

Coach Trips

Hastings

Wednesday 26 June
£20.00

Hastings is a historic town on the south coast. There are lots of things to see and do including shops, museums and galleries... or you may prefer to sit on the beach and enjoy the sea air.



Winchester

Thursday 30 May
£20.00

Winchester is a beautiful city with plenty to do on a day out. The medieval cathedral is a worth a visit as well as a stroll around Abbey gardens. There are plenty of shops and places to stop for a bite to eat.



Isabella Plantation Walk

Thursday 2 May
£8.00

A longer than normal walk, but it will be well worth it to see the beautiful azaleas at the Isabella Plantation in Richmond Park which are blossoming this time of year. The round trip is 3-4 miles plus we'll be walking around the plantation, so make sure you bring your walking shoes!



Bingo Night

Wednesday 5 June
£10.00

Join us for a brand new event.... An evening of bingo! Dinner will be served followed by a few games of bingo with lots of prizes to be won.

Afro Caribbean Evening

Friday 12 July
£20.00 (£25.00 on the door)
7 - 11pm

An evening of fantastic food, music, dancing, great speakers and a raffle at The Hub on Bishopsford Road. Get your ticket today!

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Text AUKM01 £2 to 70700 to donate



Planning for the Future with Age UK Merton

Wednesday 10th April
4.00 - 8.00 pm

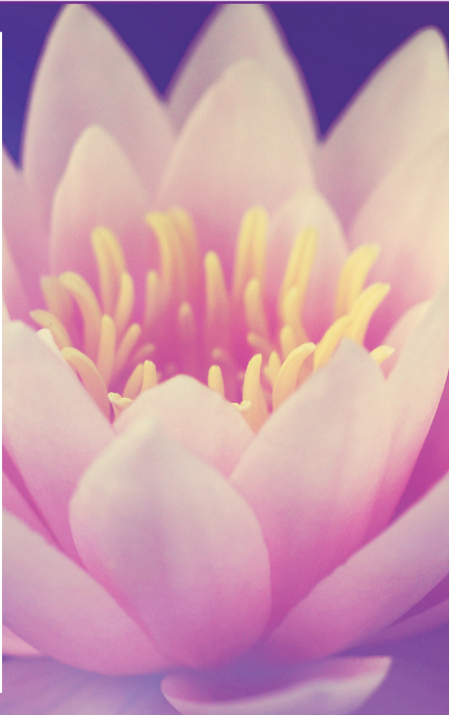
Merton Arts Space, Wimbledon Library, Compton Road, SW19 7QA

If you or a loved one are approaching later life come along to this new, unique event which will provide you with information and advice to prepare for the future. There will be a marketplace with stalls from different organisations as well as talks on key issues affecting people as they grow older, specifically around care, money and legal issues. No need to book, just pop in.

Holistic and Beauty Therapy

Wednesdays and Thursdays
1.30 - 4.00pm
£25.00 for half an hours treatment

Triniti offers a variety of treatments including aromatherapy, reflexology, hot stones, indian head and shoulder massage, reiki healing, Swedish massage, sports massage, manicure, pedicure, waxing and more.



What's on



April - June 2019

What's on at Age UK Merton

April - June 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, and Gardening club, 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	Zumba Gold - 1.45 - 2.30 The class introduces easy to follow Zumba moves that focuses on balance, range of motion and coordination - with Jodie - £4.50.

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
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
Weds & Thurs	Weekly	1.30 - 4.00	Holistic & Beauty Therapy	Book an appointment with Triniti 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 (4 April, 9 May, 13 June).	£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).	£10.00 - £15.00

Special Events					
Day	Date	Time	Activity	Description	Cost
Weds	10 April	4.00 - 8.00	Planning for the Future with Age UK Merton	At Merton Arts Space @ Wimbledon Library. Come and find out about what services are available to older people in the borough. There will be a marketplace with stalls, information talks and refreshments.	Free
Thurs	18 April	2.00 - 4.00	Film Club	An afternoon of music & laughs as we watch the classic comedy film Sister Act. Refreshments will be available to buy on the day.	Free
Bank Holidays Closed on 19th & 22nd April and 6th & 27th May.					
Thurs	23 May	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
Weds	5 June	5.30 - 8.30	Bingo Night	Eyes down, it's time for bingo! Come to our bingo evening with plenty of prizes to be won. Dinner will be served at 6pm with bingo starting at 7pm. Price includes your bingo cards.	£10.00
Thurs	27 June	2.00 - 4.00	Strawberries & Cream Tea	Join us for a vintage tea party in our beautiful garden. Put on your favourite hat or bonnet and come along for an afternoon of tea, cake, chat and games.	£5.00

Out and About					
Day	Date	Time	Activity	Description	Cost
Thurs	4 April	10.00	Walk & Talk	Wandle Park - Enjoy a gentle stroll around this park with a stop for a cuppa at the end.	£4.00
Weds	17 April	6.00	Supper Club	Corleone Italian Restaurant - A piece of Italy hidden in Colliers Wood! Try a pizza fresh from the wood fired oven or their homemade pasta. Main courses £10 - £15.	£2.00
Thurs	25 April	9.30	Outing by Public Transport	The Poppy Factory Tour, Richmond - Enjoy a fascinating presentation, watch an introductory film about the factory and history, and make your own poppy. You will also be able to see some of the wreaths and poppies they have made throughout history including for the royal family.	£10.00
Thurs	2 May	10.00	Walk & Talk	The Isabella Plantation, Richmond Park - Is best known for its evergreen azaleas, which line the ponds and streams and at their peak of flower in late April and early May. We'll stop for a pint and/ or snack on the way home.	£8.00
Thurs	16 May	9.30	Guided Walk	London Statues Come to Life - Guided walk with the LordPrice Experience - The London Statues Tour will take you through some of the most iconic parts of London, following the statues and their stories as we pass them all. From Leicester Square, through Trafalgar Square, down Whitehall and all the way to the Houses of Parliament.	£12.00
Tues	21 May	6.00	Supper Club	Leather Bottle Pub - Dinner at this 300 year old Merton Park pub. Most main meals under £10.	£2.00
Thurs	30 May	9.30	Coach Trip	Winchester - Enjoy a day out in this beautiful city famous for its medieval Cathedral, with its 17th-century Morley Library, the Winchester Bible and a Norman crypt. There are plenty of museums & galleries to visit along with shops & restaurants to enjoy.	£20.00
Thurs	6 June	10.00	Outing by Public Transport	Boat Trip - We'll take a boat from Kingston to Hampton Court where we can have a wonder round and stop for lunch at The Mute Swan. After lunch we'll catch the boat back to Kingston.	£12.00
Weds	12 June	6.00	Supper Club	Little Brazil - Enjoy a taste of Brazil at this South Wimbledon restaurant. Main dishes £10 - £15.	£2.00
Thurs	20 June	10.00	Outing by Public Transport	Putt in the Park - A trip to Wandsworth Park for a game of mini golf followed by a refreshment stop at the pavilion. You don't have to be a golf pro to enjoy this trip!	£12.00
Weds	26 June	9.30	Coach Trip	Hastings - A day out at this historic seaside town. Hastings has plenty to do including taking a trip on the cliff railway, pottering around the shops, enjoying fish and chips on the beach to name a few.	£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.