

What's On

Activity Guide

**for over
50's**

**Our full range
of classes, clubs
and talks
listed inside!**



January / February / March 2024

 www.wimbledonguild.co.uk

Registered Charity No. 200424

Company No. 383330

Culture Through Cuisine Talks

Monthly, Guild Lounge, 11am - 12pm, £4

Includes
refreshments
& tasters

30th January - China

Known for rice and noodles, Chinese cuisine has many regional varieties, each with their own distinct flavours and cooking styles. With a recorded history of 5000 years, China is one of the oldest nations on earth. Ahead of Chinese New Year, join us to find out more!



27th February - Italy

The Mediterranean diet forms the basis of Italian cuisine – rich in pasta, fish, fruits and vegetables. Cheese, cold cuts and wine are also essentials. Listen and learn about of the wonderful foods of the different regions of Italy.



26th March - Netherlands

What is Dutch food? Ask any Dutchman and they'll tell you. The Netherlands may not be best known for its cuisine, but that doesn't mean they don't serve up some delicious dishes. Let's explore!



The HomeFood Café will serve a two-course themed meal from 12pm on the above dates. If attending Culture Through Cuisine, lunch is only £4 (**£8 for both talk and lunch**).

For more information or to book an activity, call 020 8946 0735 or email activities@wimbledonguild.co.uk

WG is coming to Morden

Wimbledon Guild's mission has always been to support people in Merton. In order for us to help as many people as possible we're opening a new site at Crown Parade in Morden.



What we offer at Guild House in Wimbledon will stay the same, but this new space in Morden will mean we can put on activities and offer one to one support for people who can't travel to Wimbledon. Morden has great transport links which will make our services easier to get to for people all across the borough.

Wellbeing Workshops

Monthly, Guild Lounge, 10 - 11.30am

23rd January, Winter Wellness

We'll look at ways to improve your overall wellbeing and feelings of isolation during winter. We'll have an NHS pop-up flu and Covid vaccination centre on site afterwards.

20th February, Wellbeing for Carers

This workshop will focus on self-care and wellbeing tips carers can use to take care of themselves whilst caring for others.

19th March, Food and Mood

We'll cover how emotions affect our eating habits and how to eat well on a budget.



Free

**For more information or to book an activity, call
020 8946 0735 or email activities@wimbledonguild.co.uk**

Want to do more in 2024? Join Merton Moves!

**Do you or someone you know
need support in getting active?
Take our FREE 6-week pledge!**

If you're aged 50+ and want to
feel fitter and healthier but don't
know where to start, get in touch!

Our Merton Moves Officer will work with you to find an
exercise/activity that you'll enjoy taking part in each week.
They'll also be on hand throughout the 6 weeks to guide you.

Plus, you'll get a free fitness pack when you sign up!



Free



Free

Bones & Joint Health Talk

Monday 5th February

10.30am - 12pm, Guild Lounge

**Struggling with back pain, arthritis,
traumatic injuries, osteoporosis, spinal
deformity, or a childhood condition?**

Bone and joint conditions are the most common cause of
severe long-term pain and physical disability.

Your joints help you stay active and avoid pain, so keeping
them healthy is important, particularly as you get older.

Get advice from health professionals on how to keep joints
and bones healthy and what the options are if you're
diagnosed with a condition.

**For more information or to book an activity, call
020 8946 0735 or email activities@wimbledonguild.co.uk**

Food for Thought Talks

Every Wednesday, Guild Lounge,
10.30am - 12pm, £4 (incl. refreshments)



Highlights include:




17th January, Curious about Cannizaro? - Learn about the curious happenings in Cannizaro's history, the people involved in the park's development and their plans for 2024.

14th February, William Morris Uncovered - Discover more about the life and work of Morris, renowned local artist, textile designer, poet, novelist, translator, and Socialist pioneer!

6th March, 'Tails' of Battersea Dogs Home - Join our very own café manager Hilary as she tells tall, short and even curly tales from her time working for this endearing British institution.

