



A message from the Chief Executive

Welcome to our autumn What's On. There's a fantastic array of activities and services available to you.

It's been a very busy period for us as we continue to help over 3,500 older adults across the borough. In these uncertain times, we have been doing a lot of planning for the future and we are delighted to announce our new strategic plan for 2019-22. Over the next three years we will be working hard to improve health and wellbeing for Merton's older adults by:

1. Providing high quality advice and practical support
2. Building social connection
3. Creating opportunities for lifelong active ageing.

To find out more about our plans for the future please visit our website.

We hope to see you at an activity or event over the autumn and keep a look out for our Warm & Well in Merton project, which we're running in partnership with the Wimbledon Guild and Thinking Works. You can access advice around benefits, home energy and how to stay healthy and connected throughout the colder months.

Rob



Christmas Cards

From mid September we will be selling Christmas Cards to raise money for Age UK Merton.

There will be a big selection of cards available, so there is something for everyone. Pop in to pick up yours!

 Like us on Facebook AgeUKMerton

 Follow us on Twitter @AgeukMerton

 Follow us on Instagram ageukmerton

Wimbledon Theatre

Annie



Thursday 14 November
2.30
£20.00

Set in 1930s New York during The Great Depression, brave young Annie is forced to live a life of misery at Miss Hannigan's orphanage. Her luck soon changes when she's chosen to spend a fairytale Christmas with famous billionaire, Oliver Warbucks. Meanwhile, spiteful Miss Hannigan has other ideas and hatches a plan to spoil Annie's search for her true family...

Cinderella Panto



Wednesday 11 December
1.00
£20.00

Join Cinderella as she goes from rags to riches, outwits her wicked sisters and meets her dashing Prince Charming. Packed with all of the traditional pantomime ingredients audiences expect, Cinderella features laugh-out-loud comedy, stunning scenery, beautiful costumes and plenty of boos and hisses.



Thursday 24 October
6.00 - 8.30
£10.00

Our famous quiz night is back! The evening kicks off with dinner followed by the quiz. Bring a team, bring yourself, bring a bottle, but most importantly, bring your brains!

Space is limited so book your tickets today.



Coach Trip
Winchester's
Christmas Market
Wednesday 27 November
£20.00

A visit to one of the countries best Christmas markets in the medieval city of Winchester. The market is situated in cathedral grounds with over 100 stalls.



What's on



Oct - Dec 2019

Christmas party

Dance Lesson & Party
Thursday 19 December
3.00 - 7.00
£10.00

Our dance teachers, from Vera the Diva, will be starting off the dance party with a dance lesson, followed by plenty of opportunity to practice your new moves. There will be music, dancing, singing and general merriment. Refreshments will be available to purchase.

What's on at Age UK Merton

October - December 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 , 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 help using a mobile phone or tablet	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. Give us a call to find out more. 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 - £27.00 (plus £10 registration fee on first visit).	£27.00 - £37.00
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 (10 Oct & 14 Nov). On 19 Dec there will be a special dance lesson and party. See 'Special Events' for more information.	£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 - £25.00
Fri	Weekly	11.00 - 12.00	Walking Football	Led by AFC Wimbledon at The Canons Leisure Centre. A friendly game of walking football and social.	£5.00

