

Community Engagement Activities

October 2026

DATE	TIME	SESSION NAME	BOOKING / PRICE	LOCATION
Thu 01 Oct	11:00 – 12:30	365 Caribbean Music & Dance	Booking Required/Free	Gwynneth Morgan Day Centre
Thu 01 Oct	11:00 – 12:30	Songwriting for Dementia	Fully Booked	Balham Library
Thu 01 Oct	13:30 – 15:00	Bingo	Drop-In/Free	Gwynneth Morgan Day Centre
Fri 02 Oct	12:00 – 14:00	Foodie Fridays: Lunch & Art Club	Booking Required/Free	Gwynneth Morgan Day Centre

Mon 05 Oct	14:00 – 15:30	Ready, Sit, Go! Seated Exercise Class	Booking Required/£6	Gwynneth Morgan Day Centre
Tue 06 Oct	11:00 – 12:30	Moving Stories: South Asian Heritage	Booking Required/Free	Mantle Court, Mapleton Road
Tue 06 Oct	11:00 – 12:30	Groovy Moves Dance Group	Booking Required/£6	Gwynneth Morgan Day Centre
Wed 07 Oct	10:30 – 12:00	Coffee Morning	Drop-In/Free	Gwynneth Morgan Day Centre
Wed 07 Oct	10:30 – 15:00	Roehampton Community Shed	Drop-In/Free	5 Portswood Place, Roehampton
Wed 07 Oct	13:30 – 14:40	Brighter Together: Nursery Project	Fully Booked	Gwynneth Morgan Day Centre
Thu 08 Oct	09:30 – 10:30	Yoga Over 50s	Booking Required/£6	Sadhana Yoga & Wellbeing Studio
Thu 08 Oct	11:00 – 12:30	365 Caribbean Music & Dance	Booking Required/Free	Gwynneth Morgan Day Centre
Thu 08 Oct	12:30 – 14:30	World Kitchen: Black History Special	Booking Required/Free	Gwynneth Morgan Day Centre
Fri 09 Oct	12:00 – 14:00	Foodie Fridays: Lunch & Art Club	Booking Required/Free	Gwynneth Morgan Day Centre

Mon 12 Oct	11:00 – 13:00	Music Melody Memories & Lunch	Booking Required/Free	Gwynneth Morgan Day Centre
Mon 12 Oct	14:00 – 15:30	Ready, Sit, Go! Seated Exercise Class	Booking Required/£6	Gwynneth Morgan Day Centre
Tue 13 Oct	11:00 – 12:30	Groovy Moves Dance Group	Booking Required/£6	Gwynneth Morgan Day Centre
Wed 14 Oct	10:30 – 12:00	Coffee Morning	Drop-In/Free	Gwynneth Morgan Day Centre
Wed 14 Oct	10:30 – 15:00	Roehampton Community Shed	Drop-In/Free	5 Portswood Place, Roehampton
Wed 14 Oct	13:30 – 14:40	Brighter Together: Nursery Project	Fully Booked	Gwynneth Morgan Day Centre
Thu 15 Oct	11:00 – 12:30	365 Caribbean Music & Dance	Booking Required/Free	Gwynneth Morgan Day Centre
Thu 15 Oct	12:30 – 14:30	Memory Boxes Reminiscence Project	Booking Required/Free	Gwynneth Morgan Day Centre
Fri 16 Oct	12:00 – 14:00	Foodie Fridays: Black History Special	Booking Required/Free	Gwynneth Morgan Day Centre

Mon 19 Oct	11:00 – 12:30	Bring Your Own Vinyl: Coffee Morning	Booking Required/Free	Gwynneth Morgan Day Centre
Mon 19 Oct	14:00 – 15:30	Ready, Sit, Go! Seated Exercise Class	Booking Required/£6	Gwynneth Morgan Day Centre
Tue 20 Oct	11:00 – 12:30	Moving Stories: South Asian Heritage	Booking Required/Free	Mantle Court, Mapleton Road
Tue 20 Oct	11:00 – 12:30	Groovy Moves Dance Group	Booking Required/£6	Gwynneth Morgan Day Centre
Wed 21 Oct	10:30 – 12:00	Coffee Morning	Drop-In/Free	Gwynneth Morgan Day Centre
Wed 21 Oct	10:30 – 15:00	Roehampton Community Shed	Drop-In/Free	5 Portswood Place, Roehampton
Wed 21 Oct	13:30 – 14:40	Brighter Together: Nursery Project	Fully Booked	Gwynneth Morgan Day Centre
Thu 22 Oct	09:30 – 10:30	Yoga Over 50s	Booking Required/£6	Sadhana Yoga & Wellbeing Studio
Thu 22 Oct	11:00 – 12:30	365 Caribbean Music & Dance	Booking Required/Free	Gwynneth Morgan Day Centre
Fri 23 Oct	12:00 – 14:00	Foodie Fridays: Lunch & Art Club	Booking Required/Free	Gwynneth Morgan Day Centre

Mon 26 Oct	14:00 – 15:30	Ready, Sit, Go! Seated Exercise Class	Booking Required/£6	Gwynneth Morgan Day Centre
Tue 27 Oct	11:00 – 12:30	Groovy Moves Dance Group	Booking Required/£6	Gwynneth Morgan Day Centre
Tue 27 Oct	11:00 – 12:30	LGBTQ+ Coffee Morning	Booking Required*	Avery Care Home Wandsworth
Wed 28 Oct	10:30 – 12:00	Coffee Morning	Drop-In/Free	Gwynneth Morgan Day Centre
Wed 28 Oct	10:30 – 15:00	Roehampton Community Shed	Drop-In/Free	5 Portswood Place, Roehampton

Thu 29 Oct	11:00 – 12:30	365 Caribbean Music & Dance	Booking Required/Free	Gwynneth Morgan Day Centre
Fri 30 Oct	12:00 – 14:00	Foodie Fridays: Lunch & Art Club	Booking Required/Free	Gwynneth Morgan Day Centre

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