

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					
10:30 am – 11:30 am	Women-Only Chair Based Exercise	Join us for a women-only gentle chair-based exercise where you build your strength and confidence	Drop in	Baitul Futuh Mosque	£1.50
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-3pm	Line Dancing	Intermediate level, weekly sessions with Judith. Great music and great company	Drop in	Age UK Merton Centre	£6
Fridays					
10.30-11.30	Line Dancing	Weekly sessions with Judith. Great music and great company	Drop in	Hill House Community Centre	£6
10:30am-2pm	Carer's Support	Every Friday of the month, Carer's First run a surgerv to help you with any Carer's issues	Drop in	Age UK Merton Centre	Free

Turn over the page for our monthly Special Events timetable.

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

Special Events		All special events need to be prebooked	Call 020 8685 6907	
Friday 2 nd October	Poetry Corner 11:00 – 12:30	Every first Friday of the month , share and discuss poems in a warm, welcoming group	Age UK Merton Centre	£6
Wednesday 7 th October	O&A Trip Fulham Palace House & Gardens	This is a public transport trip. Good mobility is required. There will be a History tour and a chance to make your own Tea. More information provided once booked.		£15
Friday 9 th October	Watercolour Art 1pm-3pm	Get creative and relax with our guided watercolour painting session	Age UK Merton Centre	£15
Friday 16 th October	Film Club 1-3pm	You asked, we delivered, Film Club is back! Ice-cream will be provided	Age UK Merton Centre	£2
Wednesday 21 st October	Quiz & Lunch 10.30-1pm	Come along and show us your knowledge in our monthly quiz followed by a lovely lunch	Age UK Merton centre	£12
Monday 26 th October	Supper Club 6pm	Join us for a tasty evening meal and great company at Corleone's in Colliers Wood Booking fee does not include the cost of your meal	Local Area	£2
Friday 30 th October	Coffee & Chat 11am-12:30pm	Join us for a relaxed morning coffee and friendly conversation with refreshments	Age UK Merton Centre	£6
Wednesday	Tea & Talk 11am-12pm		Age UK Merton Centre	Free

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