

Weekly Timetable

Weekly activities All clubs and lunches must be booked in advance Call 020 8685 6907

Mondays

10:30am-12pm	Games & Social Club	Join us for refreshments and a chat with games	Drop in	Age UK Merton Centre	£6
2pm-3pm	Tai Chi	Our popular Tai Chi class is led by Leonie	Drop in	Vestry Hall Mitcham	£6

Tuesdays

10:30am-12pm	Craft Club	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	Chair Based Exercise- Invite and Women only*	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 st Morden Scout Hall, SM4 5PP	£1.50
2pm-3pm	Yoga Class- standing or seated	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*

Wednesdays

1:45pm-2:45pm	Chair Based Exercise	Join us for gentle chair-based exercise where you build your strength and confidence	Drop in	Age UK Merton Centre	£6
---------------	-----------------------------	--	---------	----------------------	----

Thursdays

10:20am-11am	Water Aerobics	A fun water workout building fitness and confidence in the pool	Prebook	Morden Leisure Centre	£7
10:30am-12pm	Singing for Fun	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	Line Dancing	Weekly sessions with Judith. Great music and great company	Drop in	Vestry Hall in Mitcham	£6
2pm-2:45pm	Zumba	A lively workout with upbeat music and plenty of energy	Drop in	Vestry Hall in Mitcham	£6

Fridays

10:30am-11:30am	Line Dancing	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 | **Call** 020 8685 6907 | **Visit** Elmwood Centre, 277 London Road, Mitcham, CR4 3NT