



Wimbledon  
Guild

# What's On

at Wimbledon Guild

For over  
50's

Our full range  
of classes, clubs  
and talks inside...



April | May | June 2026

Registered Charity No. 200424

Company No. 383330

# Culture Through Cuisine

Wimbledon Methodist Church  
11am – 12pm, £5

## Hungry for the Himalayas: Tales and Treks Served Fresh from the Roof of the World (Weds 8th April)

Join one of our volunteers as he leads us on a journey where myths and mountains intertwine. He'll share fascinating anecdotes from his own Himalayan treks alongside legendary stories passed down through generations. The experience will end with Himalayan-inspired snacks that bring a true taste of the mountains into the room.



## Plate Passport to Health: Eating Well for Energy, Strength and Vitality (Weds 6th May)

This talk will explore how everyday well-being is built not through extreme diets or rigid rules, but through small, sustainable habits that support energy, strength, and vitality at every age. A registered dietitian will share practical, enjoyable tips that make healthy eating feel doable rather than daunting, along with light refreshments, giving everyone a chance to taste how nourishing food can also be delicious.



## Join us for lunch

HomeFood Café at Wimbledon Methodist Church

Our café is now open for longer!  
Join us between 12 - 2pm for delicious  
food, prepared by Hilary and her team.  
(Please note: last orders are at 1.30pm and  
the café is closed on Thursdays.)



For more information, or to book on to any of our talks or activities,  
call 020 8946 0735 or email [activities@wimbledonguild.co.uk](mailto:activities@wimbledonguild.co.uk)

# Topics, Thoughts and Themes

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Wednesdays at Wimbledon  
Methodist Church  
10.30am – 12pm, £5

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Highlights include...

## Fields of Purple: Mitcham's Lavender Heritage (29th April)

Once a thriving lavender industry, Mitcham was famous for fields that stretched for miles. Discover how this vibrant trade flourished and what caused its demise. We'll explore the many uses of lavender and hear stories of the growers and distillers who shaped Mitcham's identity.

## Holly Lodge: The Hidden Treasure of Richmond Park (13th May)

Hidden in the heart of Richmond Park, Holly Lodge Centre is a small but remarkable charity offering hands-on workshops in nature, history and wellbeing. With bespoke sessions for children and adults with disabilities, it provides meaningful, accessible experiences — from nature trails, to a recreated Victorian classroom, and thriving kitchen garden.

## Wish You Were Here: Stories from Merton's Postcard Past (3rd June)

Before smartphones and social media, postcards were the quick messages, shared moments and visual updates that connected us, capturing unique records of people, places and events. Uncover examples from Merton's rich postcard collection, from housing developments, to beauty spots and transport milestones.

Includes refreshments



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# Wellbeing Workshops

Monthly, WG Morden, 1.30 - 3pm, Free

Free

## Relaxation Techniques (Fri 24th April)

This workshop will explore the importance of relaxation to support wellbeing and self-care. We will be sharing relaxation techniques that you can adopt in your daily life to help relieve stress and increase wellbeing.



## Lifting your Mood (Fri 15th May)

This workshop will discuss how low mood can affect how we feel about and see ourselves. Learn techniques and strategies to understand how you're feeling and how to improve your mood and support your own physical and mental wellbeing.

## Wellbeing for Carers (Fri 19th June)

This supportive workshop focuses on the importance of taking care of yourself while caring for others and will help find ways you can take time for yourself without feeling guilty. We'll share simple coping strategies and relaxation techniques to manage stress.



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# Health Information Talks

Wimbledon Methodist Church  
**11am – 12pm, Free**

## Bowel Cancer Awareness

**(Weds 22nd April)**

9 in 10 people with bowel cancer are over 60. Many symptoms won't be cancer, but catching it early means it's often treatable. Learn the key signs and symptoms as well as treatments and prevention, with experts ready to answer questions and explain the importance of screening.



## Dementia Action Week: Where Did I Leave My Keys?

**(Weds 20th May)**

1 in 3 people in the UK today will develop dementia. The journey can be difficult, but as neighbours and community members we can make a difference. If you're worried about what living with dementia might mean, join us to learn the signs, understand the difference between forgetfulness and dementia, and what support is available.

## Standing Tai Chi

Wimbledon Methodist Church  
**Mondays, 2 - 3pm, £7**

Due to popular demand, we've added another Standing Tai Chi class! Join us to improve posture and balance and ease stress through movement and mindful meditation.



**New!**

## Conversational Italian

Wimbledon Methodist Church, Wednesdays,  
**1.30 - 2.30pm, Free**

Brush up on your Italian skills at our new informal group. If you are interested in joining and improving your Italian, please speak to one of the Activities team.



**New!**

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# Our Venues

Whilst we're transforming Guild House ready to welcome you back in early 2027, we will run some of our activities from different venues. Please check the timetable carefully before booking.

## Wimbledon Methodist Church



Please note: The HomeFood Café is closed on Thursdays. No Wimbledon Guild activities run from the church on Thursdays.

