

New Year, New You, New Yoga Time

NEW TIME

Fridays 5.00 - 6.30pm
£7.00

Our yoga class has moved to Fridays, 5-6.30pm. It's a gentle movement and meditation class to improve wellbeing. Why not come along to check it out?



Finding it difficult to manage? Are you missing out?




You could be entitled to extra money to top up your state pension or help with health or heating costs. We can do a confidential benefit check to find out. Call the Advice Team on 0208 648 5792 and we can arrange an appointment to see you.

Kew Gardens Outing

Wednesday 13 March
£10.00

A walk around Kew Gardens with a visit to the Hive, The Hive is an immersive sound and visual experience. The lights you see and the sounds you hear inside The Hive are triggered by bee activity in a real beehive at Kew.



QUIZ NIGHT

Quiz Night

Thursday 14 March
£10.00

Our quiz nights are always a laugh and this one will be no exception! Join us for a St Patricks day themed quiz night. Bring a team, bring yourself, bring a bottle....

The Big Knit is Back!


The Big Knit is the campaign that Age UK runs in partnership with innocent drinks where we ask you to knit little woolly hats which then go on to their smoothies. For every smoothie sold, Age UK receives 25p. This year, Age UK Merton has the target of 1200 hats. We'd love you to knit lots of lovely little hats for this year's Big Knit and whether you're a knitting novice or a purling pro, it couldn't be easier. We have patterns available, so pop in to pick one up.



History of Merton Guided Walk

Thursday 28 February
£12.00

Merton has a long and fascinating history over the last 2,000 years. From a staging post on a Roman road, to a mention in the Domesday book, a nationally important and immensely rich Priory, the home of Admiral Horatio Nelson and Emma Hamilton, and then the industrial innovations in textiles and printing along the River Wandle. See how and where that distinguished past is connected to the Merton of today.



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Follow us on Instagram ageukmerton

Text AUKM01 £2 to 70700 to donate

55+ Water Workout

NEW

Join Age UK Merton for a splash at our weekly water workout at the brand new Morden Leisure Centre.

This class is run by an expert tutor and can help you keep fit and healthy, ease aching joints and boost your mood and energy levels. As well as being a lot of fun!

The first class in the new year (4th January) is free!

For more information or to book call us on 020 8648 5792.

Tuesdays
12 - 12.45pm (arrive for 11.30am)
£4 a session




Coach Trip to Canterbury

Thursday 28 March
£20.00

A coach trip to the historic City of Canterbury. Canterbury is a beautiful place in the Spring with lots to do including boat trips, walks along the river Stour, a trip to the cathedral to name a few. You may prefer to take in a few shops and enjoy afternoon tea at one of the many tea rooms.



What's on



Jan - Mar 2019

The Kingfisher is part of a mural at Mitcham Junction station.

What's on at Age UK Merton

January - March 2019

Weekly Activities				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Social Club - 10.30 - 12.30 £6.00 Our social club is a chance to meet friends & make new ones. You can join in games, listen to music, chat or read the paper and relax! On Mondays we have our Stitches group, Gardening club and Indoor Golf games (more information below under 'regular activities'), which you can join in if you like.	Social Club - 10.30 - 12.30 £6.00 Our social club is open to everyone. It is a chance to meet friends & make new ones. You can join in games, listen to music, chat or read the paper and relax! On Tuesdays we always have a dominoes game or two, which you're welcome to join.	Social Club - 10.30 - 12.30 £6.00 Our social club is a chance to meet friends & make new ones. You can join in games, listen to music, chat or read the paper and relax! We also have a Scrabble club running (more information below under 'regular activities') so you're welcome to join in a game or two.	Social Club - 10.30 - 12.30 £6.00 Our social club is a chance to meet friends & make new ones. You can join in games, listen to music, chat or read the paper and relax! By joining our social club we can help you access other services we offer, including free information & advice and benefits checks.	No Social Club on Fridays Art Class - 10.30 - 12.00 (term time) - Learn new techniques or brush up on existing ones in our art class. Suitable for all abilities, with Jo - £8.00.
Love to Lunch 12.30 - 1.30 - £7.00 Join us for a two course lunch, with soft drinks and a cuppa to follow. The menu changes weekly, so call us or pop in to find out what's for lunch. As we cook the meals from scratch, please let us know by 9.30am on the day if you are coming in for lunch.				
Aerobics Exercise - 1.45 - 2.30 Join our weekly exercise class with Turkan. Have fun whilst exercising to music - suitable for everyone - £4.50.	Craft Club - 1.45 - 3.15 Make a different craft project each week - £5.00 inc all materials. Computer Tablet Drop In 2.30 - 3.30 Pop in if you'd like to use a tablet with some friendly guidance - £1.50	Rhythm and Movement - 1.45 - 2.30 This session combines chair based exercises to music with mindfulness. Including helping to build strength and improving stability, stamina and wellbeing - with Caroline - £3.00.	See Special Events and Out & About below	Yoga Class 5.00 - 6.30 Gentle movement and meditation to increase well-being, with Philip - £7.00.

