

# LET'S STAY ACTIVE

Age-friendly active groups across the borough of Sutton



## What's On Guide


Age UK Sutton is working with partner organisations to showcase a variety of **Age-friendly** activities across Sutton.


[letsconnect@ageuksutton.org.uk](mailto:letsconnect@ageuksutton.org.uk)  
[www.ageuk.org.uk/sutton](http://www.ageuk.org.uk/sutton)  
0208 078 0002



### Evergreens



 Various activities throughout the week, as well as day trips  A range of accessible activities for all fitness levels.

 Everyone Active Centres across Sutton (Westcroft Leisure Centre, David Weir Leisure Centre, The Phoenix Centre, Cheam Leisure Centre)


 Evergreens is a group for over 60s based at Westcroft Leisure Centre that offers members reduced price activities such as Forever Fit, badminton, aqua aerobics and short mat bowls. They are a friendly and sociable group and also run day trips outside of Sutton. Visit the Evergreens reception 10am-12pm Mondays, Wednesdays and Fridays at Westcroft Leisure Centre for more information.



### The Change Foundation Table Tennis/Walking Football/Walking Netball

 Table Tennis  
Fridays 10:15am-11:30am  Disabled access to Cricket Lawns

 Plough Lane Wallington SM6 8JQ

 A programme of walking sports, including football, netball and cricket. Led by a qualified sports coach, the walking sports programme offer activities at a slower pace and are a great opportunity to try something new. **£5 a session** call 0208 669 2177 for more information.



| ACTIVITY          | GROUP                            | AREA           | CONTACT FOR MORE INFORMATION   |
|-------------------|----------------------------------|----------------|--|
| Senior Movers     | Wallington Unified Reform Church | Wallington     | Thursdays 11am-12pm. Contact for more details: 0208 642 0892   |
| Fitness Class     | Forever Fit                      | St Helier      | 0208 641 9480<br>David Weir Leisure Centre   Gym & Athletics Track   Everyone Active   |
| Inclusive Cycling | Ecolocal                         | St Helier      | Mon, Weds and Thurs, 10am. David Weir Athletics Track. Bikes provided. £5.<br>cycling@ecolocal.org.uk                        |
| Tea Dance         | Everyone Active                  | Wallington     | Thursdays 1:30pm-3:30pm, £5.30. The Phoenix Centre, Roundshaw, SM6 9NZ.<br>020 8773 6060                                     |
| Cricket           | Worcester Park Cricket Club      | Worcester Park | Green Lane KT4 8AJ. For membership enquiries: 020 8337 4995  |
| Dance Club 60     | Sutton Community Dance           | Sutton         | Thursdays 1:30pm-2:30pm, SCD St Nicholas Centre. To book: <a href="http://www.scd.org.uk">www.scd.org.uk</a> or 07709 884738 |
| Line Dancing      | Sutton Mental Health Foundation  | Belmont        | Thursdays 10am-11am, Belmont Connect, Downs Road, SM2 5NR.   |

Can't see what you're looking for? Check out the full listings online: [ageuk.org.uk/sutton](http://ageuk.org.uk/sutton) or contact us: 0208 078 0002 / [letsconnect@ageuksutton.org.uk](mailto:letsconnect@ageuksutton.org.uk)

