

Christmas Concert at the Royal Albert Hall

Thursday 23 November - 6pm - £24.00

A special celebratory Christmas concert at the Royal Albert Hall featuring music from the Salvation Army's International Staff Band and International Staff Songsters, joined by celebrity readers and performers, and carols for all to sing along to. We have limited tickets, so book yours today.



Christmas Quiz

Monday 27 November 5.30 - 8.30pm - £10.00



Our popular quiz is back again for a Christmas special! You get a lovely home cooked dinner followed by an exciting and varied quiz. So why not come along, bring yourself or bring a team, bring a bottle! Everyone is welcome. Dinner is served at 6pm with the quiz starting at 7pm. Book today!

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!



Quilt Auction

Winner announced at the Christmas Fair on Saturday 2 December

Our very talented Stitches class made this beautiful quilt to help raise money for Age UK Merton. We are running an auction from now which will end of 2nd December. If you would like to bid, you can call us, email or pop in to see us. We will be updating the winning bid on our website and our board in the centre throughout the auction.



A Message From The Chief Exec

Hello from all of us here at Age UK Merton!

We hope you've had a wonderful summer and found the services and activities at Age UK helpful, supportive and engaging.

Over the Autumn and Winter, we have plenty of great events to keep your energy levels up and your spirits high. Why not try something new and meet new people at one of our activities or trips?

We also have a great initiative running in partnership with energy company E.ON. You can get a free home energy check from our Handyperson team to help you stay warm throughout those chilly winter months.

Finally, if you're finding looking after your home more challenging or you'd rather spend more time doing the things you love, why not contact our *At Home with Age UK Merton* services to see how we can help you around the home.

Thank you for supporting Age UK Merton. If you want any more information why not check out our website ageukmerton.org.uk or give us a call 020 8648 5792.

Rob Clarke
Chief Executive
Age UK Merton



Expert Patient Participation Course

Mondays 2.00 - 4.30pm, Free

A 6 week course (starting 2 October) that covers aspects of self-managing long term conditions, such as dealing with pain and fatigue, healthy eating and exercise, and planning and setting goals, run by the CCG. For more information or to register your place give us a call on 020 8648 5792, pop in and see us or email info@ageukmerton.org.uk.



Like us on Facebook [AgeUKMerton](https://www.facebook.com/ageukmerton)

Follow us on Twitter @AgeukMerton

Follow us on Instagram [ageukmerton](https://www.instagram.com/ageukmerton)

Text AUKM01 £2 to 70700 to donate

CHRISTMAS FAIR

SATURDAY 2ND DECEMBER, 12-3PM

Our Christmas Fair on Saturday 2nd December is going to be great fun for the whole family, and we would love it if you could join us. There will be a selection of stalls selling gifts and products, a raffle, mince pies and refreshments and a Santa's Grotto for the kids. Entry is free so bring all your friends and family along with you (12 - 3pm).

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We are also looking for stall holders, so if you make or sell something that would make a great Christmas present get in touch with Claire on claire@ageukmerton.org.uk or call 020 8648 5792.



What's on



October - December 2017



We have a number of volunteering vacancies including:

- Befriending
- Receptionists
- Admin
- Chiropody
- Fundraising
- Information & Advice
- and many more

VOLUNTEERING OPPORTUNITIES

To find out more or apply go to our website - ageukmerton.org.uk or call 020 8648 5792 and speak to our volunteer coordinator, Helen.

What's on at Age UK Merton

October - December 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.
Expert Patient Programme Course - 2.00 - 4.30 - See the highlights page for more information. Free.	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 (12 Oct, 9 Nov and 23 Nov).	£5.00
Thurs	Monthly	2.00 - 4.00	Dance Club	Dance to a range of music with our friendly group (26 Oct, and 21 Dec).	£4.00
Mon & Fri	Fortnightly	10.00 - 3.00	Holistic Therapy	Book an appointment with Cindy for holistic therapy massage and beauty treatments (get in touch for dates).	£23.00

