

What's On



January - March 2024

Out and about trips



Sherlock Holmes Museum - Thursday 11th January | £18

The world's first museum dedicated to the character of Sherlock Holmes – with sets from the TV series

Public transport



The Science Museum - Thursday 25th January | £20

The home of human ingenuity, come and visit these fascinating exhibits, iconic objects and stories of incredible scientific achievement

Transport provided



Fulham Palace - Thursday 15th February | £20

Discover the home of the Bishops of London. A historic house and botanic garden in west London. Price includes a tour

Transport provided



Museum of the Order of St. John's - Thursday 29th February | £20

This unique museum of ancient military order has its origins dating back to the eleventh century. Price includes a tour

Transport provided



Chelsea Physic Garden- Thursday 21st March | £16

London's oldest botanic garden, containing a living collection of around 5,000 different edible, useful and medicinal plants

Public transport

Exciting new events



Sound Therapy & Singing with Karis & Dave - Friday 9th February **Free | 10.30am-12pm**

Join us for a special Sound Therapy Session - using simple sounds, singing, humming and movement. Followed by a sing-a-long



For the Love of Painting | Free **Thursday 8th February | 2pm-4pm**

To celebrate Valentine's day, share some love with our free pottery painting afternoon. Paint for yourself or someone special and enjoy a free cream tea



Cornish Cream Tea | £10 **Thursday 7th March | 12.30-2pm**

Celebrate St Piran's Day with us (the patron Saint of Cornwall) with a delicious traditional cream tea



Afternoon at the Races | £10 **Thursday 14th March | 12.30-2.30pm**

"And they're off!" Join us as we cheer on the virtual horses and enjoy ploughman's lunch. Back by popular demand

Exclusives for your Diary



Walking Club



- 8th Jan **The Canons**
22nd Jan **Colliers Wood to
Figges Marsh**
5th Feb **Wimbledon Common
to the Windmill**
26th Feb **Colliers Wood Park**
4th Mar **John Innes Park**

To join our walks, you must be able to complete the walks independently. Walks start at Age UK Merton at 10am!

Call 020 8648 5792 to book a place!



A Taste of Scotland-
Friday 26th January



A Taste of England-
Friday 23rd February



A Taste of Ireland-
Friday 22nd March

12.30pm till 1.30pm

Please arrive no earlier than 12pm

Tea and Talks

Friday 5th January | 10.30am-12pm | Free

'Merton Uplift' - 'Lifting your mood and self compassion'. Join us in the new year to lift your spirits going into 2024

Friday 12th January | 10.30am-12pm | Free

'Merton Heritage'- Grave Matters - Notable burials in Merton's churchyards

Friday 16th February | 11am-12pm | Free

'London Fire Brigade'- A talk on all things fire safety

Friday 8th March | 10.30am-12pm | Free

'Merton Uplift'- Looking after yourself

Friday 15th March | 10.30am-12pm | Free

'Merton Heritage'- Housewives & Heroines

**AUKM
TEA**

Weekly activities

All clubs and lunches need to be booked in advance. Call 020 8648 5792

Mondays

9.30am-11.30am	IT Support	Weekly IT support sessions – help with mobile phones & tablets. Please book a slot	Free
10am-11am	Walking Club	See overleaf for more information – must be able to complete walks independently	£3
10.30am-12.30pm	Social Club	Join us for a cuppa and a chat with games	£6
12.30pm-1.30pm	Lunch	Come for an amazing fresh home cooked meal, conversation, and friendship	£7
2pm-3pm	Tai Chi Class	Our popular Tai Chi class is led by Leonie – all levels and abilities welcome	£5

Tuesdays

10.30am-12pm	Craft Club	Make a different hand craft every week. Chat and make friends – all materials supplied	£6
12.30pm-1.30pm	Lunch	Come for an amazing fresh home cooked meal, conversation, and friendship	£7
2pm-3pm	Yoga Class	Yoga for everybody and every body with Jackie. Bring your own mat or can be done seated	£5

Wednesdays

10.30am-12.30pm	Social Club	Play a game of scrabble, dominos, or cards – make friends and keep the brain ticking	£6
12.30pm-1.30pm	Lunch	Come for an amazing fresh home cooked meal, conversation, and friendship	£7
2pm-3pm	Chair-based Exercise	Join us in the centre for our gentle chair-based exercise class – build your strength & confidence	£5

Thursdays

10.20am-11am	Water Aerobics	Our class held at Morden Leisure Centre – build your strength & stamina through water exercises	£6
10.30am-12pm	Singing for Fun	Sing some absolute classics and join in the fun as we raise the roof in the centre	£4
12.30pm-1.30pm	FREE Soup Lunch	Come and join us on those cold winter days for a bowl of homemade soup + a roll	Free
12.30pm-1.30pm	Line Dancing Class	Weekly session at Vestry Hall - step it out with Judith with great music and great company	£5

