

Social Club

Monday - Thursdays
10.30 - 12.30
£6.00 a day

We have a social club which runs at our centre in Mitcham, Monday - Thursday each week from 10.30am till 12.30pm (followed by lunch if you wish to stay). There is a range of activities available, which you can take part in, including games, quizzes, bingo, exercises and more. If you would like to find out more, pop in to see us or give us a call.



Tablet Drop In

Tuesdays
2.30 - 3.30
£1.50

If you want to learn how to 'get online', pop in and see us. We can show you how to use your tablet computer or mobile phone, or you can use one of ours.



Kew Gardens

Thursday 21 June
£14.00

Join us on an outing by public transport to Kew Gardens. Kew Gardens houses the largest and most diverse botanical and mycological collections in the world, so there is plenty to see. The price includes entry.



Quiz Night

Wednesday 6 June
5.30 - 8.30
£10.00

Come along to our world famous* quiz night! We start the evening with a lovely home cooked dinner and then the serious stuff starts... the quiz! Bring yourself, bring a team, bring a bottle and most importantly, bring your brain!
**World famous might be a slight exaggeration, but it is a good quiz!*



Mitcham Guided

Walk

Wednesday 9 May
£5.00

Do you fancy finding out a bit more about Mitcham? If so, this walk is for you! As well as a stroll around the area you will find out a bit about the history of Mitcham.



Holistic Therapy

Contact us for dates
£25.00

We have a holistic therapist come in to our centre four times a month. Cindy offers a range of services including massages, aromatherapy as well as beauty treatments.



Like us on Facebook AgeUKMerton

Follow us on Twitter @AgeukMerton

Follow us on Instagram ageukmerton

Text AUKM01 £2 to 70700 to donate



Could you hold a strawberries 'n' cream tea during the Wimbledon fortnight to raise money for Age UK Merton?



Call 020 8648 5792 or email fundraising@ageukmerton.org.uk for a free fundraising pack



What's on



April - June 2018

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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 at Age UK Merton

April - June 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, soft drink and tea/coffee. Book by 9.30 on the day - £7.00.				
		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 - £25.00 (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 - £4.50.	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 - £8.00.
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 - £5.00 inc all materials.	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 - £7.00.
		Computer Tablet Drop In - 2.30 - 3.30 - Pop in if you'd like to use a tablet with some friendly guidance - £1.50		

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 (19 April, 17 May, and 14 June).	£6.00
Thurs	Monthly	2.00 - 4.00	Dance Club	Dance to a range of music with our friendly group (5 April, 31 May, 28 June).	£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).	£25.00

Special Events in the Centre					
Day	Date	Time	Activity	Description	Cost
Mon	2 Apr		CLOSED	Closed on Easter Monday.	
Thurs	3 May		CLOSED	Our building is being used as a polling station.	
Mon	7 May		CLOSED	Closed for Bank Holiday.	
Thurs	10 May	2.30 - 4.00	Flower Arranging	Create a summer arrangement, with Peggy, for you to take home. All materials supplied.	£9.00
Thurs	24 May	2.30 - 4.00	Afternoon Tea	Mitcham history event and afternoon tea at the Elmwood Centre.	£3.00
Mon	28 May		CLOSED	Closed for Bank Holiday.	
Weds	6 Jun	5.30 - 8.30	Quiz Night	Doors open 5.30, hot supper at 6.00, and quiz at 6.45pm.	£10.00

Out & About					
Day	Date	Time	Activity	Description	Cost
Tues	10 Apr	AM	Bra Fitting	Get measured for a bra at Marks & Spencer in Colliers Wood followed by tea and cake in the café. Sponsored by M&S.	Free
Tues	17 Apr	5.30	Supper Club	Bella Italia at the Tandem Centre in Colliers Wood - Varied menu and prices.	£2.00
Weds	18 April	9.30	Coach Trip	Polesden Lacey - an Edwardian National Trust house and estate. Located on the North Downs at Great Bookham, near Dorking. Ticket includes coach travel and entry into the house and gardens. Rearranged from 28 February.	£24.00
Thurs	26 Apr	10.00	Outing by Public Transport	The Sir John Soane Museum, in Lincoln's Inn Fields - A house suspended in time, full of antiquities.	£7.00
Wed	9 May	10.00	Guided Walk	Mitcham - A guided walk around Mitcham with history of local buildings and places of interest.	£5.00
Wed	23 May	2.30	Theatre Trip	Beautiful - the Carole King musical - at Wimbledon Theatre.	TBC
Wed	30 May	9.30	Minibus Trip	Lewes - A minibus trip to see Anne of Cleves' Tudor home and the Lewes priory ruins. Price includes entry fee.	£18.00
Sun	3 Jun	2.00	Sunday Lunch Club	The Alexandra pub in Wimbledon - Five minutes from the station and bus routes. Main courses around £15.	£2.00
Thurs	7 Jun	10.00	Health Walk	Morden Hall Park - A lovely early summer health walk for about an hour around the park, and a stop for tea/coffee.	£3.00
Thurs	21 Jun	10.00	Outing by Public Transport	Kew Gardens - An opportunity to see all the seasonal flowers and trees, plus the greenhouses. Includes entry fee.	£14.00

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.