

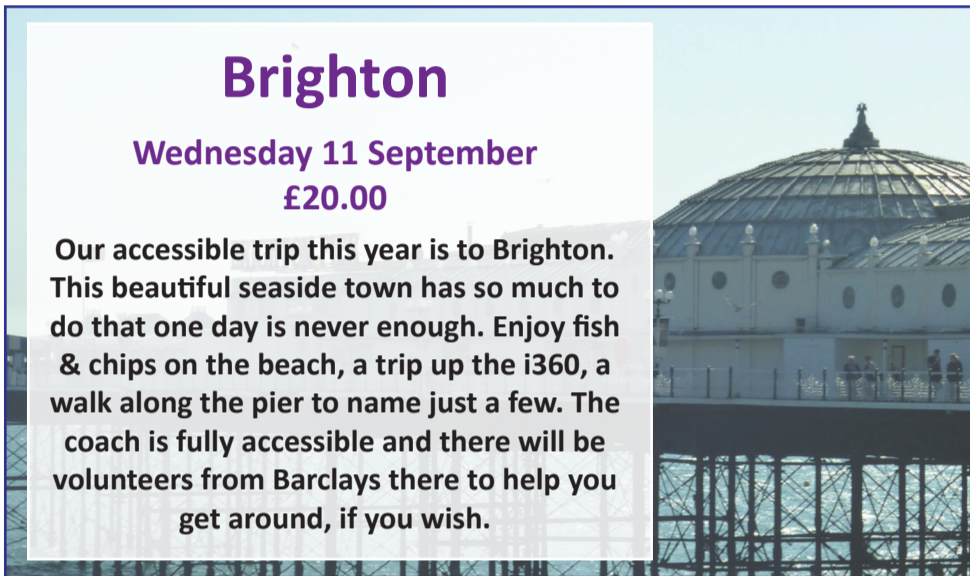
Coach Trips



**Worthing**

Wednesday 24 July  
£20.00

A trip to the traditional seaside town of Worthing. Enjoy a stroll along the prom & pier, a wander around the shops or a relax on the beach.



**Brighton**

Wednesday 11 September  
£20.00

Our accessible trip this year is to Brighton. This beautiful seaside town has so much to do that one day is never enough. Enjoy fish & chips on the beach, a trip up the i360, a walk along the pier to name just a few. The coach is fully accessible and there will be volunteers from Barclays there to help you get around, if you wish.



**NEW**

**Walking Football**

Friday 11am - 12.30pm  
£5 a session  
at Canons Leisure Centre

A friendly game of walking football and social. Get active, stay connected, have fun!

Book your place today by calling 020 8648 5792.



**ZUMBA<sup>®</sup> gold**

**Zumba Gold**

Friday 1.45 - 2.30pm  
£4.50

The class introduces easy to follow Zumba moves that focuses on balance, range of motion and coordination, led by Jodie.



**Dance Lessons**

If you're new to dancing, or want to brush up on your steps, why not come along to our monthly dance lessons with Vera the Diva. 11 July, 8 Aug & 12 Sept, 2 - 4pm, £6.

Like us on Facebook AgeUKMerton

Follow us on Twitter @AgeukMerton

Follow us on Instagram ageukmerton



**Afro Caribbean Evening**

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

A fundraising evening with fantastic food, music, dancing, great speakers and a raffle at The Hub on Bishopsford Road. Tickets available at Age UK Merton or online at afrocaribbeanevening.eventbrite.co.uk



**Fashion Show**

Thursday 5 September  
7 - 9.30pm  
£10

We are very excited to be hosting our first ever Fashion Show Fundraising Event at The Elmwood Centre. Come and enjoy an evening of fashion, cheese and wine. Following the show there will be a chance to try on and buy the clothes... something for every gorgeous woman!

Book your tickets today



**What's on**

July - Sept 2019

## What's on at Age UK Merton

## July - September 2019

Weekly Activities				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>Social Club - 10.30 - 12.30</b> <b>£6.00</b> 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, which you can join in if you like.	<b>Social Club - 10.30 - 12.30</b> <b>£6.00</b> 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.	<b>Social Club - 10.30 - 12.30</b> <b>£6.00</b> 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.	<b>Social Club - 10.30 - 12.30</b> <b>£6.00</b> 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.	<b>Walking Football - 11.00 - 12.30</b> - Join us for a game at Canons Lesiure Centre - with AFC Wimbledon - £5.00  <b>Art Class - 10.30 - 12.00 (term time)</b> - Learn new techniques or brush up on existing ones in our art class. Suitable for all abilities, with Jo - £8.00.
<b>Love to Lunch - 12.30 - 1.30 - £7.00</b> 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.				
<b>Aerobics Exercise - 1.45 - 2.30</b> Join our weekly exercise class with Turkan. Have fun whilst exercising to music - suitable for everyone - £4.50	<b>Craft Club - 1.45 - 3.15</b> Make a different craft project each week - £5.00 inc all materials.  <b>Computer Tablet Drop In 2.30 - 3.30</b> Pop in if you'd like to help using a mobile phone or tablet - £1.50	<b>Rhythm and Movement - 1.45 - 2.30</b> 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	<b>Zumba Gold - 1.45 - 2.30</b> 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	<b>Stitches</b>	Bring your knitting, sewing or crochet ideas or projects and chat while you work.	£4.00
Tues	Weekly	12.00 - 12.45	<b>55+ Water Workout</b>	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	<b>Sole Mates</b>	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	<b>Scrabble Club</b>	Come along and join a friendly game.	£3.50
Weds & Thurs	Weekly	1.30 - 4.00	<b>Holistic &amp; Beauty Therapy</b>	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	<b>Dance Lesson</b>	Learn some new steps with our tutor, and then practice with our friendly group (11 July, 8 Aug & 12 Sept).	£6.00
Thurs	Monthly	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).	£10.00
Fri	Weekly	11.00 - 12.30	<b>Walking Football</b>	Join Age UK Merton & AFC Wimbledon for a game of walking football and social at Canons Leisure Centre. Meet at Canons reception at 10.30.	£5.00

