	PAINTING & DRAWING Derek Ogbourne 10am - 12pm	PHILOSOPHY John Goff 10.15am - 12.15pm	CREATIVE THREADS Daisy Surgery 10.30am - 12.30pm	MENS SPACE LUNCH AND COOKERY (1st and 3rd Weds) 12pm - 2pm	STRETCH & TONE (Booking Essential) Rachel Teasdale 12.45pm - 1.45pm	PRACTICAL IT COURSES (Booking Essential) 1pm - 3pm	ENGLISH LITERATURE Robert Silver 2pm - 4pm	K & C 'A TIME TO TALK' Workshops (6 week series) 2pm - 4pm	ADVANCED FRENCH Anne Stones 2.30pm - 4.30pm
	THURSDAY	TABLE TENNIS Member Run 10am - 11.30am	THE GOOD, THE BAD AND THE UGLY: ART OF THE 20TH CENTURY Peter Dunn 10am - 12pm	PRACTICAL IT COURSES (Booking Essential) 10am - 12pm	MOSAICS & CERAMICS Barbara Gorton 10.30am - 12.30pm	STAYING STRONG YOGA (Booking Essential) Monika Pawlowska 11.45am - 12.45pm	EXERCISE TO MUSIC & HEALTH MANAGEMENT Liz Turner 12.15 - 1.30pm	PRACTICAL IT COURSES (Booking Essential) 1pm - 3pm	STRETCH & TONE (Booking Essential) Rachel Teasdale 1pm - 2pm	SPANISH FOR ABSOLUTE BEGINNERS Maria Marti 2pm - 4pm	BONE DENSITY WORKOUT (Booking Essential) Natalie Grant 2.30pm - 3.30pm
FRIDAY		PRACTICAL IT COURSES (Booking Essential) 10am - 12pm	AWARENESS THROUGH MOVEMENT PILATES (Booking Essential) Carol Pasciullo 10.30am - 11.45am	TIME FOR ME CARERS Liz Butters 11am - 1pm	BUSPASS TO BROADWAY Jacqui Condon & Vivienne McMaster 12pm - 1.15pm	PRACTICAL IT COURSES (Booking Essential) 1pm - 3pm	ESOL CONVERSATION CLASS Soraya Boyd 1.15pm - 2.45pm	ABS, BUMS & THIGHS (Booking Essential) Rachel Teasdale 1.30pm - 2.30pm	STROKE SURVIVORS SOCIAL GROUP (Fortnightly) 2pm - 4pm	HEALTHY LUNGS (Booking Essential) Hansa Bhodia 2.30pm - 3.30pm	'LA BELLE FRANCE' BEGINNERS FRENCH Soraya Boyd 2.45pm - 3.45pm



PRESCRIPTION

TAKE EACH OF THESE ONCE A DAY

For Healthy Active Ageing & Enjoying the Best Years of Your Life

1. Rediscover Passion
2. Have a Purpose
3. Exercise
4. Eat Nutritionally
5. Stay Connected

Just Drop In For:
FREE COMPUTER TIME
Everyday: 12.15pm - 1pm
Tuesdays and Thursdays:
3.15pm - 4.45pm

WORK CLUB
Monday: 3.15pm - 4pm
Wednesday: 3.15pm - 4.45pm
Friday: 3.15pm - 4.30pm

HALF TERM WEEK:
Monday 15th - Friday 19th Feb 2016
Come Eat, Drink and be Merry At Our End Of Term Party:
Friday 18th March, 12pm - 2pm