

Flower Arranging

Summer - 13th & 17th July £8.00
Autumn - 20th & 21st September £8.00



Due to the huge popularity of our flower arranging classes we are putting on each session twice so more people can take part in making a floral masterpiece. All materials are included as well as expert tuition by Peggy & Paula. You will take home your beautiful floral arrangement. Book your place today.

Kew Gardens

Tuesday 15th August - £10.00



A lovely walk around the Royal Botanic Gardens at Kew.

The iconic glasshouses, historic buildings, formal gardens, arboretum, water features and art galleries provide a unique setting where you can explore scientifically important plant collections, botanical art exhibitions and the 250 year history of the Gardens in which they are housed.

Summer Dance Party

Wednesday 12th July - 5.00-8.00 - £5.00



Come and join us for an evening of music, dancing, friends and fun times! We'll be playing a mixture of music, so there's something for everyone (dancing is not compulsory!). We will have snacks available to buy and you are welcome to bring a bottle.

Tablet Computer

Drop In & Appointments
Tuesdays 2.30 - 3.30pm - Free

Do you need help using a tablet computer or mobile telephone? If so, we can help! We have a team of volunteers who are here to help with your technical needs.

It could be that you would like to learn how to use a new tablet or you might be having difficulty doing something on your phone, or you may just want to come along and have a go on a tablet computer to see how it works. You can either pop in on Tuesdays to our drop in sessions or give us a call to book an appointment.



Accessible Coach Trip to Brighton

Thursday 10th August
£18.00

This years accessible coach trip is to the beautiful Brighton. There are so many things to choose from to do whilst you're there including:

- Shopping in the Lanes.
- A stroll along the seafront & walk down the Pier.
- A visit to the Sea Life Centre.
- A trip on the British Airways i360, the world's tallest moving observation tower and first vertical cable car.

The coach is accessible and there will be volunteers from Barclays on hand to support us.

Book your seat today!



Thank you for the hats



A few months ago we asked people to knit mini hats for The Big Knit run by innocent. The mini hats will be put on top of innocent smoothie bottles in October and 25p for each bottle sold will be donated to Age UK to help support winter projects for older people.

We were set the target to knit 770 hats and at the time of going to print, we have received over 1200 hats. We want to say a MASSIVE THANK YOU to everyone who has contributed to this fantastic effort.

'The Big Knit campaign couldn't happen without the support of thousands of amazing people across the UK who take part and knit woolly hats to adorn innocent smoothies each year.'
Douglas Lamont, CEO at innocent

Like us on Facebook [AgeUKMerton](#)

Follow us on Twitter [@AgeukMerton](#)

Follow us on Instagram [ageukmerton](#)

Text AUKM01 £2 to 70700 to donate

Handyperson Service

A service open to all 50+ Merton residents

The Service

Our Handyperson service is provided by trusted people from your local community who are police (DBS) checked.

Reasonable rates from a reliable service.

For more information, call

020 8648 5792

or email: athome@ageukmerton.org.uk

Age UK Merton, registered charity number 1105384
Wimbledon Guild, registered charity number 200424

The kind of jobs we do

- Household repairs & decorating
- Fitting key safes & grab rails
- Moving & assembling furniture
- Putting up curtains & blinds
- And much more



Befriending Volunteers Needed

Do you enjoy spending time with an older person?

Can you spare one hour a week?

Age UK Merton is currently recruiting volunteers who can visit an older person once a week to provide companionship. An hour a week to have a chat over a cup of tea can make a huge difference to the life of someone who may be lonely and socially isolated.

Full training and ongoing support is provided.

For more information contact us:

020 8648 5792

befriender@ageukmerton.org.uk

www.ageukmerton.org.uk



What's on



July - September 2017

What's on at Age UK Merton

July - September 2017

Weekly Activities				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Social Club - 10.30 - 12.30 - Get together with friends and make new ones, chat, listen to music, play games, do chair based exercise or join in with any of the activity clubs going on - £6.00.				No Social Club on Fridays.
Love to Lunch - 12.30-1.30 - Join us for a two course lunch, cooked here from our Great British menu. Book by 9.30 on the day - £6.00.				
Sole Mates Foot Care - 10.00 - 5.00 - An affordable service offering general foot care and nail-cutting. Based at the Cricket Green Medical Practice - £23.00 (plus £10 registration fee on first visit).				
Stitches - 10.30-12.00 - Bring your knitting, sewing or crochet ideas or projects and chat while you work, with Nathalie - £4.00.	Coffee Boys - 10.30-12.30 - Social club for men - play games and discover shared interests - £6.00.	Scrabble and Games Club - 10.30-12.00 - Come along and join a friendly game - £3.50.	Zumba Class - 10.00-10.45 - Join our weekly Zumba class with Narisa - suitable for everyone - £4.00.	Art Class - 10.30-12.00 (term time) - Learn new techniques or brush up on existing ones in our art class, with Claire. Suitable for all abilities - £7.50.
Gardening Club - 10.30 - 12.00 - Join our group to make the gardens at Age UK Merton look beautiful - Free.	Craft Club - 1.45-3.15 - Make a different craft project each week, with Paula - £4.00.	Rhythm and Movement - 1.45-2.30 - Chair based exercise class with Paula - £3.00.	Dance Club and Dance Lessons - 2.00 - 4.00 - On alternate weeks - see dates below.	Yoga Class - 2.30 - 4.00 - Gentle movement and meditation to increase well-being, with Philip - £6.50.
Computer Tablet Drop In - 2.30 - 3.30 - Pop in if you'd like to use a tablet with some friendly guidance (appointments are also available, call to book) - Free.				

