Age UK Wandsworth – Community Engagement Activities September 2025

Day	Time	Activity	Location
Mon 01 Sep	10:30 – 12:00	Digital Inclusion Programme	Northcote Road Library
Mon 01 Sep	11:00 – 13:00	Ready, Sit, Go! Seated Exercise Class [PLEASE BOOK]	Gwynneth Morgan Day Centre
Mon 01 Sep	13:30 – 15:00	Age Is Just a Number [FULLY BOOKED]	Gwynneth Morgan Day Centre
Tue 02 Sep	11:00 – 13:00	Groovy Moves Dance Group [PLEASE BOOK]	Gwynneth Morgan Day Centre
Tue 02 Sep	13:30 – 14.30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Wed 03 Sep	10:30 – 12:00	Coffee Morning - bingo	Gwynneth Morgan Day Centre
Wed 03 Sep	10:30 – 15:00	Roehampton Community Shed	5 Portswood Place, Roehampton
Wed 03 Sep	13:30 – 15:00	Digital Inclusion Programme	Wandsworth Town Library
Wed 03 Sep	13:30 – 15:00	Asian Women's Exercise Group	Gwynneth Morgan Day Centre
Thu 04 Sep	10:30 – 12:00	Digital Inclusion Programme	Gwynneth Morgan Day Centre
Thu 04 Sep	11:00 – 13:00	Irie Rhythms: Caribbean Dance Group	Gwynneth Morgan Day Centre
Thu 04 Sep	11:30 – 14:30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 04 Sep	13:00 – 15:00	Blind Aid IT Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 04 Sep	13:30 – 15:00	Active Afternoons – physical indoor games	Gwynneth Morgan Day Centre
Fri 05 Sep	11:30 – 13:30	Foodie Fridays – arts & crafts with lunch [PLEASE BOOK]	Gwynneth Morgan Day Centre
Mon 08 Sep	11:00 – 13:00	Ready, Sit, Go! Seated Exercise Class [PLEASE BOOK]	Gwynneth Morgan Day Centre
Mon 08 Sep	13:30 – 15:00	Age Is Just a Number [FULLY BOOKED]	Gwynneth Morgan Day Centre
Tue 09 Sep	10:30 – 12:00	Digital Inclusion Programme	Tooting Library
Tue 09 Sep	11:00 – 13:00	Groovy Moves Dance Group [PLEASE BOOK]	Gwynneth Morgan Day Centre
Tue 09 Sep	13:30 – 14.30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Wed 10 Sep	10:30 – 12:00	Coffee Morning	Gwynneth Morgan Day Centre
Wed 10 Sep	10:30 – 15:00	Roehampton Community Shed	5 Portswood Place, Roehampton
Wed 10 Sep	13:30 – 15:00	Digital Inclusion Programme	Balham Library
Wed 10 Sep	13:30 – 15:00	Asian Women's Exercise Group	Gwynneth Morgan Day Centre
Thu 11 Sep	10:30 – 12:00	Digital Inclusion Programme	Gwynneth Morgan Day Centre
Thu 11 Sep	11:00 – 13:00	BlindAid Yoga [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 11 Sep	11:30 – 14:30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 11 Sep	13:00 – 15:00	Blind Aid IT Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 11 Sep	13:30 – 15:00	Active Afternoons – karaoke	Gwynneth Morgan Day Centre
Fri 12 Sep	11:30 – 13:30	Foodie Fridays – arts & crafts with lunch [PLEASE BOOK]	Gwynneth Morgan Day Centre
Mon 15 Sep	11:00 – 13:00	Music, Melody & Memories Music Group [PLEASE BOOK]	Gwynneth Morgan Day Centre
Mon 15 Sep	13:30 – 15:00	Age Is Just a Number [FULLY BOOKED]	Gwynneth Morgan Day Centre
Tue 16 Sep	10:30 – 12:00	Digital Inclusion Programme	Battersea Park Library
Tue 16 Sep	11:00 – 13:00	Groovy Moves Dance Group [PLEASE BOOK]	Gwynneth Morgan Day Centre
Tue 16 Sep	13:30 – 14.30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Wed 17 Sep	10:30 – 12:00	Coffee Morning	Gwynneth Morgan Day Centre
Wed 17 Sep	10:30 – 15:00	Roehampton Community Shed	5 Portswood Place, Roehampton
Wed 17 Sep	13:30 – 15:00	Digital Inclusion Programme	Putney Library
Wed 17 Sep	13:30 – 15:00	Asian Women's Exercise Group	Gwynneth Morgan Day Centre
Thu 18 Sep	10:30 – 12:00	Digital Inclusion Programme	Gwynneth Morgan Day Centre
Thu 18 Sep	11:00 – 13:00	Irie Rhythms: Caribbean Dance Group	Gwynneth Morgan Day Centre
Thu 18 Sep	11:30 – 14:30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 18 Sep	13:00 – 15:00	Blind Aid IT Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 18 Sep	13:30 – 15:00	Active Afternoons – bingo	Gwynneth Morgan Day Centre
Fri 19 Sep	11:30 – 13:30	Foodie Fridays – arts & crafts with lunch [PLEASE BOOK]	Gwynneth Morgan Day Centre

Mon 22 Sep	11:00 – 13:00	Ready, Sit, Go! Seated Exercise Class [PLEASE BOOK]	Gwynneth Morgan Day Centre
Mon 22 Sep	13:30 – 15:00	Age Is Just a Number [FULLY BOOKED]	Gwynneth Morgan Day Centre
Tue 23 Sep	11:00 – 13:00	Groovy Moves Dance Group [PLEASE BOOK]	Gwynneth Morgan Day Centre
Tue 23 Sep	13:30 – 14.30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Wed 24 Sep	10:30 – 12:00	Coffee Morning	Gwynneth Morgan Day Centre
Wed 24 Sep	10:30 – 12:00	Digital Inclusion Programme	Southfields Library
Wed 24 Sep	10:30 – 15:00	Roehampton Community Shed	5 Portswood Place, Roehampton
Wed 24 Sep	13:30 – 15:00	Digital Inclusion Programme	Roehampton Library
Wed 24 Sep	13:30 – 15:00	Asian Women's Exercise Group	Gwynneth Morgan Day Centre
Thu 25 Sep	10:30 – 12:00	Digital Inclusion Programme	Gwynneth Morgan Day Centre
Thu 18 Sep	11:00 – 13:00	BlindAid Yoga [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 25 Sep	11:30 – 14:30	BlindAid Cookery Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 25 Sep	13:00 – 15:00	Blind Aid IT Group [FULLY BOOKED]	Gwynneth Morgan Day Centre
Thu 25 Sep	13:30 – 15:00	Active Afternoons – seated yoga	Gwynneth Morgan Day Centre
Fri 26 Sep	11:30 – 13:30	Foodie Fridays – arts & crafts with lunch [PLEASE BOOK]	Gwynneth Morgan Day Centre

Mon 29 Sep	11:00 – 13:00	Ready, Sit, Go! Seated Exercise Class [PLEASE BOOK]	Gwynneth Morgan Day Centre
Tue 30 Sep	11:00 – 13:00	Groovy Moves Dance Group [PLEASE BOOK]	Gwynneth Morgan Day Centre
Tue 30 Sep	11:00 – 12.30	LGBTQ+ Coffee Morning [PLEASE BOOK]	Avery Care Home Wandsworth
Tue 30 Sep	13:30 – 14.30	BlindAid Cookery Group [FULLY BOOKED]	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