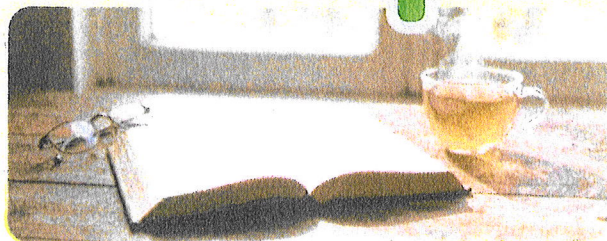


Weekly activities		All clubs and lunches must be booked in advance		Call 020 8685 6907	
Mondays					
10:30am-12pm	Games & Social Club	Join us for refreshments and a chat with games	Drop in	Age UK Merton Centre	£6
2pm-3pm	Tai Chi	Our popular Tai Chi class is led by Leonie	Drop in	Vestry Hall Mitcham	£6
Tuesdays					
10:30am-12pm	Craft Club	Make a different hand craft or art every week, led by Michele. All materials are supplied	Drop in	Age UK Merton Centre	£6
2pm-3pm	Yoga Class	Yoga for everybody with Jackie. Bring your own mat or join in on a chair	Drop in	Age UK Merton Centre	£6
Wednesdays					
1:30pm-2:30pm	Chair Based Exercise	Join us for gentle chair-based exercise where you build your strength and confidence	Drop in	Age UK Merton Centre	£6
Thursdays					
10:20am-11am	Water Aerobics	A fun water workout building fitness and confidence in the pool	Prebook	Morden Leisure Centre	£7
10:30 am – 11:30 am	Chair Based Exercise	Join us for gentle chair-based exercise where you build your strength and confidence	Drop in	St Mark's Church, Mitcham	£6
10:30am-12pm	Singing for Fun	Sing some absolute classics and join in the fun as we raise the roof in the centre	Drop in	Age UK Merton Centre	£6
12:30pm-1:30pm	Line Dancing	Weekly sessions with Judith. Great music and great company	Drop in	Vestry Hall in Mitcham	£6
2pm-2:45pm	Zumba	A lively workout with upbeat music and plenty of energy	Drop in	Vestry Hall in Mitcham	£6
2:15pm-3.15pm	Line Dancing	Intermediate level, weekly sessions with Judith. Great music and great company	Drop in	Age UK Merton Centre	£6
Fridays					
10.30am-11.30am	Line Dancing	Weekly sessions with Judith. Great music and great company		Hill House Community Centre	£6
10:30am-2pm	Carers Support	Every first Friday of the month, Carers First run a surgery to help you with any Carers issues	Drop in	Age UK Merton Centre	Free
11am-12:30pm	Poetry Corner	Every first Friday of the month, share and discuss poems in a warm, welcoming group	Prebook	Age UK Merton Centre	£6
Special Events- all special events need to be prebooked					
Wednesday 9 th September	Clacton Coach Trip	Have a fun day out exploring Clacton Beach, Clacton Pier, Seafront Gardens and coastal walks, with time to enjoy arcades, shops, ice cream and seaside treats. Ask reception for timings	Meeting point:	Age UK Merton Centre	£40
Friday 11 th September	Tea & Talk 12:30 pm-1:30 pm	Come along and listen to a talk about “Healthy Aging & Nutrition” from Joanna at Everyone Health	Age UK Merton Centre		Free
Friday 11 th September	Film Club 2-4pm	You asked, we delivered! Film Club is back, Ice-cream will be provided	Age UK Merton Centre		£2
Tuesday 15 th September	Supper Club	Join us for a tasty evening meal and great company at Pawelek Restaurant in Mitcham The £2 does not include the meal cost	Local Area		£2
Friday 18 th September	Coffee & Chat 11am-12:30pm	Join us for a relaxed morning coffee and friendly conversation with refreshments	Age UK Merton Centre		£6
Thursday 24 th September	Watercolour Art 1pm-3pm	Get creative and relax with our guided watercolour painting session	Age UK Merton Centre		£15
Wednesday 30 th September	Tea & Talk 11am-12pm	Merton Talking Therapies will be delivering an informative talk about “Healthy Eating with Company”	Age UK Merton Centre		Free

To secure your place, please book in person or use our contact details below:

Activities@ageukmerton.org.uk | 020 8685 6907 | Elmwood Centre, 277 London Road, Mitcham, CR4 3NT

August Special Events



Poetry Corner

Share and discuss poems in a warm, welcoming group. Theme this month: Weather & Seasons

Friday 7th August | 11am-12:30pm | £6



Supper Club

Join us for a tasty evening meal and great company at Tasty Twist, in Morden

Tuesday 11th August | 6pm | £2*
(*booking fee + meal cost)



Coffee & Chat

Drop in for a relaxed morning coffee and friendly conversation with refreshments

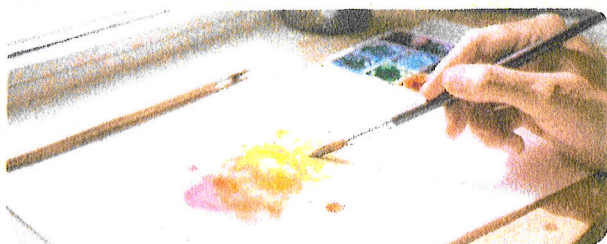
Friday 14th August | 11am-12:30pm | £6



Quiz & Lunch

Enjoy an engaging and fun quiz followed by a delicious lunch together

Wednesday 19th August | 10:30am- 1pm | £12



Watercolour Art

Get creative and relax with our guided watercolour painting session

Monday 24th August | 1pm-3pm | £15

Hot weather alert!

Due to the forecast of very high temperatures, please call ahead to check whether your activity is running before travelling. This helps us manage any weather-related changes, confirm attendance numbers, and reduce pressure on our teams. Thank you for your understanding and cooperation. We look forward to seeing you soon!

To secure your place, please book in person or use our contact details below:

activities@ageukmerton.org.uk | 020 8685 6907 | Elmwood Centre, 277 London Road, Mitcham, CR4 3NT



Clacton-on-Sea Coach trip

Have a fun day out exploring Clacton Beach, Clacton Pier, Seafront Gardens and coastal walks, with time to enjoy arcades, shops, ice cream and seaside treats



Meeting Point: Age UK Merton, Elmwood Centre, CR4 3NT.

Time: Arrive by 8:45am, coach departs at 9am, expected return is 5:45pm

Book Now! Spaces are limited

Call: 020 8685 6907

Email: activities@ageukmerton.org.uk

Please note: Cancellations less than 24 hours before departure are non-refundable. Trips may be subject to change or cancellation