NEW TIME

Regular Activities					
Day	Date	Time	Activity	Description	Cost
Mon	Weekly	10.30 - 12.00	Stitches	Bring your knitting, sewing or crochet ideas or projects and chat while you work.	£4.00
Mon	Weekly	10.30 - 12.30	Gardening Club	Join our group to make the gardens at Age UK Merton look beautiful.	Free
Mon	Weekly	10.45 - 11.45	Indoor Golf Games	Weekly games of challenge and target practice. Lots of fun and no experience necessary.	£3.00
Tues	Weekly	12.00 - 12.45	55+ Water Workout	Join Age UK Merton for a splash at the brand new Morden Pool. Find out more by contacting reception. Meet at reception at Morden Pool at 11.30.	£4.00
Mon, Weds & Thu	Weekly	9.00 - 5.00	Sole Mates	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).	£25.00 - £35.00
Weds	Weekly	10.30 - 12.00	Scrabble Club	Come along and join a friendly game.	£3.50
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
Thurs	Monthly	2.00 - 4.00	Dance Lesson	Learn some new steps with our tutor, and then practice with our friendly group (17 Jan, 7 Feb, 7 March).	£6.00
Thurs	Monthly	11.00 - 1.30	Nail Cutting	Basic nail cutting - Book to get your nails cut at our centre in Mitcham (get in touch for dates).	£10 - £15

Special Events in the Centre					
Day	Date	Time	Activity	Description	Cost
Tues	1 Jan		Bank Holiday	Closed	
Thurs	31 Jan	2.00 - 4.00	Tea & Talk	Come and join us for the afternoon for a cuppa with a guest speaker or two. London is seeing an increase in both the number and variety of scams. Join us for this free workshop delivered by Merton Trading Standards on how best to protect yourself and your loved ones from them.	Free
Thurs	24 Jan	2.00 - 4.00	Film Club	Join us for an afternoon of film, watching Mama Mia! Here we go again. The sequel to Mama Mia! Refreshments available to buy on the day.	Free
Thurs	21 Feb	2.00 - 4.00	Tea & Talk	Come and join us for a cuppa with a guest speaker or two. This time there will be someone from the Falls Prevention service who will offer practical tips and advice to help you stay steady on your feet. As well as people from TSB to help with tips to keep you protected against fraud.	Free
Thurs	14 Mar	5.30 - 8.30	Quiz Night	Join us for our Quiz Night... with a touch of St Patricks Day! Dinner served at 6pm with the quiz starting at 6.45pm.	£10.00

Out and About					
Day	Date	Time	Activity	Description	Cost
Thurs	10 Jan	10.00	Health walk	Morden Hall Park - A gentle stroll around Morden Hall park with a stop for a cuppa.	£3.00
Weds	23 Jan	2.30	Theatre	The Magnificent Music Hall Matinee at Wimbledon Theatre - With a show packed full of talent, we invite you on a journey down memory lane to the glorious and glamorous heyday of the great British Music Hall - a truly golden era.	£18.00
Thurs	31 Jan	6.00	Supper club	Ganley's Morden - Join us for a meal at this friendly Irish pub. Most main dishes are under £10.00.	£2.00
Weds	13 Feb	11.30	Outing	Indoor Bowling @ All Star Lanes Brick Lane - Bowling but with a difference... a trip to this Retro-American boutique bowling lanes. Enjoy a game at this American styled bowling alley with a foot tapping soundtrack followed by a walk along Brick Lane.	£13.00
Thurs	21 Feb	6.00	Supper club	Gino's Mitcham - Come for dinner at Mitcham's finest Italian restaurant. Main dishes £10 - 15.00.	£2.00
Thurs	28 Feb	10.30	Guided Walk	The History of Merton - Guided walk with the LordPrice Experience - A walk around Merton with a guide who will give us the history of the area. We will start at the Norman church of St Mary's and finish in the Merton Priory Chapter House Museum, which will be opened specially for our visit!	£12.00
Weds	13 Mar	10.00	Outing	Kew Gardens - A trip to the beautiful Kew Gardens with a nice walk around the gardens and a visit to the Hive. Kew Gardens is a botanical garden in southwest London that houses the "largest and most diverse botanical and mycological collections in the world".	£10.00
Tues	19 Mar	6.00	Supper club	Hand & Racquet Wimbledon - This pub, in the heart of Wimbledon, has a real homely feel about it, with good old fashioned grub. Main meals £10 - £15.00.	£2.00
Thurs	21 Mar	10.30	Guided Walk	South Bank - Guided walk with the LordPrice Experience - This walk will take you along the South Bank, looking to the North as well of course, with the added advantage of being an entirely car-free pedestrian route right alongside the river. From the Houses of Parliament and Westminster Bridge past Shakespeare's Globe Theatre, London Bridge, St Pauls Cathedral, the mighty Tower of London, and finishing past Tower Bridge at one of our favourite pubs in Shad Thames.	£12.00
Thurs	28 Mar	9.30	Coach Trip	Canterbury - Canterbury in the Spring is a delightful place to visit. There's the stunning cathedral, art galleries, punting on the river Stour, the Canterbury Tales, restaurants and tea rooms and lovely shops. Space is limited, so book today!	£20.00

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.