Age UK Wandsworth – Community Engagement Activities – July 2025

Mon 30 June	11:00 – 13.00	Ready, Sit, Go! Seated Exercise Class [PLEASE BOOK]	Gwynneth Morgan Day Centre
Tue 01 July	11:00 – 13:00	Groovy Moves Dance Group [PLEASE BOOK]	Gwynneth Morgan Day Centre
Tue 01 July	13:30 – 14.30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Wed 02 July	10:30 – 12:00	Coffee Morning	Gwynneth Morgan Day Centre
Wed 02 July	10:30 – 15:00	Roehampton Community Shed	5 Portswood Place, Roehampton
Wed 02 July	13:30 – 15:00	Digital Inclusion Programme	Wandsworth Town Library
Wed 02 July	13:30 – 15:00	Asian Women's Exercise Group	Gwynneth Morgan Day Centre
Wed 02 July	13:30 – 15:00	Brighter Together [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 03 July	10:30 – 12:00	Digital Inclusion Programme	Gwynneth Morgan Day Centre
Thu 03 July	11:00 – 13:00	BlindAid Yoga [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 03 July	11:30 – 14:30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 03 July	13:00 – 15:00	Blind Aid IT Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 03 July	13:30 – 15:00	Active Afternoons – walk or physical indoor games	Gwynneth Morgan Day Centre
Fri 04 July	11:30 – 13:30	Foodie Fridays – arts & crafts with lunch [PLEASE BOOK]	Gwynneth Morgan Day Centre

Mon 07 July	10:30 – 12:00	Digital Inclusion Programme	Northcote Road Library
Mon 07 July	11:00 – 13:00	Music, Melody, Memories [PLEASE BOOK]	Gwynneth Morgan Day Centre
Mon 07 July	13:30 – 15:00	Age Is Just a Number [FULLY BOOKED]	Gwynneth Morgan Day Centre
Tue 08 July	10:30 – 12:00	Digital Inclusion Programme	Tooting Library
Tue 08 July	11:00 – 13:00	Groovy Moves Dance Group [PLEASE BOOK]	Gwynneth Morgan Day Centre
Tue 08 July	13:30 – 14:30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Wed 09 July	10:30 – 12:00	Coffee Morning	Gwynneth Morgan Day Centre
Wed 09 July	10:30 – 15:00	Roehampton Community Shed	5 Portswood Place, Roehampton
Wed 09 July	13:30 – 15:00	Digital Inclusion Programme	Balham Library
Wed 09 July	12:30 – 14:00	Asian Women's Exercise Group	Gwynneth Morgan Day Centre
Wed 09 July	13:30 – 14:30	Brighter Together [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 10 July	10:30 – 12:00	Digital Inclusion Programme	Gwynneth Morgan Day Centre
Thu 10 July	11:00 – 13:00	Irie Rhythms: Caribbean Dance Group	Gwynneth Morgan Day Centre
Thu 10 July	11:30 – 14:30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 10 July	13:00 – 15:00	Blind Aid IT Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 10 July	13:30 – 15:00	Active Afternoons – karaoke	Gwynneth Morgan Day Centre
Fri 11 July	11:30 – 13:30	Foodie Fridays - arts & crafts with lunch [PLEASE BOOK]	Gwynneth Morgan Day Centre

Mon 14 July	11:00 – 13:00	Ready, Sit, Go! Seated Exercise Class [PLEASE BOOK]	Gwynneth Morgan Day Centre
Mon 14 July	13:30 – 15:00	Age Is Just a Number [FULLY BOOKED]	Gwynneth Morgan Day Centre
Tue 15 July	10:30 – 12:00	Digital Inclusion Programme	Battersea Park Library
Tue 15 July	11:00 – 13:00	Groovy Moves Dance Group [PLEASE BOOK]	Gwynneth Morgan Day Centre
Tue 15 July	13:30 – 14:30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Wed 16 July	10:30 – 12:00	Coffee Morning	Gwynneth Morgan Day Centre
Wed 16 July	10:30 – 15:00	Roehampton Community Shed	5 Portswood Place, Roehampton
Wed 16 July	13:30 – 15:00	Digital Inclusion Programme	Putney Library
Wed 16 July	13:30 – 15:00	Asian Women's Exercise Group	Gwynneth Morgan Day Centre
Thu 17 July	10:30 – 12:00	Digital Inclusion Programme	Gwynneth Morgan Day Centre
Thu 17 July	11:00 – 13:00	BlindAid Yoga [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 17 July	11:30 – 14:30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 17 July	13:00 – 15:00	Blind Aid IT Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 17 July	13:30 – 15:00	Active Afternoons – board games	Gwynneth Morgan Day Centre

