NOVEMBER

at the Gwynneth Morgan Day Centre

Wandsworth age UK

Booking is Required for ALL Activities

outreach@ageukwandsworth.org.uk

020 8877 8947

www.ageuk.org.uk/wandsworth/

52 East Hill, SW18 2HJ

Regular Activities

- Social Activities
- Dementia Activities
- Exercise Classes
- Cultural Activities
- Lunch Club
- Intergenerational

Monday

Ready Sit Go!
Seated Exercise
Weekly, £6
2-3.30pm

Bring Your Own Vinyl Drop-In
2nd Nov, Free
11am-12.30pm

Music, Melody, Memories
16th Nov, Free
11am-1pm

Tuesday

Groovy Moves!
Disco Dancing
Weekly, £6
11am-12.30pm



Wednesday

Coffee Morning
Weekly Drop-In
10.30am-12pm

Brighter Together
4th,11th,18th Nov
1.30-2.30pm

Thursday

365 Caribbean Music & Dance
Weekly, Free
11am-12.30pm

Bingo Drop-In
5th Nov, Free
1.30-3pm

Memory Boxes
12th Nov, Free
1.30am-3pm

World Kitchen Lunch & Art Club
19th Nov, Free
12.30-2.30pm

Friday

Foodie Fridays: Lunch & Art Club
Weekly, Free
12-2pm