Special Events					
Day	Date	Time	Activity	Description	Cost
Friday	12 July	7.00 - 11.00	<b>Afro Caribbean Evening</b>	An evening of fantastic food, music, dancing, great speakers and a raffle at the Hub on Bishopford Road.	£20 (£25 on the door)
Monday	15 July	10.30 - 12.30	<b>Drop in IT Support</b>	Our IT drop in team are coming in for an extra visit to give you help and advice on your mobile phones or tablet computers. There's no such thing as a stupid question so pop in and ask us anything.	Free
Thurs	25 July	2.00 - 4.00	<b>Trading Standards Tea &amp; Talk</b>	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
Mon	29 July	3.30 - 6.00	<b>Merton Silver Rainbows</b>	Join us for the launch of our new club for older LGBT+ people - Merton Silver Rainbows. We'll be hosting an afternoon tea at our centre to meet people from the community and find out more about activities that might interest you.	Free
Thurs	15 Aug	2.00 - 4.00	<b>Film Club</b>	An afternoon of music as we watch the life and music of Queen and Freddie Mercury in Bohemian Rhapsody.	Free
Mon	26 Aug		<b>Bank Holiday</b>	CLOSED	
Thurs	29 Aug	2.00 - 4.00	<b>Tea &amp; Talk</b>	With a focus on safety & independence at home. Joining us will be Mascot Telecare, a Fire Safety Officer & the Age UK Merton At Home team.	Free
Thurs	5 Sept	7.00 - 9.30	<b>Fashion Show</b>	We are very excited to be hosting our first ever Fashion Show Fundraising Event. Come and enjoy an evening of fashion, cheese and wine. Book your tickets today.	£10.00

Out and About					
Day	Date	Time	Activity	Description	Cost
Mon	1 July	6.00	<b>Supper Club</b>	<b>Bamboo Chinese Restaurant</b> - Join us at this Mitcham restaurant for a meal at the "best Chinese south of the river". Mains from £7.	£2.00
Thurs	18 July	10.00	<b>Outing by Public Transport</b>	<b>Croydon Museum</b> - We'll take a guided tour around the museum where we will see many treasures and a chance to learn some local history. Followed by light lunch in local café/pub.	£8.00
Weds	24 July	9.30	<b>Coach Trip</b>	<b>Worthing</b> - A coach trip to the traditional seaside town of Worthing. There's a wide open prom and pier which makes for a nice walk plus plenty of shops and cafes/ restaurants to stop at for a bite to eat.	£20.00
Thurs	1 Aug	10.00	<b>Walk in the Park</b>	<b>Wimbledon Common</b> - A leisurely walk around Wimbledon Common with a refreshment break at the windmill café.	£4.00
Tues	6 Aug	6.00	<b>Supper Club</b>	<b>La Nonna</b> - An authentic Italian restaurant in Wimbledon, with plenty to choose from including pizza, pasta & traditional Italian dishes. Mains from £9.	£2.00
Weds	14 Aug	10.00	<b>Guided Walk</b>	<b>Shakespeare's &amp; Dicken's London</b> - A guided walk discovering the history of Shakespeare and Dicken's London.	£12.00
Thurs	22 Aug	10.00	<b>Minibus Trip</b>	<b>Mayfield Lavender Fields &amp; Woodcote Garden Centre</b> - A day trip by minibus to Mayfield lavender fields and shop and then to Woodcote Garden Centre for lunch in their lovely café and a spot of shopping.	£18.00
Weds	11 Sept	9.30	<b>Coach Trip - Mobility</b>	<b>Brighton</b> - A day by the seaside. Join us on our mobility coach trip to the coast for the day. Plenty to see and do or just relax on a deckchair on the beach.	£20.00
Thurs	19 Sept	6.00	<b>Supper Club</b>	<b>The Garden Shed Pub</b> - Great pub grub with a great atmosphere. In South Wimbledon. Mains from £9	£2.00
Thurs	26 Sept	10.00	<b>Walk in the Park</b>	<b>Regents Park</b> - Originally a Royal hunting ground, this scenic park is a popular recreation area. We'll stroll around the park and stop for a cuppa along the way.	£8.00