



Free home energy checks

Working with EON we are offering free home energy checks to older people who are finding it difficult to keep their homes warm in winter.
To book your visit call us on 020 8648 5792.

Scrabble
Weekly on Wednesdays
£3.50
 Join our scrabblers for a friendly game or two.



Stitches
Weekly on Mondays
10.30 - 12noon
£4.00



Bring along your knitting, sewing or crochet projects to do whilst enjoying a cup of tea and chat with our friendly group.

Dance Club & Lessons
Fortnightly on Thursdays
2 - 4pm
£4.00 - £5.00
 Learn some new moves and practice them with our friendly dancing group.



Coach trip to Polesden Lacey
Wednesday 28 February
£24.00
 Explore one of the National Trust's most popular properties. An Edwardian country house and estate at Polesden Lacey in Surrey. The cost includes travel by coach and entry.



CELEBRATING 50 YEARS OF THE '68 SPECIAL
 BILL KENWRIGHT and LAURIE MANSFIELD present
THIS IS ELVIS
BURBANK AND VEGAS
 'THIS ELECTRIFYING MUSICAL WILL SEND SHIVERS DOWN YOUR SPINE - TRULY REMARKABLE'
 The Express
 Original story by LAURIE MANSFIELD Book by PHILIP NORMAN



This is Elvis at Wimbledon Theatre
Wednesday 14 March - £14.00
 We have managed to get some tickets to this musical extravaganza at Wimbledon Theatre. Tickets are limited so book your place today!

Like us on Facebook AgeUKMerton

Follow us on Twitter @AgeukMerton

Follow us on Instagram ageukmerton

Text AUKM01 £2 to 70700 to donate



VOLUNTEERING OPPORTUNITIES

We have a number of volunteering vacancies including:

- Befriending
- Receptionists
- Admin
- Chiropody
- Fundraising
- Information & Advice
- and many more

To find out more or apply go to our website - ageukmerton.org.uk or call 020 8648 5792 and speak to our volunteer coordinator, Helen.



How to find us
 Elmwood Centre,
 277 London Road,
 Mitcham, CR4 3NT

Tel: 020 8648 5792
Email: info@ageukmerton.org.uk
Website: www.ageukmerton.org.uk

What's on



January - March 2018

What's on at Age UK Merton

January - March 2018

Weekly Activities				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Social Club - 10.30 - 12.30 - Get together with friends and make new ones, chat, listen to music, play games, do chair based exercise or join in with any of the activity clubs going on - £6.00.				No Social Club on Fridays.
Love to Lunch - 12.30 - 1.30 - Join us for a two course lunch, cooked here from our Great British menu. Book by 9.30 on the day - £6.00.				
		Sole Mates Foot Care - 10.00 - 5.00 - An affordable service offering general foot care and nail-cutting. Based at the Cricket Green Medical Practice - £23.00 (plus £10 registration fee on first visit).		
Stitches - 10.30 - 12.00 - Bring your knitting, sewing or crochet ideas or projects and chat while you work - £4.00.	Coffee Boys - 10.30 - 12.30 - Social club for men - play games and discover shared interests - £6.00.	Scrabble and Games Club - 10.30 - 12.00 - Come along and join a friendly game - £3.50.	Zumba Class - 10.00 - 10.45 - Join our weekly Zumba class with Narisa - suitable for everyone - £4.00.	Art Class - 10.30 - 12.00 (term time) - Learn new techniques or brush up on existing ones in our art class, with Claire. Suitable for all abilities - £7.50.
Gardening Club - 10.30 - 12.00 - Join our group to make the gardens at Age UK Merton look beautiful - Free.	Craft Club - 1.45 - 3.15 - Make a different craft project each week, with Paula - £4.00.	Rhythm and Movement - 1.45 - 2.30 - Chair based exercise class with Paula - £3.00.	Dance Club and Dance Lessons - 2.00 - 4.00 - On alternate weeks - see dates below.	Yoga Class - 2.30 - 4.00 - Gentle movement and meditation to increase well-being, with Philip - £6.50.
		Computer Tablet Drop In - 2.30 - 3.30 - Pop in if you'd like to use a tablet with some friendly guidance (appointments are also available, call to book) - Free.		