Let us know you're coming!

At Wimbledon Guild, activities must now be booked in advance. To book:

-  Tell us in person the week before
-  Call reception on 020 8946 0735
-  Email activities@wimbledonguild.co.uk

Can't make it? If you've booked an activity but now can't make it, please let us know so someone else can take your space.

Got a comment or suggestion?

Suggestion boxes are now on reception and outside the HomeFood Café, should you wish to anonymously make a comment.

**For more information or to book an activity, call
020 8946 0735 or email activities@wimbledonguild.co.uk**

How we can help you

We're a community charity in Merton offering practical help and support, so you'll never have to face life's challenges alone.



When you want to try something new

Keen to try Pilates, have a go at tap dancing or get in touch with your inner artist? There's always a new experience to enjoy with our fun and friendly classes, clubs and talks.



When you want to meet new people

Like our activities, our busy HomeFood Café is a great place to build friendships. Or, if you can't get out, we'll connect you with someone local who'll happily pop round for a regular cuppa and a chat.



When you're feeling low

Talk to a therapist one-to-one or join one of our friendly groups to tackle difficult feelings and emotions.



When you're worried about money

From replacing broken appliances to support with bills, warm clothes or school uniforms, we can help make sure you've got the things you need right now.



When someone's died

If you need to talk, we're here to listen. We'll help you explore your emotions and work out what life looks like going forwards.



When you want to stay independent

Whether it's arranging transport, adapting your home, or support to continue doing the things you love, we're here to help.

To find out more email info@wimbledonguild.co.uk, call us on 020 8946 0735 or pop in to see us at Guild House, 30-32 Worple Road.

