

Aladdin Panto

Wimbledon Theatre
Tuesday 11 December
£21

Jump aboard a high-flying, magical carpet headed for Old Peking and make at ticket for this year's spectacular Wimbledon Theatre pantomime one of your three wishes. We have some tickets for the matinee performance at the front of the dress circle, book yours today!



Quiz Night

Thursday 8 November
£10

Join us for a Halloween/ Fireworks themed quiz night. The night won't give you a fright, but we expect it to go off with a bang! Bring yourself, bring a team, bring a bottle!

Christmas Dance Party

Thursday 13 December
£6

Our dance teachers, from Vera the Diva, will be starting off the dance party with a dance lesson, followed by plenty of opportunity to practice your new moves. There will be music, dancing, singing and general merriment. Refreshments will be available to purchase.



A Christmas Celebration

At St Martins in the Field
Wednesday 19 December
£17

In this wonderful setting, enjoy a Christmas Celebration concert. With St Martin's Voices and plenty of opportunity to sing along if you wish.

London in the Swinging 60s

Thursday 15 November
£10

A special walk with guides from Lordprice London Experience discovering the history of London in the 60s. Spaces are limited so book your place today.



Coach trip to Rochester

Friday 30 November
£20

Historic Rochester, with its Norman castle was place cherished by the Victorian novelist, Charles Dickens, who lived in the area as a child and returned as a successful author. We will be visiting Rochester during their Christmas market which is held in the picturesque castle gardens.

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Text AUKM01 £2 to 70700 to donate

CHRISTMAS FAIR

SATURDAY 1st DECEMBER, 12-3PM

Our Christmas Fair on Saturday 1st 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).

★★★★★★★★

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 fundraising@ageukmerton.org.uk or call 020 8648 5792.



What's on



Oct - Dec 2018

A message from the Chief Exec

Rob Clarke



What a summer it's been! We hope you've been able to keep cool and enjoy the sunshine. We've been working hard to put together a vibrant, fun and innovative programme of events and activities for the autumn leading into the festive period. We have a fantastic array of activities sure to cater to all interests and abilities, why not use the autumn to try something new and get connected with other local people? You'll be sure to receive a warm welcome and meet some amazing people.

As some of you may know, our Centre Manager, Paula, has decided to move on from her role with Age UK Merton. Over the last 8 years, Paula has helped to transform our centre into a warm and welcoming community space and our activity programme now appeals to a wide range of ages and interests. We are very grateful to Paula and I'm sure you will all join with me in wishing her well for her next challenge.

Rob

What's on at Age UK Merton

October - December 2018

Weekly Activities				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Social Club - 10.30 - 12.30 £6.00 Our social club is a chance to meet friends & make new ones. You can join in games, listen to music, chat or read the paper and relax! On Mondays we have our Stitches group, Gardening club and Indoor Golf games (more information below under 'regular activities'), which you can join in if you like.	Social Club - 10.30 - 12.30 £6.00 Our social club is open to everyone. It is a chance to meet friends & make new ones. You can join in games, listen to music, chat or read the paper and relax! On Tuesdays we always have a dominoes game or two, which you're welcome to join.	Social Club - 10.30 - 12.30 £6.00 Our social club is a chance to meet friends & make new ones. You can join in games, listen to music, chat or read the paper and relax! We also have a Scrabble club running (more information below under 'regular activities'), you're welcome to join in a game or two.	Social Club - 10.30 - 12.30 £6.00 Our social club is a chance to meet friends & make new ones. You can join in games, listen to music, chat or read the paper and relax! By joining our social club we can help you access other services we offer, including free information & advice and benefits checks.	No Social Club on Fridays Art Class - 10.30 - 12.00 (term time) - Learn new techniques or brush up on existing ones in our art class. Suitable for all abilities, with Jo - £8.00
Love to Lunch 12.30 - 1.30 - £7.00 Join us for a two course lunch, with soft drinks and a cuppa to follow. The menu changes weekly, so call us or pop in to find out what's for lunch. As we cook the meals from scratch, please let us know by 9.30am on the day if you are coming in for lunch.				
Aerobics Exercise - 1.45 - 2.30 Join our weekly exercise class with Turkan. Have fun whilst exercising to music - suitable for everyone - £4.50.	Craft Club - 1.45 - 3.15 Make a different craft project each week - £5.00 inc all materials. Computer Tablet Drop In 2.30 - 3.30 Pop in if you'd like to use a tablet with some friendly guidance - £1.50	Rhythm and Movement - 1.45 - 2.30 This session combines chair based exercises to music with mindfulness. Including helping to build strength and improving stability, stamina and wellbeing - with Caroline - £3.00.	See Special Events and Out & About below	Yoga Class - 2.30 - 4.00 Gentle movement and meditation to increase well-being, with Philip - £7.00.