Regular Activities in the Centre					
Day	Date	Time	Activity	Description	Cost
Thurs	Monthly	2.00 - 4.00	Dance Lesson	Learn some new steps with our tutor, and then practice with our friendly group (20 Jul, 3 Aug, 14 Sep).	£5.00
Thurs	Monthly	2.00 - 4.00	Dance Club	Dance to a range of music with our friendly group (6 Jul, 17 Aug, 31 Aug, 28 Sep).	£4.00
Mon & Fri	Fortnightly	10.00 - 3.00	Holistic Therapy	Book an appointment with Cindy for holistic therapy massage and beauty treatments (contact us for dates).	£23.00

Special Events in the Centre					
Day	Date	Time	Activity	Description	Cost
Weds	12 Jul	5.00 - 8.00	Summer Dance Party	Come and let your hair down to all your favourite tunes. Bring your own bottle. Snacks available. (Book by end of June).	£5.00
Thurs	13 Jul	2.30 - 4.00	Flower Arranging	Make a beautiful summer arrangement with step by step tuition. All materials provided.	£8.00
Mon	17 Jul	2.30 - 4.00	Flower Arranging	Make a beautiful summer arrangement with step by step tuition. All materials provided.	£8.00
Thurs	27 Jul	2.30 - 4.00	Generations Garden Party	Tea and cake in our lovely garden, with some young people for company, games and maybe a special guest or two (must book).	Free
Mon	28 Aug		CLOSED	BANK HOLIDAY	
Weds	13 Sep	5.30 - 8.30	Quiz Night	Doors open 5.30, Supper at 6.00 and Quiz at 6.45pm. Bring your own bottle. £5 entry and £5 supper.	£10.00
Weds	20 Sep	2.30 - 4.00	Flower Arranging	Make a beautiful autumn arrangement with step by step tuition. All materials provided.	£8.00
Thurs	21 Sep	2.30 - 4.00	Flower Arranging	Make a beautiful autumn arrangement with step by step tuition. All materials provided.	£8.00

Out & About					
Day	Date	Time	Activity	Description	Cost
Tues	4 Jul	10.00	Outing by Public Transport	London Wetlands Centre - An urban oasis for wildlife, stroll around the lakes, ponds and gardens watching wildlife or attend a spotlight talk and learn more about the animals living in the centre. Includes entry fee.	£15.00
Sun	9 Jul	2.00	Sunday Lunch Club	The Manor - Join us for a social lunch and a Sunday roast at The Manor on Tooting High Street.	£2.00
Weds	19 Jul	10.00	Health Walk	Wimbledon Common - Join us for an easy walk around the common and a social café break.	£3.00
Tues	25 Jul	9.30	Minibus Trip	Mayfield Lavender Farm & Woodcote Garden Centre - Join us for a trip to the stunning Mayfield Lavender Fields followed by a stop at Woodcote Garden Centre for lunch and shopping.	£15.00
Tues	1 Aug	6.00	Supper Club	Chak89 - After the success of our meal earlier this year, please join us for a social dinner at the world famous Indian restaurant, Chak 89 in Mitcham - 3 course set menu with drink - £13.50.	£2.00
Thurs	10 Aug	9.30	Coach Trip	Brighton - Accessible Coach - The coach will drop us at the pier and we will spend 4 hours in Brighton. There will be volunteers from Barclays on hand to support us.	£18.00
Tues	15 Aug	10.00	Guided Walk	Kew Gardens - A lovely walk around the grounds of Kew - includes entry fee.	£10.00
Weds	23 Aug	10.00	Outing by Public Transport	The Wellcome Collection - A museum displaying an unusual mixture of medical artefacts and original artworks exploring 'ideas about the connections between medicine, life and art'.	£5.00
Friday	1 Sept	10.00	Outing by Public Transport	Greenwich Observatory - Situated on a hill in Greenwich Park, overlooking the River Thames. Stand on the historic Prime Meridian of the World, see the home of Greenwich Mean Time (GMT). Includes entry fee.	£12.00
Tues	5 Sept	9.30	Outing by Public Transport	The National Theatre Backstage Tour - Home to over 20 new productions every year. Preparation for the shows, including rehearsals, prop and costume-making all happen on site. No two tours are ever the same, so come and see what's happening behind the scenes.	£14.00
Sun	24 Sept	2.00	Sunday Lunch Club	Ganleys Irish Pub and Carvery - Join us for a social lunch and a Sunday carvery at Ganleys in Morden.	£2.00

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.