



Coach Trip

Windsor
Wednesday 18 March
£20.00

Crowned by stunning Windsor Castle – the largest and oldest inhabited castle in the world and the Queen’s favourite weekend home – and linked by the beautiful River Thames, the Royal Borough has a rich mix of history, culture, heritage and fun which makes it a perfect place for a day trip.




Sole Mates Foot Care

Providing a general foot care and toenail cutting service for people 50+ at the Cricket Green Medical Practice in Mitcham. Appointments are £27 and a £10 registration fee on your first visit.

To book call on 020 8648 5792

Outings by Public Transport



Bank of England Museum

Wednesday 15 January
£8.00

Located within the Bank of England is this museum where you can get the chance to hold a gold bar! Find out about the history of the bank, what it does and how it affects you.



Science Museum

Thursday 20 February
£12.00

A trip to one of the most interactive museums around. Starting with a curator led tour on ‘Technology and our world’, then a chance to explore the museum.



Sky Garden

Wednesday 4 March
£8.00


The Sky Garden at 20 Fenchurch Street is a unique public space that spans three storeys and offers 360 degree uninterrupted views across the City of London.

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Tea & Talks



Energy


Thursday 30 January
2.00 - 4.00

Worried about energy bills or heating your home more efficiently? Boiler on the blink? Come and hear how to keep warm, save money and access grants. Join us this afternoon and learn how to get the best energy deals.

Scams

Thursday 20 February
2.00 - 4.00

Have you been scammed? Are you getting lots of nuisance telephone calls? Have you concerns about your banking? Come and join us this afternoon - the police will be here to help, advise and reassure you, alongside various banks who will be able to answer your questions about bank security and scams.




Health

Thursday 26 March
2.00 - 4.00

Step into Spring – It’s that time of year when the days are getting brighter and longer. Time to put a pep in your step and come along to our health talk – speakers from Diabetes UK & One You Merton will be advising you on diet, exercise & living well. Hear about the various exercise classes on offer here at AUKM to suit all levels of fitness.

What's on



Jan - Mar 2020

What's on at Age UK Merton

January - March 2020

Weekly Activities				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Social Club - 10.30 - 12.30 £6.00</p> <p>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.</p>	<p>Social Club - 10.30 - 12.30 £6.00</p> <p>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.</p>	<p>Social Club - 10.30 - 12.30 £6.00</p> <p>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.</p>	<p>Social Club - 10.30 - 12.30 £6.00</p> <p>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.</p>	<p>No Social Club on Fridays</p> <p>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.</p>
<p>Love to Lunch - 12.30 - 1.30 - £7.00</p> <p>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.</p>				
<p>Aerobics Exercise - 1.45 - 2.30</p> <p>Join our weekly exercise class with Turkan. Have fun whilst exercising to music - suitable for everyone - £4.50.</p>	<p>Craft Club - 1.45 - 3.15 Make a different craft project each week - £5.00 inc all materials.</p> <p>Computer Tablet Drop In 2.30 - 3.30 Pop in if you'd like to help using a mobile phone or tablet.</p>	<p>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.</p>	<p>See Special Events and Out & About below</p>	<p>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.</p>

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 - £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 (16 Jan, 13 Feb & 19 Mar).	£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
Weds	1 Jan	All Day	Closed	The centre will be closed for the Bank Holiday	
Thurs	30 Jan	2.00 - 4.00	Energy Tea and Talk	Worried about energy bills or heating your home more efficiently? Boiler on the blink? Come and hear how to keep warm, save money and access grants. Join us this afternoon and learn how to get the best energy deals.	Free
Wed	5 Feb	6.30 - 8.30	Bingo	Come and join us for a fun evening of Bingo. Dinner served at 6.30pm with Bingo starting at 7.15pm.	£10.00
Thurs	20 Feb	2.00 - 4.00	Scams Tea and Talk	Been scammed? Getting nuisance telephone calls? Worried about your banking? Join us today. The Police will be here to advise & reassure you and local banks will answer your questions about your bank security.	Free
Thurs	5 Mar	2.00 - 4.00	Musical Afternoon	We are hosting a 'Demob Delights' musical themed afternoon at our centre, with opera singers and a pianist. Tea and cake will be served. Please book in advance as space is limited.	£3.00
Thurs	12 Mar	2.00 - 4.00	Film Club	Join us in the afternoon at our centre for a fun film, with an ice cream at the interval.	Free
Thurs	26 Mar	2.00 - 4.00	Health Tea and Talk	Step into Spring – Time to put a pep in your step and come along to our health talk with speakers from Diabetes UK & One You Merton advising you on diet, exercise & living well. Find out about the various exercise classes on offer here to suit all levels of fitness.	Free

Out and About					
Day	Date	Time	Activity	Description	Cost
Thurs	2 Jan	6.00	Supper Club	Zizzi Sutton - Join us for an Italian meal at this lovely restaurant in Sutton. Main meals start from £9.	£2.00
Tues	7 Jan	10.00	Walk in the Park	Wandle Park - Start the new year off with some fresh air and good company. Have a nice walk through this lovely park and stop for a hot drink at the local cafe afterwards.	£4.00
Weds	15 Jan	10.00	Outing by Public Transport	Bank of England Museum - Come to the City of London where we will be given a short presentation when we arrive, and then make our way around the museum. Afterwards we can pop into one of the local cafes for lunch.	£8.00
Tues	4 Feb	6.00	Supper Club	Prince of Wales Pub Wimbledon - Serving great pub grub, with meals starting from around £8 and drinks for £1 with selected meals.	£2.00
Weds	12 Feb	10.00	Health Walk	Streatham Common - Take a nice stroll through Streatham Common and the rookery, with a stop for a cuppa along the way at the rookery café.	£4.00
Weds	26 Feb	10.00	Outing by Public Transport	Science Museum - A visit to South Kensington Science Museum where we will be given a curator led tour on 'Technology and our world'. After we can have a wander around the museum and pop for some lunch.	£12.00
Weds	4 Mar	10.00	Outing by Public Transport	Sky Garden - Come and visit London's highest public garden with spectacular views. Then go on for some lunch nearby at one of London's great pubs or restaurants.	£8.00
Weds	18 Mar	9.30	Coach Trip	Windsor - We will be taking a coach trip to Windsor. Famously known for its royal connections and beautiful countryside, we will have plenty to see and do at this glorious riverside location. With great shops and restaurants and the famous Windsor Castle, we won't be short of things to see. A lovely day trip not to be missed!	£20.00
Fri	27 Mar	6.00	Supper Club	Jimmy's - Join us for a variety of foods at Jimmy's Wimbledon with a selection of dishes from Indian to pizza. Something for everyone to choose from!	£2.00