

## Indoor golf games

**Wednesdays**  
**10.45 - 11.45**  
**£3.00**

Come and join us for some fun golf games, led by Community Golf. Each week there's a different game and challenge to take part in.



## Coach trip to Wisley Gardens

**Thursday 5th September**  
**£20.00**

The gardens at Wisley are beautiful and on this day, Wisley Flower Show is on so there will be stalls and special displays.



## Gardening Club

**Mondays**  
**10.30 - 12.00**

Do you enjoy gardening? We have a team of volunteers who tend to the gardens at our centre in Mitcham. If you would like to join them, pop in on a Monday to lend a hand and enjoy a well earned cuppa and biscuit!

## Nail cutting

**Thursdays fortnightly**  
**£12.00\***

Our new nail cutting service run at our centre in Mitcham. Contact us to book an appointment. \*The first appointment is £24 which includes your personal nail kit. We also offer a full podiatry service, Sole Mates. Contact us for more information.



## Cream Tea

**Thursday 2nd August**  
**2.30 - 4.00**  
**£5.00**

Join us for our own strawberries n' cream tea at our centre in Mitcham. If you'd like to hold your own tea party take a look at the back page for how to get more information and help to support Age UK Merton.



## Coach trip to Portsmouth

**Thursday 16th August**  
**£18.00**

There is so much to see and do in Portsmouth including two cathedrals, the historic docks, plenty of shops, cafés and pubs and much more. The coach is fully accessible and there will be volunteers from Barclays to help those with mobility issues.



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Text AUKM01 £2 to 70700 to donate



Host a strawberries 'n' cream tea during the summer and help older people in Merton to Love Later Life.



Sign up for your free pack today with all the information and advice that you need to plan your event.

[www.ageukmerton.org.uk](http://www.ageukmerton.org.uk)  
[fundraising@ageukmerton.org.uk](mailto:fundraising@ageukmerton.org.uk)  
020 8648 5792



## What's on



July - Sept 2018



### How to find us

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Website: [www.ageukmerton.org.uk](http://www.ageukmerton.org.uk)

## What's on at Age UK Merton

## July - September 2018

Weekly Activities				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>Social Club</b> - 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.				<b>No Social Club on Fridays.</b>
<b>Love to Lunch</b> - 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.				
		<b>Sole Mates Foot Care</b> - 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).		
<b>Stitches</b> - 10.30 - 12.00 - Bring your knitting, sewing or crochet ideas or projects and chat while you work - £4.00.	<b>Coffee Boys</b> - 10.30 - 12.30 - Social club for men - play games and discover shared interests - £6.00.	<b>Scrabble and Games Club</b> - 10.30 - 12.00 - Come along and join a friendly game - £3.50.		<b>Art Class</b> - 10.30 - 12.00 (term time) - Learn new techniques or brush up on existing ones in our art class. Suitable for all abilities - £8.00.
<b>Gardening Club</b> - 10.30 - 12.00 - Join our group to make the gardens at Age UK Merton look beautiful - Free.	<b>Craft Club</b> - 1.45 - 3.15 - Make a different craft project each week, with Paula - £5.00 inc all materials.	<b>Indoor Golf Games</b> - 10.45 - 11.45 - Weekly games of challenge and target practice. Lots of fun and no experience necessary - £3.00	<b>Dance Club and Dance Lessons</b> - 2.00 - 4.00 - On alternate weeks - see dates below.	<b>Yoga Class</b> - 2.30 - 4.00 - Gentle movement and meditation to increase well-being, with Philip - £7.00.
<b>Zumba Class</b> - 1.45 - 2.30 - Join our weekly Zumba class with Narisa - suitable for everyone - £4.50.	<b>Computer Tablet Drop In</b> - 2.30 - 3.30 - Pop in if you'd like to use a tablet with some friendly guidance - £1.50	<b>Rhythm and Movement</b> - 1.45 - 2.30 - Chair based exercise class with Paula - £3.00.		

Regular Activities in the Centre					
Day	Date	Time	Activity	Description	Cost
Thurs	Monthly	2.00 - 4.00	<b>Dance Lesson</b>	Learn some new steps with our tutor, and then practice with our friendly group (12 July, 26 July, 6 Sept).	£6.00
Thurs	Monthly	2.00 - 4.00	<b>Dance Club</b>	Dance to a range of music with our friendly group (9 Aug, 23 Aug, 20 Sept).	£4.00
Mon & Fri	Fortnightly	10.00 - 3.00	<b>Holistic Therapy</b>	Book an appointment with Cindy for holistic therapy massage and beauty treatments (get in touch for dates).	£25.00
Thurs	Fortnightly	11.00 - 1.30	<b>Nail Cutting</b>	Basic nail cutting - Book to get your nails cut at our centre in Mitcham (get in touch for dates). First appointment is £24 which includes your personal nail kit.	£12.00

Special Events in the Centre					
Day	Date	Time	Activity	Description	Cost
Thurs	2 Aug	2.30-4.00	<b>Cream tea</b>	Join us for a strawberry cream tea and a raffle. Socialise with friends whilst supporting the work of Age UK Merton.	£5.00
Mon	27 Aug	All Day	<b>Closed</b>	Bank Holiday	
Thurs	13 Sep	All Day	<b>Closed</b>	We will be closed for a staff training day	
Thursday	27 Sept	2.30-4.00	<b>Flower Arranging Workshop</b>	Create your own 'end of summer' arrangement to take home. Led by Peggy. All materials supplied.	£9.00

Out & About					
Day	Date	Time	Activity	Description	Cost
Tues	7 Aug	6.00	<b>Supper club</b>	Cedar Lebanese Restaurant in South Wimbledon. Easy to get to, good reviews, and a tasty menu. Hosted by Susan.	£2.00
Thurs	9 Aug	10.00	<b>Outing by public transport</b>	A bus ride to Dulwich Gallery, a look at their art collection and the special exhibition by Edward Bawden, and a visit to Dulwich Park. Price includes entry to the gallery.	£10.00
Thurs	16 Aug	9.30	<b>Coach outing (accessible)</b>	A trip to Portsmouth, in an accessible coach with lift, and helpers from Barclays Bank at the destination. There's the famous historic dockyard, the Spinnaker Tower, shops, museums and two cathedrals. There is plenty to see and do.	£18.00
Mon	3 Sep	10.00	<b>Guided walk</b>	A walk in Battersea Park with its history explained, and a café stop. It's also Battersea Dogs' and Cats' Home reunion day so there will be stalls and fun in the park. At least an hour's walking, led by Chris.	£5.00
Thurs	5 Sep	9.30	<b>Coach outing</b>	A trip to the amazing RHS garden at Wisley. Beautiful plants and ideas for garden design. We are visiting during the Wisley Flower Show - so lots of stalls and special displays as well. Price includes entry.	£20.00
Thurs	13 Sep	10.00	<b>Health walk</b>	A walk in Morden Hall Park, to get some fresh air with good company, check on all the seasonal plants and wildlife, and have a cuppa in the café afterwards. About an hour's walking, led by Tina.	£3.00
Sun	23 Sept	1.30	<b>Sunday lunch club</b>	Cote Brasserie in Wimbledon Village. Good regional French dishes, steak and chips etc, and a weekend special meal offer for around £11.50. Hosted by Rachel.	£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.