

# Weekly Timetable

Weekly activities		All clubs and lunches must be booked in advance			Call 020 8685 6907
<b>Mondays</b>					
10:30am-12pm	<b>Games &amp; Social Club</b>	Join us for refreshments and a chat with games	Drop in	Age UK Merton Centre	£6
2pm-3pm	<b>Tai Chi</b>	Our popular Tai Chi class is led by Leonie	Drop in	Vestry Hall Mitcham	£6
<b>Tuesdays</b>					
10:30am-12pm	<b>Craft Club</b>	Make a different hand craft or art every week, led by Michele. All materials are supplied	Prebook	Age UK Merton Centre	£6
10:30am-11:30am	<b>Chair Based Exercise- Invite and Women only*</b>	A seated exercise class for women from the BAME community who are aged 50+. This group will help you improve your strength, balance and keep fit and in a social setting	Call for more details	1 <sup>st</sup> Morden Scout Hall, SM4 5PP	£1.50
2pm-3pm	<b>Yoga Class- standing or seated</b>	Yoga for everybody with Jackie. Bring your own mat or join in on a chair	Drop in	Age UK Merton Centre	£6
*If this isn't you but you are still interested in joining our exercise classes, please refer to one of our many other exercise classes					
<b>Wednesdays</b>					
1:45pm-2:45pm	<b>Chair Based Exercise</b>	Join us for gentle chair-based exercise where you build your strength and confidence	Drop in	Age UK Merton Centre	£6
<b>Thursdays</b>					
10:20am-11am	<b>Water Aerobics</b>	A fun water workout building fitness and confidence in the pool	Prebook	Morden Leisure Centre	£7
10:30am-12pm	<b>Singing for Fun</b>	Sing some absolute classics and join in the fun as we raise the roof in the centre	Drop in	Age UK Merton Centre	£6
12:30pm-1:30pm	<b>Line Dancing</b>	Weekly sessions with Judith. Great music and great company	Drop in	Vestry Hall in Mitcham	£6
2pm-2:45pm	<b>Zumba</b>	A lively workout with upbeat music and plenty of energy	Drop in	Vestry Hall in Mitcham	£6
<b>Fridays</b>					
10:30am-11:30am	<b>Line Dancing</b>	Weekly sessions with Judith. Great music and great company	Drop in	Hill House Community Centre Morden	£6

To book or ask about any activity, please contact the Activity Service team:

Email [activities@ageukmerton.org.uk](mailto:activities@ageukmerton.org.uk) | Call 020 8685 6907 | Visit Elmwood Centre, 277 London Road, Mitcham, CR4 3NT