

What's On



**Ages
50+**

January-March 2025

Out and About Trips



Victoria & Albert Museum
Thursday 30th January
£10



The Cockney Museum
Thursday 6th February
£10



Bank of England Museum
Thursday 20th February
£10



St Mary's Church
Beddington
Thursday 27th February
£5



A wander around Camden
Thursday 6th March
£10



Crystal Palace Subway
Thursday 20th March
£5



For further information on any of these trips please speak to the Activity Centre team. Out & about trips are via public transport and require good mobility. Call 020 8648 5792 for more information.



Exciting new events



Coffee & Chat | Free
Friday 17th January & Friday 21st February |
10:30am-12pm

Join us for a cosy chat. Share some memories on a spring morning accompanied with refreshments and cake

Taster Swimming Session | Free
Monday 20th January | 10:30am-11:30am

Join us at Canons Leisure Centre in Mitcham for a fun and welcoming swimming session open to all skill levels



Taster Bollywood Dance Class | Free
Monday 17th February | 2pm-2.45pm

Join us at our Elmwood centre for a lively Bollywood dance class filled with amazing music and infectious energy. Suitable for all fitness levels



Taster Gardening Session | Free
Monday 17th March | 10:30am-12pm

Join us in the beautiful garden at our Elmwood Centre for a morning of bulb planting and hands-on gardening activities



Exclusives for your Diary

Friday 31st January: A taste of Belgium

Friday 28th February: A taste of Poland

Friday 28th March: A taste of Canada

12:30pm-1:30pm

Lunch around the world

£12

FREE

TEA & TALKS

Friday 10th January | Merton Talking Therapy | 10:30am-12pm

An informative talk on winter wellness and some gentle relaxation exercises

Friday 24th January | More Money in your Pocket | 10:30am-12pm

Learn about the support you could access for housing and care costs. Access benefit checks if interested, after the talk

Friday 14th February | Merton Heritage | 10:30am-12pm

“Going to the Dogs”- Wimbledon Dog Track History. A short film about Wimbledon Greyhound Stadium Dog Track, its rise and decline and eventual closure in 2018

Friday 14th March | Neurodiversity | 10:30am-12pm

This talk explores neurodiversity, highlighting the value of different ways of thinking and understanding the world

Friday 21st March | Merton Heritage | 10:30am-12pm

“Her-story- Aspects of Woman’s History.” A talk around female history makers in the borough of Merton over the years

Weekly activities All clubs and lunches need to be booked in advance. Call 020 8648 5792

Monday

9.30am-11.30am	IT Support	Weekly IT support sessions – help with mobile phones & tablets. Please book a slot	Free
10.30am-12.30pm	Social Club	Join us for refreshments and a chat with games	£6
12.30pm-1.30pm	Lunch	Come for an amazing fresh home cooked meal, conversation, and friendship	£7.50
2pm-3pm	Tai Chi	Our popular Tai Chi class is led by Leonie at Vestry Hall	£6

Tuesday

10.30am-12pm	Craft Club	Make a different hand craft every week. Chat and make friends – all materials supplied	£6
12.30pm-1.30pm	Lunch	Come for an amazing fresh home cooked meal, conversation, and friendship	£7.50
2pm-3pm	Yoga Class	Yoga for everybody with Jackie. Bring your own mat or join in on a chair	£6

Wednesday

10.30am-12.30pm	Social Club	Play a game of scrabble, dominos, or cards – make friends and keep the brain ticking	£6
12.30pm-1.30pm	Lunch	Come for an amazing fresh home cooked meal, conversation, and friendship	£7.50
2pm-3pm	Chair-based Exercise	Join us in the centre for our gentle chair-based exercise class – build your strength & confidence	£6

Thursday

10.20am-11am	Water Aerobics	Our class held at Morden Leisure Centre – build your strength & stamina through water exercises	£6
10.30am-12pm	Singing for Fun	Sing some absolute classics and join in the fun as we raise the roof in the centre	£5
12.30pm-1.30pm	Lunch	Come for an amazing fresh home cooked meal, conversation, and friendship	£7.50
12.30pm-1.30pm	Line Dancing Class	Weekly session with Judith. Great music and great company at Vestry Hall	£6

Friday

10:30am-11:30am	Line Dancing	Weekly sessions with Judith, taking place at Hill House Community Centre, Morden	£6
10.30am-11.30am	Poetry Corner	First Friday of every month - Bridget shares some classic and modern poetry. Must pre-book	£5
12.30pm-1.30pm	Lunch	Come for an amazing fresh home cooked meal, conversation and friendship	£7.50
2pm-2.45pm	Zumba Gold	A fun-filled exercise class. Great music and great moves at Vestry Hall	£6