Fridays

10.30am-11.30am	NEW Line Dancing Class	Taking place at Hill House Community Centre, Morden. First session is FREE for everyone on 12 th Jan	£5
10.30am-11.30am	Poetry Corner	First Friday of every month: Bridget shares some classic and modern poetry. Must pre-book	£3
12.30pm-1.30pm	Lunch	Come for an amazing fresh home cooked meal, conversation, and friendship	£7
2pm-2.45pm	Zumba Gold	Weekly session at Vestry Hall – A fun-filled exercise class with Jodie. Great music and great moves	£5

Special Events and dates for your diary

Monday 1 st January	All Day	Centre Closed	Centre closed for New Year’s Day Bank Holiday	
Friday 5 th January	10.30am-12pm	Tea & Talk	Merton Uplift: Teaching you self-compassion and lifting your mood	Free
Thursday 11 th January	10am-2pm	Public Transport Outing	Sherlock Holmes Museum: the first museum dedicated the famous literary character	£18
Friday 12 th January	10.30am-12pm	Tea & Talk	Merton Heritage: Grave Matters - we talk about notable burials in Merton’s Churchyards	Free
Tuesday 16 th January	6pm	Supper Club	AYA – Lebanese: South Wimbledon	£2
Thursday 18 th January	1pm-2:30pm	Afternoon Bingo	Join us in the centre as we go “eyes down” for bingo – with prizes	£10
Thursday 25 th January	10am-2pm	Outing by Minibus	The Science Museum – Experience this iconic museum filled with scientific wonder	£20
Thursday 25 th January	2pm-4pm	Film Club	Film: Sunshine on Leith - ice cream served at the interval	Free
Friday 26 th January	12:30pm-1:30pm	Special Lunch	Around the World: A Taste of Scotland – please arrive no earlier than 12pm	£10
Thursday 1 st February	12:30pm-2pm	Lunch & Quiz	Lunch & Quiz with Liz. Enjoy Thursday lunch followed by a quiz with prizes	£10
Thursday 8 th February	2pm-4pm	Pottery Painting	Celebrate Valentine’s Day by showing some love through pottery painting and cream tea	Free
Friday 9 th February	10:30am-12pm	Karis Bunney Sound Therapy	A special Sound Therapy Session - using simple sounds, singing, humming and movement	Free
Thursday 15 th February	10am-2.30pm	Outing by Minibus	Fulham Palace: View paintings, archaeology and artefacts tracing the history of the Palace site. Tour included in the price	£20
Friday 16 th February	11am-12pm	Tea & Talk	London Fire Brigade: London Fire Brigade team talks to us about fire safety	Free
Wednesday 21 st February	6pm	Supper Club	Spice Village Indian Restaurant: Tooting	£2
Thursday 22 nd February	2pm-4pm	Film Club	Film: Super Intelligence – ice cream served at the interval	Free
Friday 23 rd February	12:30pm-1:30pm	Special Lunch	Around the World: A Taste of England – please arrive no earlier than 12pm	£10
Thursday 29 th February	10am-2pm	Outing by Minibus	Museum of the Order of St. John – A unique visit to this ancient museum. Tour included	£20
Thursday 7 th March	12:30pm-2pm	Cornish Cream Tea	St Piran’s Cornish Cream Tea & sing-along. A celebration of all things Cornish	£10
Friday 8 th March	10.30am-12pm	Tea & Talk	Merton Uplift: A talk on looking after yourself in all aspects of life	Free
Thursday 14 th March	12.30pm-2:30pm	Afternoon at the Races	Afternoon at the Races: Cheer on the virtual horses and enjoy a ploughman’s lunch	Free
Friday 15 th March	10.30am-12pm	Tea & Talk	Merton Heritage: Housewives & Heroines	Free
Thursday 21 st March	10am-2pm	Public Transport Outing	Chelsea Physic Garden: Visit London's oldest botanic garden	£16
Thursday 21 st March	2pm-4pm	Film Club	Film: Miracle Club – ice cream served at the interval	Free
Friday 22 nd March	12:30pm-1:30pm	Special Lunch	Around the World: A Taste of Ireland – please arrive no earlier than 12pm	£10
Tuesday 26 th March	6pm	Supper Club	Bella Donna Italian: Morden	£2
Thursday 28 th March	12:30pm-2pm	Lunch & Quiz	Lunch & Quiz with Liz: Enjoy Thursday lunch followed by a quiz with prizes	£10
Friday 29 th March	All Day	Centre Closed	Centre closed for Good Friday Bank Holiday	

Please note, the centre will be closed on 1st January and 29th March for Bank Holidays. Special events can be booked and paid for in person from Monday 18th December 2023. All clubs and lunches need to be booked in advance; to book, call us on 0208 648 5792.