

Community Engagement Activities – September 2026

DATE	TIME	SESSION NAME	BOOKING / PRICE	LOCATION
Tue 01 Sep	11:00 – 12:30	Groovy Moves Dance Group	Booking Required / £6	Gwynneth Morgan Day Centre
Wed 02 Sep	10:30 – 12:00	Coffee Morning	Drop-In/Free	Gwynneth Morgan Day Centre
Wed 02 Sep	10:30 – 15:00	Roehampton Community Shed	Drop-In/Free	5 Portswood Place, Roehampton
Thu 03 Sep	11:00 – 12:30	365 Caribbean Music & Dance	Booking Required/Free	Gwynneth Morgan Day Centre
Thu 03 Sep	13:30 – 15:00	Bingo	Drop-In/Free	Gwynneth Morgan Day Centre
Fri 04 Sep	12:00 – 14:00	Foodie Fridays: Lunch & Art Club	Booking Required/Free	Gwynneth Morgan Day Centre

Mon 07 Sep	14:00 – 15:30	Ready, Sit, Go! Seated Exercise Class	Booking Required / £6	Gwynneth Morgan Day Centre
Tue 08 Sep	11:00 – 12:30	Moving Stories: South Asian Heritage	Booking Required/Free	Mantle Court, Mapleton Road
Tue 08 Sep	11:00 – 12:30	Groovy Moves Dance Group	Booking Required / £6	Gwynneth Morgan Day Centre
Wed 09 Sep	10:30 – 12:00	Coffee Morning & Info Talk	Drop-In/Free	Gwynneth Morgan Day Centre
Wed 09 Sep	10:30 – 15:00	Roehampton Community Shed	Drop-In/Free	5 Portswood Place, Roehampton
Thu 10 Sep	09:30 – 10:30	NEW: Yoga Over 50s	Booking Required / £6	Sadhana Yoga & Wellbeing Studio
Thu 10 Sep	11:00 – 12:30	365 Caribbean Music & Dance	Booking Required/Free	Gwynneth Morgan Day Centre
Thu 10 Sep	11:00 – 12:30	Songwriting for Dementia	Booking Required/Free	Balham Library
Thu 10 Sep	13:30 – 15:00	Memory Boxes Reminiscence Session	Booking Required/Free	Gwynneth Morgan Day Centre
Fri 11 Sep	12:00 – 14:00	Foodie Fridays: Lunch & Art Club	Booking Required/Free	Gwynneth Morgan Day Centre

Mon 14 Sep	11:00 – 13:00	Music Melody Memories & Lunch	Booking Required/Free	Gwynneth Morgan Day Centre
Mon 14 Sep	14:00 – 15:30	Ready, Sit, Go! Seated Exercise Class	Booking Required / £6	Gwynneth Morgan Day Centre
Tue 15 Sep	11:00 – 12:30	Groovy Moves Dance Group	Booking Required / £6	Gwynneth Morgan Day Centre
Wed 16 Sep	10:30 – 12:00	Coffee Morning	Drop-In/Free	Gwynneth Morgan Day Centre
Wed 16 Sep	10:30 – 15:00	Roehampton Community Shed	Drop-In/Free	5 Portswood Place, Roehampton
Wed 16 Sep	13:30 – 14:40	Brighter Together with Nursery	Fully Booked	Gwynneth Morgan Day Centre
Thu 17 Sep	11:00 – 12:30	365 Caribbean Music & Dance	Booking Required/Free	Gwynneth Morgan Day Centre
Fri 18 Sep	12:00 – 14:00	Foodie Fridays: Lunch & Art Club	Booking Required/Free	Gwynneth Morgan Day Centre

Mon 21 Sep	11:00 – 12:30	Bring Your Own Vinyl: Coffee Morning	Booking Required/Free	Gwynneth Morgan Day Centre
Mon 21 Sep	14:00 – 15:30	Ready, Sit, Go! Seated Exercise Class	Booking Required / £6	Gwynneth Morgan Day Centre
Tue 22 Sep	11:00 – 12:30	Moving Stories: South Asian Heritage	Booking Required/Free	Mantle Court, Mapleton Road
Tue 22 Sep	11:00 – 12:30	Groovy Moves Dance Group	Booking Required / £6	Gwynneth Morgan Day Centre
Wed 23 Sep	10:30 – 12:00	Coffee Morning	Drop-In/Free	Gwynneth Morgan Day Centre
Wed 23 Sep	10:30 – 15:00	Roehampton Community Shed	Drop-In/Free	5 Portswood Place, Roehampton
Thu 24 Sep	09:30 – 10:30	NEW: Yoga Over 50s	Booking Required / £6	Sadhana Yoga & Wellbeing Studio
Thu 24 Sep	11:00 – 12:30	365 Caribbean Music & Dance	Booking Required/Free	Gwynneth Morgan Day Centre
Thu 24 Sep	12:30 – 14:30	World Kitchen: Activity & Lunch Club	Booking Required	Gwynneth Morgan Day Centre
Fri 25 Sep	12:00 – 14:00	Foodie Fridays: Lunch & Art Club	Booking Required/Free	Gwynneth Morgan Day Centre

Mon 28 Sep	14:00 – 15:30	Ready, Sit, Go! Seated Exercise Class	Booking Required / £6	Gwynneth Morgan Day Centre
Tue 29 Sep	11:00 – 12:30	Groovy Moves Dance Group	Booking Required / £6	Gwynneth Morgan Day Centre
Tue 29 Sep	11:00 – 12:30	LGBTQ+ Coffee Morning	Booking Required*	Avery Care Home Wandsworth
Wed 30 Sep	10:30 – 12:00	Coffee Morning	Drop-In/Free	Gwynneth Morgan Day Centre
Wed 30 Sep	10:30 – 15:00	Roehampton Community Shed	Drop-In/Free	5 Portswood Place, Roehampton

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