Regular Activities in the Centre					
Day	Date	Time	Activity	Description	Cost
Mon	Weekly	10.30 - 12.00	Stitches	Bring your knitting, sewing or crochet ideas or projects and chat while you work.	£4.00
Mon	Weekly	10.30 - 12.30	Gardening Club	Join our group to make the gardens at Age UK Merton look beautiful.	Free
Mon	Weekly	10.45 - 11.45	Indoor Golf Games	Weekly games of challenge and target practice. Lots of fun and no experience necessary.	£3.00
Mon, Weds & Fri	Weekly	9.00 - 5.00	Sole Mates	An affordable service offering general foot care and nail-cutting. Based at the Cricket Green Medical Practice - £25.00 (plus £10 registration fee on first visit).	£25.00 - £35.00
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).	£25.00
Weds	Weekly	10.30 - 12.00	Scrabble Club	Come along and join a friendly game.	£3.50
Thurs	Monthly	2.00 - 4.00	Dance Lesson	Learn some new steps with our tutor, and then practice with our friendly group (4 Oct, 1 Nov, 29 Nov). On 13 Dec there will be a special Christmas dance party (see special events section for more info).	£6.00
Thurs	Fortnightly	11.00 - 1.30	Nail Cutting	Basic nail cutting - Book to get your nails cut at our centre in Mitcham (get in touch for dates).	£10.00 - £15.00

Special Events in the Centre					
Day	Date	Time	Activity	Description	Cost
Thurs	18 Oct	2.30 - 4.00	Tea & Talk	As part of Silver Sunday, we have a talk on Suffragettes in Merton. There will be a guest speaker and refreshments.	Free
Thurs	25 Oct	2.00 - 4.00	Film Club	Join us for an afternoon of film, watching The Greatest Showman. A magical musical which celebrates the birth of show business. Refreshments available.	Free
Thurs	8 Nov	5.30 - 8.30	Quiz Night	Join us for our Halloween/ Fireworks Quiz Night. Dinner served at 6pm with the quiz starting at 6.45pm.	£10.00
Thurs	22 Nov	12.00 - 2.00	AGM	Age UK Merton's Annual General Meeting and lunch. Everyone is welcome.	Free
Sat	1 Dec	12.00 - 3.00	Christmas Fair	Christmas Fair with mince pies and refreshments, raffle and stalls selling Christmas gifts and products.	Free
Thurs	6 Dec	2.00 - 4.00	Film	Join us for an afternoon of film, something Christmassy to get you in the Christmas spirit (suggestions welcome). Refreshments available.	Free
Thurs	13 Dec	3.00 - 7.00	Christmas Dance Party	Our Christmas Party starts with a dance lesson from our regular dance tutors. Followed by more music, dancing and fun times! Refreshments will be available to buy on the night.	£6.00
Mon - Fri	w/c 17 Dec	10.30 - 2.30	Christmas Lunches	Come and join us for the day to enjoy Christmas themed games, a raffle & maybe even a singalong or two with a delicious, relaxed two course lunch with all the trimmings. £12 for the day, or £9 if you just want lunch.	£9.00 - £12.00

Out and About					
Day	Date	Time	Activity	Description	Cost
Thurs	11 Oct	11.00	Health Walk	Beddington Park - A nice stroll around Beddington Park with a cuppa along the way - with Chris.	£3.00
Tues	23 Oct	6.00	Supper Club	Bill's Wimbledon - Serving eclectic British dishes made with fresh and seasonal ingredients - set meal £12.95 - with Susan	£2.00
Tues	30 Oct	11.00	Outing	Jurassic Encounter Mini Golf - This is mini golf with a difference! It gives players the chance to putt past cascading waterfalls, over island greens, through prehistoric caves and even meet some Jurassic friends from the past! No golf experience necessary, but plenty of laughs guaranteed - with Rhiannon.	£12.00
Thurs	15 Nov	11.00	Guided Walk	London in the Swinging 60s - A guided walk with the Lordprice London Experience. On this tour you'll be taken round some of the most well known locations of the 60s era and also off the beaten track to places you may never heard of yet played a huge part in the history of the time.	£10.00
Weds	21 Nov	6.00	Supper Club	Wetherspoons Wimbledon (The Wibbas Down Inn) - Join Rob, our CEO, for an early Christmas dinner. Meals are around £10.	£2.00
Fri	30 Nov	9.30	Coach trip	Rochester Christmas Market - We'll be taking a trip to Rochester to experience their Dickensian Christmas Market. Set in the picturesque Rochester Castle gardens, there's truly something for everyone. There is so much to do in Rochester, you may want to visit the Cathedral or take a walk along the River Medway, but whatever you do, you'll have a magical day!	£20.00
Tues	4 Dec	4.00	Walk	Christmas Lights - We'll be going up to central London to see some of the wonderful Christmas lights which are on display - with Kourtney.	£8.00
Thurs	6 Dec	6.00	Supper Club	O'Neil's Wimbledon - A pre Christmas meal at this Irish pub. A two course Christmas meal from £11.99 - with Susan.	£2.00
Tues	11 Dec	1.00	Theatre Trip - Wimbledon	Aladdin Panto - Follow Aladdin, his brother Wishee Washee, and of course his mother Widow Twankey, on a spectacular adventure. Expect flying carpets, a wish-granting genie, an evil sorcerer and a lamp-full of laughs, so book your magic carpet ride to old Peking to the magical pantomime Aladdin! Staring Paul Merton.	£21.00
Weds	19 Dec	5.00	Theatre Trip - St Martins in the Field	A Christmas Celebration - Join St Martin's Voices in this uplifting early evening celebration of Christmas. Carols for choir and audience including O little town of Bethlehem, We three Kings and Hark! The herald angels Sing as well as solos by the choir including I saw three ships and Silent night - with Kourtney.	£17.00

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.