What's On at Wimbledon Guild

January / February / March 2024

Time	Activity	Description	Venue	Cost
Monday				
10.00 - 11.00	Active Exercise	Keep moving and feel great with our specially tailored class	Drake House Hall	£5.00
10.00 - 12.00	Knitting	All abilities welcome at this friendly club	Guild Lounge	FREE*
10.00 - 12.00	Table Tennis	Keep your brain sharp and improve your reflexes and balance	Drake House	£2.00
11.00 - 12.00	Pilates	Toning and strengthening your body inside and out with seated and standing exercises	South Mitcham Community Centre	£2.50
11.00 - 12.00	Walking Tennis	Tennis for those who want a gentler pace of play	Wimbledon Park	£5.00
11.15 - 12.15	Seated Exercise	Gentle exercise for joint mobility, suppleness and balance	Drake House Hall	£5.00
13.15 - 14.15	Mindful Moments	Pause, breathe, unwind and focus on the present	Zoom	FREE
14.00 - 15.00	Seated Tai Chi	Improve posture, balance and strength	Drake House Hall	£5.00
14.30 - 15.30	Conversational Spanish	Practise your Espanol with this self-led informal group	HomeFood Café	FREE
Tuesday				
10.00 - 11.00	Pilates	Toning and strengthening your body inside and out	Drake House Hall	£5.00
10.00 - 11.30	Art Group	Bring out your inner artist with our fun and creative group	Drake House	£4.00
10.00 - 11.30	Wellbeing Workshops	Monthly workshops for wellbeing and self-care	Guild Lounge	FREE●
10.00 - 12.00	Ladies Before Lunch	Relax and make new friends at this monthly meet-up	Guild Lounge	FREE*●
10.30 - 12.00	New Men's Space	Drop by to share stories, interests, news and views	WG Morden	FREE●
11.00 - 12.00	Culture Through Cuisine	Monthly talks that are a feast for all the senses	Guild Lounge	£4.00●
11.00 - 12.00	Walking Tennis	Tennis for those who want a gentler pace of play	Canons Leisure Centre	£3.00
11.30 - 12.30	Pilates	Toning and strengthening your body inside and out	Drake House Hall	£5.00
13.30 - 15.00	New Stroke Group	Share experiences, get support and socialise	WG Morden	FREE●
14.00 - 15.00	Seated Yoga	Increase strength, flexibility and wellbeing	Drake House Hall	£5.00
Wednesday				
10.30 - 11.30	Balance, Fitness and Mobility	A fun and friendly class to keep fit and flexible	Drake House Hall	£5.00
10.30 - 12.00	Food for Thought	Inspiring and entertaining talks on different topics	Guild Lounge	£4.00●
11.00 - 12.00	Kurling	Adapted version of curling, accessible for all	Martin Way Methodist Church Hall	FREE
12.00 - 13.00	Stroke Exercise	Supporting recovery and increasing your mobility, stability and physical fitness	Drake House Hall	£4.00
12.30 - 13.00	Mobile & Tablet Workshop	Confused by technology? Let our tech whizzes help you (advanced booking required)	Guild Lounge	FREE
14.00 - 15.00	Pilates	Toning and strengthening your body inside and out	Drake House Hall	£5.00
14.00 - 15.15	Quiz of the Week	Put your general knowledge to the test	Zoom	£4.00
14.00 - 15.30	Reading Retreat	Informal reading group for good stories and great chat	Guild Lounge	FREE●
Thursday				
10.00 - 11.00	Tap Dancing	Improve your mental and physical agility	Drake House Hall	£5.00
10.00 - 12.00	Games	Keep your mind active with our fun and informal games	Guild Lounge	£4.00●
12.00 - 13.15	Dancing with Parkinson's	Specially designed dance class for people living with Parkinson's	Drake House Hall	£7.00●
13.00 - 15.00	Bridge	All levels welcome at this fun club	Guild Lounge	£4.00
14.00 - 16.00	Board Games & A Brew	Grab a game and play in our warm and welcoming café	HomeFood Café	FREE
Friday				
10.00 - 11.00	Yoga	Increase strength, flexibility and wellbeing (all levels)	Drake House Hall	£5.00
10.30 - 12.00	Men's Space	Drop by to share stories, interests, news and views	Guild Lounge	FREE
11.30 - 12.30	New Mat-based Pilates	Toning and strengthening your body inside and out	WG Morden	£5.00●
13.00 - 14.00	Indoor Circuits with Chelsea FC	A great class for an all-round workout	Zoom	FREE
13.30 start	Film Fridays	Enjoy an afternoon relaxing with a classic film	Guild Lounge	FREE
14.30 - 15.15	Mobile & Tablet Workshop	Confused by technology? Let local students help you (advanced booking required)	HomeFood Café	FREE

● refreshments included * refreshments available for a small charge ● monthly events - please contact us for more information

- 📍 Guild Lounge and HomeFood Café, Guild House, 30/32 Worple Road, Wimbledon SW19 4EF
- 📍 Drake House (behind Guild House), 44 St Georges Road, Wimbledon SW19 4ED
- 📍 WG Morden, 3-4 Crown Lane, Morden, SM4 5DA
- 📍 South Mitcham Community Centre, Haslemere Ave, Mitcham CR4 3PR
- 📍 Canons Leisure Centre, Madeira Rd, Mitcham CR4 4HD
- 📍 Martin Way Methodist Church Hall, Buckleigh Avenue, Morden SW20 9JZ

Please register if attending Wimbledon Guild for the first time. It's free!

New activities at Crown Parade, Morden, starting end of January

Men's Space, Morden - Tuesdays, FREE, 10.30am - 12pm

Following the success of our Wimbledon social group, we're launching a second men's space in Morden. If you're looking to meet new people, we welcome you to come along.

Stroke Group - Tuesdays, FREE, 1.30 - 3pm

A supportive and caring space for people living in Merton affected by stroke. Whether you want to learn more about stroke, support available, self-care, or just socialise.

Mat-based Pilates - Fridays, £5, 11.30am - 12.30pm

Live in Mitcham or Morden and keen to try Pilates? Register your interest now.



New