

Community Engagement Activities – August 2026

DATE	TIME	SESSION NAME	BOOKING / PRICE	LOCATION
Mon 03 Aug	14:00 – 15:30	Ready, Sit, Go! Seated Exercise Class	Booking Required / £6	Gwynneth Morgan Day Centre
Tue 04 Aug	11:00 – 12:30	Groovy Moves Dance Group	Booking Required / £6	Gwynneth Morgan Day Centre
Wed 05 Aug	10:30 – 12:00	Coffee Morning & Info Talk	Drop-In/Free	Gwynneth Morgan Day Centre
Wed 05 Aug	10:30 – 15:00	Roehampton Community Shed	Drop-In/Free	5 Portswood Place, Roehampton
Thu 06 Aug	11:00 – 12:30	365 Caribbean Music & Dance	Booking Required/Free	Gwynneth Morgan Day Centre
Thu 06 Aug	13:30 – 15:00	Bingo	Drop-In/Free	Gwynneth Morgan Day Centre
Fri 06 Aug	12:00 – 14:00	Foodie Fridays: Lunch & Art Club	Booking Required/Free	Gwynneth Morgan Day Centre
Mon 10 Aug	14:00 – 15:30	Ready, Sit, Go! Seated Exercise Class	Booking Required / £6	Gwynneth Morgan Day Centre
Tue 11 Aug	11:00 – 12:30	Moving Stories: South Asian Heritage	Booking Required/Free	Mantle Court, Mapleton Road
Tue 11 Aug	11:00 – 12:30	Groovy Moves Dance Group	Booking Required / £6	Gwynneth Morgan Day Centre
Wed 12 Aug	10:30 – 12:00	Coffee Morning	Drop-In/Free	Gwynneth Morgan Day Centre
Wed 12 Aug	10:30 – 15:00	Roehampton Community Shed	Drop-In/Free	5 Portswood Place, Roehampton
Thu 13 Aug	09:30 – 10:30	NEW: Yoga Over 50s	Booking Required / £6	Sadhana Yoga & Wellbeing Studio
Thu 13 Aug	11:00 – 12:30	365 Caribbean Music & Dance	Booking Required/Free	Gwynneth Morgan Day Centre
Thu 13 Aug	11:00 – 12:30	Songwriting for Dementia: Talk	Booking Required/Free	Balham Library
Thu 13 Aug	13:30 – 15:00	Memory Boxes Reminiscence Session	Booking Required/Free	Gwynneth Morgan Day Centre
Fri 14 Aug	12:00 – 14:00	Foodie Fridays: Lunch & Art Club	Booking Required/Free	Gwynneth Morgan Day Centre
Mon 17 Aug	11:00 – 13:00	Music Melody Memories & Lunch	Booking Required/Free	Gwynneth Morgan Day Centre
Mon 17 Aug	14:00 – 15:30	Ready, Sit, Go! Seated Exercise Class	Booking Required / £6	Gwynneth Morgan Day Centre
Tue 18 Aug	11:00 – 12:30	Groovy Moves Dance Group	Booking Required / £6	Gwynneth Morgan Day Centre
Wed 19 Aug	10:30 – 12:00	Coffee Morning	Drop-In/Free	Gwynneth Morgan Day Centre
Wed 19 Aug	10:30 – 15:00	Roehampton Community Shed	Drop-In/Free	5 Portswood Place, Roehampton
Thu 20 Aug	11:00 – 12:30	365 Caribbean Music & Dance	Booking Required/Free	Gwynneth Morgan Day Centre
Fri 21 Aug	CANCELLED: Foodie Fridays			
Mon 24 Aug	11:00 – 12:30	Bring Your Own Vinyl: Coffee Morning	Booking Required/Free	Gwynneth Morgan Day Centre
Mon 24 Aug	14:00 – 15:30	Ready, Sit, Go! Seated Exercise Class	Booking Required / £6	Gwynneth Morgan Day Centre
Tue 25 Aug	11:00 – 12:30	Moving Stories: South Asian Heritage	Booking Required/Free	Mantle Court, Mapleton Road
Tue 25 Aug	11:00 – 12:30	Groovy Moves Dance Group	Booking Required / £6	Gwynneth Morgan Day Centre
Tue 25 Aug	11:00 – 12:30	LGBTQ+ Coffee Morning	Booking Required*	Avery Care Home Wandsworth
Wed 26 Aug	10:30 – 12:00	Coffee Morning	Drop-In/Free	Gwynneth Morgan Day Centre
Wed 26 Aug	10:30 – 15:00	Roehampton Community Shed	Drop-In/Free	5 Portswood Place, Roehampton
Thu 27 Aug	09:30 – 10:30	NEW: Yoga Over 50s	Booking Required / £6	Sadhana Yoga & Wellbeing Studio
Thu 27 Aug	CANCELLED: 365 Caribbean Music & Dance			
Thu 27 Aug	12:30 – 14:30	World Kitchen: Activity & Lunch Club	Booking Required	Gwynneth Morgan Day Centre
Fri 28 Aug	12:00 – 14:00	Foodie Fridays: Lunch & Art Club	Booking Required/Free	Gwynneth Morgan Day Centre
Mon 31 Aug	BANK HOLIDAY: No activities on this day.			

INFORMATION ABOUT BOOKING

Booking is essential for some sessions, and drop-ins cannot be accepted.

- **To book sessions at Gwynneth Morgan Day Centre, please email outreach@ageukwandsworth.org.uk or call 020 8877 8947.** Spaces may be limited.
- If you are unable to attend, please cancel in advance by phone or email so your place can be offered to someone else.

OTHER BOOKING CONTACTS

- **LGBTQ+ Coffee Mornings** please call Avery Care Home Wandsworth Common on 020 3751 1764
- **Digital Inclusion Programme (DIP)** – For enquiries regarding our DIP sessions email us at digital@ageukwandsworth.org.uk or call 020 8877 8947
- For all **general enquiries** please call 020 8877 8947 or visit our website www.ageuk.org.uk/wandsworth