Regular Activities in the Centre					
Day	Date	Time	Activity	Description	Cost
Thurs	Monthly	2.00 - 4.00	Dance Lesson	Learn some new steps with our tutor, and then practice with our friendly group (11 Jan, 8 Feb and 8 Mar).	£5.00
Thurs	Monthly	2.00 - 4.00	Dance Club	Dance to a range of music with our friendly group (25 Jan, 22 Feb, 22 Mar).	£4.00
Mon & Fri	Fortnightly	10.00 - 3.00	Holistic Therapy	Book an appointment with Cindy for holistic therapy massage and beauty treatments (get in touch for dates).	£23.00

Special Events in the Centre					
Day	Date	Time	Activity	Description	Cost
Mon	01 Jan		CLOSED	Closed on New Years Day.	
Thurs	18 Jan	2.30 - 4.30	Singin' and Stompin'	A fantastic musical afternoon with a live band - "Stompin' at the Savoy" - to entertain us with vintage songs. Toe tapping and sing-a-long guaranteed! Tea and cake interval.	£3.00
Thurs	15 Feb	2.00 - 3.00	Fraud Workshop	Hints and tips from TSB on keeping you safe and helping to prevent you from becoming a victim of fraud. Places are free but you must book.	Free
Thurs	1 Mar	2.30 - 4.00	Flower Arranging	Create a spring floral arrangement to take home, with guidance from Peggy. All materials supplied.	£9.00
Weds	14 Mar	5.30 - 8.30	Quiz Night	Our popular quiz night. Bring yourself or a team, everyone is welcome. Doors open 5.30, supper at 6.00, and quiz at 6.45pm.	£10.00
Fri	30 Mar		CLOSED	Closed on Good Friday.	

Out & About					
Day	Date	Time	Activity	Description	Cost
Thurs	04 Jan	1.00	Theatre	Jack and the Beanstalk - Fe-fi-fo-fum, a giant of a pantomime comes to the New Wimbledon Theatre! We have a few tickets available so book yours today.	£19.00
Wed	10 Jan	10.00	Health Walk	Wandle Park, Croydon - Post-Christmas health walk - lets get some fresh air and check out the recently updated park, including an ornamental garden, pond, bandstand and on-site café.	£5.00
Mon	22 Jan	10.00	Outing by Public Transport	Post Office Railway - known as the Mail Rail - Journey back in time on a specially made train through the original tunnels and station platforms under Mount Pleasant. Ticket includes ride and entry into the postal museum.	£16.00
Tues	30 Jan	5.30	Supper Club	Chimichanga - Come join us for a meal at this Tex-Mex restaurant in Wimbledon - 3 course set menu - £13.50.	£2.00
Fri	09 Feb	9.30	Guided Walk	Old Jewish Quarter - Traces the history of London's Jewish community in the East End. Led by a Blue Badge guide.	£13.00
Tues	13 Feb	10.00	Outing by Public Transport	London Science Museum - Interactive and thought-provoking, the Science Museum is a great place to see, touch and experience science first-hand.	£5.00
Wed	28 Feb	9.30	Coach Trip	Polesden Lacey - an Edwardian National Trust house and estate. It is located on the North Downs at Great Bookham, near Dorking. Ticket includes coach travel and entry into the house and gardens.	£24.00
Wed	14 Mar	2.30	Theatre Trip	This is Elvis at Wimbledon Theatre - It's 1968 and the major musical event of the year is the first live TV special for Elvis Presley in what will come to be known as 'The '68 Comeback Special'. Fantastic live show celebrating 50 years of the '68 special. His songs live on and the King still rules!	£14.00
Sun	25 Mar	2.00	Sunday Lunch Club	The Watermill Restaurant & Grill, Abbey Mills - Come join Rachel, our Sunday lunch club leader, for a roast dinner and great company. Carvery from £9.95.	£2.00

Tea, coffee and biscuits are provided for all our club participants and are included in the fee you pay. The cost includes any entry fee (if applicable) and a small non-refundable admin charge. You will need to pay for your travel (or use your freedom pass) and any refreshments/ meals. All clubs, classes and outings need booking unless otherwise stated.