

What is the Activity and Social Centre?

The Wimbledon Guild's Activity and Social Centre offers over 65s in Merton the following three things...

- The Lunch Club
- The Activities Programme
- The Social Centre (includes activities & lunch)

The Lunch Club

Each weekday our Lunch Club offers a freshly prepared 2 course lunch in relaxed surroundings for local people over 65 years old. To book a place any weekday just call our Activity and Social Centre team on **020 8946 0735**.

The Activities Programme

Every month at Guild House on Worple Road, central Wimbledon we offer a host of different activities.

If you would like to learn a new skill, join other likeminded people for an exercise class, computer training, art classes or come along to an interesting talk or film show, you might enjoy our Activities Programme.

For full details of this month's Activities Programme, please visit our website at www.wimbledonguild.co.uk, click on "Activities" on the homepage and then on the "Activities & Clubs" button.

The choice of what you attend is completely up to you. You can come along to as many activities as you can fit around your own schedule. Some activities charge a small fee for attendance. This is aimed at covering the costs of putting on the class.

To book a place any weekday just call our us on **020 8946 0735**.

The Social Centre *(Includes activities & lunch)*

Each weekday (excluding Bank Holidays) from 10am to 3pm older people join us for a wide range of gentle activities and a freshly prepared 2 course lunch in our relaxed dining room.

Recent activities at the Social Centre include ...

hand massage, **book club**, gentle chair based exercise classes, **sing-a-longs**, seasonal crafts activities, **quizzes & games**, visits from local schools, **musicians**, drama & music groups, **visit from a National Gallery curator**, taste of Sri Lanka, **visits to local schools**, knitting group, **talks and films**.

We run outings to places of interest such as Kew Gardens, celebrate annual events; take part in 'theme weeks' and hold an annual Gala Day.

We may be able to help people get to and from the Social Centre as we have our own dedicated minibus with special access for those with limited mobility.

For full details of this month's Social Centre Programme, including rates, visit www.wimbledonguild.co.uk and click on the "Services" button, or call us on **020 8946 0735**.

What else is on offer?

We are always looking to deliver extra services which our customers might find useful. So each week we at the Wimbledon Guild host amenities and services such as...

Free of charge

CAB advisor For Appointments call 020 8946 0735

Charges apply

Hairdresser For Appointments call 020 8946 0735

Reflexologist For Appointments call 020 8946 0735

Chiropodist For Appointments call 020 8946 1038

How do I get there?

By **BUS** - routes 57 and 131 stop on Worple Road.
Routes 163, 164, 219, 493 & 200 stop a short walk away.

By **TRAIN** we are 10 minutes walk from Wimbledon Station
which also serves the **District Line** and **Tramlink**.

Other services from the Wimbledon Guild

The Wimbledon Guild has been helping local people since 1907. We can help local people of all ages in all sorts of ways. To find out more about how we help take a look at our website at www.wimbledonguild.co.uk for more information.

Opening hours

The Wimbledon Guild's Activity & Social Centre

- The Lunch club 12pm to 2pm Monday – Friday,
excluding Bank Holidays
- The Activities Programme 10am to 5pm Monday – Friday
- The Social Centre 10am to 3pm Monday – Friday

*However you choose to take part in our
Activity and Social Centre
you can be guaranteed a
warm welcome from the whole team.
Call us on 020 8946 0735 for details.
Hope to see you soon!*

A service provided by
The Wimbledon Guild
Guild House, 30 - 32 Worple Road,
Wimbledon, London SW19 4EF
www.wimbledonguild.co.uk
Registered Charity No. 200424



The Activity and Social Centre

- Lunch Club ● Activities Programme ● Social Centre

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