Special Events

Book and pay in person from Monday 16th December

Monday 1st January	All Day	Centre Closed	Centre closed for New Year Bank Holiday	
January	12:30pm-1:30pm	Soup Lunch	Join us in the centre for a free soup lunch. Must pre-book: 2nd, 3rd, 9th, 17th, 23rd	Free
Thursday 9th January	12:30pm-2:30pm	Line Dancing Party	Join us at Vestry Hall, for a Line Dancing class, party and buffet lunch	£12
Friday 10th January	10:30am-12pm	Tea & Talk	Merton Talking Therapy: a talk on winter wellness and some relaxation exercises	Free
Friday 12th January	6pm	Supper Club	Ganley's Irish Pub: Morden- tasty pub classic meals, £2 booking fee does not include meal	£2
Thursday 16th January	12:30pm-2:30pm	Lunch & Quiz	Lunch & Quiz with Liz: Enjoy Thursday Lunch followed by a quiz with prizes	£12
Friday 17th January	10.30am-12pm	Coffee and Chat	Join us for a cosy chat, accompanied with refreshments and cake	Free
Monday 20th January	10:30am-11:30am	Taster Swimming Session	Join us at Canons Leisure Centre in Mitcham for a fun and welcoming swimming session open to all skill levels	Free
Thursday 23rd January	2pm-4pm	Film Club	Film: Devil Wears Prada- ice cream served at the interval	£2
Friday 26th January	12:30pm-1:30pm	Tea & Talk	I&A team: a talk about More Money in your Pocket, including benefit checks afterwards	Free
Thursday 30th January	10am	Out & About Trip	Victoria & Albert Museum: a trip to London's Victoria & Albert Museum, the world's leading museum of art, design and performance	£10
Friday 31st January	12:30pm-1:30pm	Special Lunch	Around the World: A Taste of Belgium- <i>please arrive no earlier than 12pm</i>	£12
Thursday 6th February	10am	Out & About Trip	The Cockney Museum: Epsom- explore Pearly Kings & Queens history, meet ex-Pearly King George Major, and you can buy delicious pie & mash at the café for lunch	£10
Thursday 13th February	12:30pm-2:30pm	Lunch & Quiz	Lunch & Quiz with Liz: Enjoy Thursday Lunch followed by a quiz with prizes	£12
Thursday 13th February	6pm	Supper Club	Tampopo Asian Restaurant: Wimbledon- £2 booking fee does not include meal	£2
Friday 14th February	10:30am-12pm	Tea & Talk	Merton Heritage: a short film about Wimbledon Greyhound Stadium Dog Track, its rise & decline and eventual closure in 2018	Free
Monday 17th February	2pm-2:45pm	Taster Bollywood Class	A lively Bollywood dance class at our Elmwood Centre, filled with amazing music and infectious energy. Suitable for all fitness levels and can be done seated	Free
Thursday 20th February	10am	Out & About Trip	Bank of England Museum: explore banknote history, test your strength by picking up a gold bar, and discover why our building is on top of one the world's largest stores of gold	£10
Thursday 20th February	2pm-4pm	Film Club	Film: PS I Love You- ice cream served at the interval	£2
Friday 21st February	10:30am-12pm	Coffee and Chat	Join us for a cosy chat, accompanied with refreshments and cake	Free
Thursday 27th February	10am	Out & About Trip	St Mary's Church Beddington: visit this historical small church in Beddington, complete with a small café for refreshments	£5
Friday 28th February	12:30pm-1:30pm	Special Lunch	Around the World: A Taste of Poland- <i>please arrive no earlier than 12pm</i>	£12
Thursday 6th March	10am	Out & About Trip	A wander around Camden: explore Camden Market, its unique shops, stalls, and Regents Canal	£10
Friday 14th March	10:30am-12pm	Tea & Talk	AUKM Neurodiversity Team: this talk explores neurodiversity, highlighting the value of different ways of thinking and understanding the world	Free
Monday 17th March	10:30am-12pm	Taster Gardening Session	A morning of bulb planting and hands-on gardening activities at our Elmwood Centre	Free
Tuesday 18th March	6pm	Supper Club	Istanbul Meze: Colliers Wood- £2 booking fee does not include meal	£2
Thursday 20th March	10am	Out & About Trip	Crystal Palace Subway: explore the refurbished Crystal Palace Subway and possibly Crystal Palace Park, requiring good mobility	£5
Thursday 20th March	2pm-4pm	Film Club	Film: Secrets & Lies- ice cream served at the interval	£2
Friday 21st March	10:30am-12pm	Tea & Talk	Merton Heritage: a talk around female history makers in Merton over the years	Free
Friday 28th March	12:30pm-1:30pm	Special Lunch	Around the World: A Taste of Canada- <i>please arrive no earlier than 12pm</i>	£12

Please note, the centre will be closed on 1st January for the Bank Holiday. Bookings can be made in person from 16th December 2024.