Fri 18 July	11:30 – 13:30	Foodie Fridays – arts & crafts with lunch [PLEASE BOOK]	Gwynneth Morgan Day Centre

Mon 21 July	11:00 – 13.00	Ready, Sit, Go! Seated Exercise Class [PLEASE BOOK]	Gwynneth Morgan Day Centre
Mon 21 July	13:30 – 15:00	Age Is Just a Number [FULLY BOOKED]	Gwynneth Morgan Day Centre
Tue 22 July	11:00 – 13:00	Groovy Moves Dance Group [PLEASE BOOK]	Gwynneth Morgan Day Centre
Tue 22 July	13:30 – 14:30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Wed 23 July	10:30 – 12:00	Coffee Morning	Gwynneth Morgan Day Centre
Wed 23 July	10:30 – 12:00	Digital Inclusion Programme	Southfields Library
Wed 23 July	10:30 – 15:00	Roehampton Community Shed	5 Portswood Place, Roehampton
Wed 23 July	13:30 – 15:00	Digital Inclusion Programme	Roehampton Library
Wed 23 July	13:30 – 15:00	Asian Women's Exercise Group	Gwynneth Morgan Day Centre
Thu 24 July	10:30 – 12:00	Digital Inclusion Programme	Gwynneth Morgan Day Centre
Thu 24 July	11:00 – 13:00	Irie Rhythms: Caribbean Dance Group	Gwynneth Morgan Day Centre
Thu 24 July	11:30 – 14:30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 24 July	13:00 – 15:00	Blind Aid IT Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 24 July	13:30 – 15:00	Active Afternoons – walk or physical indoor games	Gwynneth Morgan Day Centre
Fri 25 July	11:30 – 13:30	Foodie Fridays – arts & crafts with lunch [PLEASE BOOK]	Gwynneth Morgan Day Centre

Mon 28 July	11:00 – 13:00	Ready, Sit, Go! Seated Exercise Class [PLEASE BOOK]	Gwynneth Morgan Day Centre
Mon 28 July	13:30 – 15:00	Age Is Just a Number [FULLY BOOKED]	Gwynneth Morgan Day Centre
Tue 29 July	11:00 – 13:00	Groovy Moves Dance Group [PLEASE BOOK]	Gwynneth Morgan Day Centre
Tue 29 July	11:00 – 12.30	LGBTQ+ Coffee Morning [PLEASE BOOK]	Avery Care Home Wandsworth
Tue 29 July	13:30 – 14:30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Wed 30 July	10:30 – 12:00	Coffee Morning	Gwynneth Morgan Day Centre
Wed 30 July	10:30 – 15:00	Roehampton Community Shed	5 Portswood Place, Roehampton
Wed 30 July	13:30 – 15:00	Asian Women's Exercise Group	Gwynneth Morgan Day Centre
Thu 31 July	10:30 – 12:00	Digital Inclusion Programme	Gwynneth Morgan Day Centre
Thu 31 July	11:00 – 13:00	BlindAid Yoga [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 31 July	11:30 – 14:30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 31 July	13:00 – 15:00	Blind Aid IT Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 31 July	13:30 – 15:00	Active Afternoons – seated yoga	Gwynneth Morgan Day Centre

Please book in advance to attend the following sessions:

- **Ready, Sit, Go! seated exercise** please email us at outreach@ageukwandsworth.org.uk or call us on 020 8877 8947

- **Groovy Moves Dance Group** please email us at outreach@ageukwandsworth.org.uk or call us on 020 8877 8947

- **LGBTQ+ Coffee Mornings** please call Avery Care Home Wandsworth Common on 020 3751 1764

- **Foodie Fridays** please email us at outreach@ageukwandsworth.org.uk or call us on 020 8877 8947

- For all **general enquiries** please call 020 8877 8947 or visit our website www.ageuk.org.uk/wandsworth