Special Events in the Centre					
Day	Date	Time	Activity	Description	Cost
Thurs	05 Oct	2.00 - 4.00	Movie Time	A special showing of 'A Street Cat Named Bob' to celebrate the week of Silver Sunday.	Free
Thurs	16 Nov	12.00 - 2.00	AGM	Age UK Merton's Annual General Meeting and lunch.	Free
Mon	27 Nov	5.30 - 8.30	Quiz Night	An early Christmas event to get your brains buzzing. Doors open 5.30, supper at 6.00 and quiz at 6.45pm.	£10.00
Sat	02 Dec	12.00 - 3.00	Christmas Fair	Christmas Fair with a Santa's Grotto, mince pies and refreshments, raffle and stalls selling Christmas gifts and products.	Free
Weds	06 Dec	4.00 - 7.00	Dance Party	Our annual Christmas party. Favourite tunes, snacks to purchase, bring your own bottle.	£5.00
Mon - Fri	w/c 11 Dec	12.00 - 2.00	Christmas Lunch	A delicious 2 course lunch with all the trimmings in a seasonal atmosphere.	£8.50
Weds	20 Dec	2.00 - 4.00	Flower Arranging	Create a beautiful Christmas Arrangement for your home, with Peggy and Paula. All materials supplied.	£8.00
Fri	22 Dec			No clubs or lunch - closing at 12 noon.	
Mon	25 Dec		CLOSED	Closed on Christmas Day.	
Tues	26 Dec		CLOSED	Closed on Boxing Day.	
Weds	27 Dec			No Scrabble & Games Club or Rhythm & Movement. Social club and lunch on today.	
Thurs	28 Dec			No Zumba. Social club and lunch on today.	
Fri	29 Dec			No clubs or lunch - closing at 12 noon.	
Mon	01 Jan		CLOSED	Closed on New Years Day.	

Out & About					
Day	Date	Time	Activity	Description	Cost
Thurs	05 Oct	9.30	Blue Badge Guided Walk	Swanky Old Mayfair - The champagne of London walks, join us to explore one of London's best addresses and learn more about the people who have lived here and the history of the area.	£11.00
Weds	11 Oct	10.00	Outing by Public Transport	V&A Museum of Childhood - Houses objects made for and made by children. It has extensive collections of toys, childhood equipment and costumes, and stages a programme of temporary exhibitions.	£5.00
Tues	17 Oct	9.30	Minibus Trip	Bocketts Family Farm - A working family farm set in the Surrey countryside - enjoy a tractor ride, animal handling or even watch a pig race followed by lunch in the café.	£17.00
Weds	25 Oct	9.30	Health Walk	Brockwell Park - Join us for a one hour walk in the park followed by a social coffee break.	£4.00
Weds	08 Nov	10.00	Outing by Public Transport	Fan Museum - We will explore the museum in Greenwich which houses an extensive collection of fans from around the world followed by an afternoon tea in the orangery including a selection of freshly baked cakes, scones and tea or coffee (afternoon tea included in the price).	£15.00
Mon	13 Nov	9.30	Outing by Public Transport	Westminster Abbey Field of Remembrance - Join us to honour and remember those who we have sadly lost serving in our Armed Forces. We will travel to the field of remembrance to look at the personal remembrance tributes followed by a walk to an interesting café for coffee.	£5.00
Sun	19 Nov	2.00	Sunday Lunch Club	Charles Holden - Join us for Sunday lunch at this Colliers Wood pub. Roast dinner £12 - 15.	£2.00
Thurs	23 Nov	6.00	Theatre	Christmas with the Salvation Army - A special celebratory Christmas concert at the Royal Albert Hall featuring music from the Salvation Army's International Staff Band and International Staff Songsters, joined by celebrity readers and performers, and carols for all to sing along to.	£24.00
Tues	05 Dec	10.00	Outing by Public Transport	Christmas at The Charles Dickens Museum - The museum occupies a typical Georgian terraced house which was Charles Dickens' home and will be decorated for the holidays.	£11.00
Thurs	04 Jan	1.00	Theatre	Jack and the Beanstalk - Fe-fi-fo-fum, a giant of a pantomime comes to the New Wimbledon Theatre! We have a few tickets available so book yours today.	£19.00

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.