Special Events					
Day	Date	Time	Activity	Description	Cost
Thurs	3 Oct	2.00 - 4.00	Afternoon Tea	In celebration of Silver Sunday we are hosting a free afternoon tea. All welcome but please book in advance.	Free
Thurs	24 Oct	6.00 - 8.30	Quiz	Come and join us for Quiz Night. Dinner served at 6pm with the quiz starting at 6.45.	£10.00
Wed	30 Oct	All Day	Closed	The centre will be closed for a staff away day.	
Thurs	31 Oct	2.00 - 4.00	Film Club	Join us for our Halloween themed film if you are brave enough!	Free
Thurs	7 Nov	2.30 - 4.30	Stompin' at the Saveloy	A fantastic musical afternoon with a live band, Stompin' at the Saveloy to entertain us with vintage songs from the 20's to the 50's. Toe tapping and singalong guaranteed. Tea and cake at interval.	£5.00
Thurs	21 Nov	4.00 - 5.30	AGM	Join us for our annual general meeting.	Free
Thurs	28 Nov	2.00 - 4.00	Tea and Talk	Julia Chandler, London Blue Badge Guide, will be giving a talk on "A Traditional Christmas" taking a look at Christmas traditions and there origins. Who invented the Christmas Cracker? and What is Figgy Pudding?	£3.00
Mon - Fri	w/c 2 Dec	11.30 - 2.30	Christmas Lunches	Come and join us for a delicious, relaxed two course lunch with all the trimmings. Lunch will be served at 12.30. Please note, there will be no social or other clubs and classes this week in the centre.	£10.00
Thurs	19 Dec	3.00 - 7.00	Christmas Dance Party	Our Christmas Party will start with a dance lesson from our regular dance tutors, followed by more music, dancing and fun times. Refreshments will be available to buy on the night.	£10.00
Fri	20 Dec	2.00 - 4.00	Film Club	Join us for an afternoon of film, something Christmassy to get you in the Christmas spirit. Refreshments available.	Free
Weds - Fri	25 - 28 Dec	All Day	Closed	The centre will be closed for Christmas.	
Weds	1 Jan	All Day	Closed	The centre will be closed for the Bank Holiday.	

Out and About					
Day	Date	Time	Activity	Description	Cost
Thurs	3 Oct	6.00	Supper Club	Dip and Flip Restaurant - Join us at this Tooting restaurant for a unique meal of meats dipped in gravy. Mains are around £8.	£2.00
Weds	9 Oct	10.00	Walk in the Park	Carshalton Park - A nice stroll through the park with a coffee or tea break and maybe even a cake at Sassis Café.	£4.00
Weds	16 Oct	10.00	Outing by Public Transport	The Cinema Museum - We will have a private 90 minute guided tour around the museum which will include a series of short films with tea and biscuits. Followed by a light lunch in a local café/pub.	£12.00
Tues	22 Oct	6.00	Supper Club	Ginos - Join us at our lovely local in Mitcham for a great choice of Italian meals. Mains from £10.	£2.00
Thurs	14 Nov	2.30	Wimbledon Theatre	Annie - The smash hit production of Annie stars birds of a feather's Lesley Joseph as the tyrannical Mrs Hannigan. Book tickets now because you can 'bet your bottom dollar' you'll love it!	£20.00
Weds	20 Nov	10.00	Outing by Public Transport	Bowling - A fun morning of tenpin bowling in Purley Way, a great way to de-stress and enjoy the magical sound of bowling a strike.	£12.00
Weds	27 Nov	9.30	Coach Trip	Winchester Christmas Market - We will be taking a trip to Winchester to experience some Christmas magic at one of the best Christmas markets in Europe!	£20.00
Mon	9 Dec	6.00	Supper Club	Wahaca Restaurant - Come and have a taste of Mexico at this quirky restaurant in Wimbledon with prices ranging from £5 - £15.	£2.00
Weds	11 Dec	1.00	Wimbledon Theatre	Cinderella Panto - The fairy godmother of all pantomimes. Join Cinders as she goes from rags to riches as she meets her Prince Charming. You shall go the ball this Christmas.	£20.00
Mon	16 Dec	4.00	Walk	Christmas Lights - We will be heading up to Central London to see some of the wonderful Christmas Lights which are on display - with Sarah.	£8.00

To book out and about trips and special events, please come in to our centre or give us a call. Payment needs to be made on booking and can be done in person by cash, cheque or card or by post by cheque. The cost of the outings includes any entry free (if applicable) and a small non-refundable admin charge. You will need to pay for any refreshments/ meals and your travel (or use your freedom pass), unless otherwise stated.