 Griffiths Road  
London SW19 1SP

### Local Transport

-  **Tube:** South Wimbledon (6 min walk)
-  **Tram:** Merton Park (14 min walk)
-  **Bus:** 57, 93, 131, 219  
Nearest stops:  
The Polka Theatre or  
Merton Road

## Drake House Hall



 44 St George's Rd  
London SW19 4ED

### Local Transport

-  **Tube:** Wimbledon (5 min walk)
-  **Tram:** Wimbledon (5 min walk)
-  **Bus:** 57, 131, 163, 164, 219, 493  
Nearest stop:  
Francis Grove

## WG Morden



 3-4 Crown Parade  
Morden SM4 5DA

### Local Transport

-  **Tube:** Morden (2 min walk)
-  **Tram:** Morden Road (18 min walk)
-  **Bus:** 45, 80, 93, 154, 157, 163, 164, 201, 293, 413, 470, K5  
Nearest stop:  
Morden Station

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# What's On at Wimbledon Guild

April / May / June 2026

Time	Activity	Description	Venue	Cost
<b>Monday</b>				
10:00 – 11:00	Active Exercise	Keep moving and feel great with our specially tailored class	Drake House	£6
10:00 – 11:30	Table Tennis	Keep your mind sharp and your reflexes sharper	WG Morden	£3
10:00 – 11:00	Mat-based Yoga	Increase strength and flexibility and boost your mood	Wimbledon Methodist Church	£7
10:00 – 12:00	Knitting	All skill levels welcome — just bring your knitting needles	Wimbledon Methodist Church	Free
11:00 – 12:00	Pilates <span style="color: red; font-weight: bold;">WAITING LIST</span>	Tone and strengthen with a mix of seated and standing exercises	Morden Baptist Church	£6
11:00 – 12:00	Walking Tennis	All the fun of tennis at a gentler pace of play	Wimbledon Park	£6
11:15 – 12:15	Seated Exercise	Gentle exercise for joint mobility, suppleness and balance	Drake House	£6
12:30 – 13:30	Balance, Fitness and Mobility	Stay fit and flexible with this fun and friendly class	Drake House	£6
13:15 – 14:15	Mindful Moments	Pause, breathe, unwind and focus on the present	Online	Free
13:30 – 14:30	Active Stroke Exercise (Level 2)	Designed as a progression from Level 1, or for people who are more physically active following a stroke	WG Morden	£5
13:30 – 14:45	Conversational Spanish	Practice your español at this informal, self-led group	Wimbledon Methodist Church	Free
14:00 – 15:00	Seated Tai Chi	Tai-Chi based exercises for posture, balance and strength	Drake House	£6
<span style="color: red; font-weight: bold;">NEW</span> 14:00 – 15:00	Standing Tai Chi	Reduce stress, build strength and support mobility	Wimbledon Methodist Church	£7
15:30 – 16:45	Table Tennis	Keep your mind sharp and your reflexes sharper	Drake House	£3
<b>Tuesday</b>				
10:00 – 11:00	Pilates <span style="color: red; font-weight: bold;">WAITING LIST</span>	Tone and strengthen with a mix of seated and standing exercises	Drake House	£6
10:00 – 11:30	Art Group	Unleash your inner artist at this friendly, creative group	Wimbledon Methodist Church	£5
10:00 – 11:30	Men's Space	Drop by to share stories, interests, news and views	WG Morden	Free ☕
10:00 – 12:00	Tuesdays Teasers	Activities to exercise your mind - from countdown to conundrums and barrels of laughs, no two weeks are the same	Wimbledon Methodist Church	£5 ☕
11:00 – 12:00	Walking Tennis	All the fun of tennis at a gentler pace of play	Canons Leisure Centre	£5
11:30 – 12:30	Pilates <span style="color: red; font-weight: bold;">WAITING LIST</span>	Tone and strengthen with a mix of seated and standing exercises	Drake House	£6
13:00 – 14:00	Seated Yoga <span style="color: red; font-weight: bold;">WAITING LIST</span>	Increase strength and flexibility and boost your mood	Drake House	£6
13:30 – 15:00	Stroke Social Club	Share experiences, get support and socialise	WG Morden	Free
14:30 – 15:30	Seated Yoga	Increase strength and flexibility and boost your mood	Drake House	£6
<b>Wednesday</b>				
10:30 – 11:30	Balance, Fitness and Mobility	Stay fit and flexible with this fun and friendly class	Drake House	£6
10:30 – 12:00	Topics, Thoughts and Themes	Inspiring and entertaining talks on different topics	Wimbledon Methodist Church	£5 ☕
10:30 – 12:00	Kurling	An adapted version of curling — accessible for all	Martin Way Methodist Church	£5
12:00 – 13:00	Stroke Exercise Class (Level 1)	Supporting recovery and boosting your mobility, stability and physical fitness	Drake House	£5
13:30 – 14:45	Reading Retreat (fortnightly)	Informal reading group for good stories and great chat	Wimbledon Methodist Church	Free
<span style="color: red; font-weight: bold;">NEW</span> 13:30 – 14:30	Conversational Italian	Practice your Italian at this informal, self-led group	Wimbledon Methodist Church	Free
14:00 – 15:00	Pilates <span style="color: red; font-weight: bold;">WAITING LIST</span>	Tone and strengthen with a mix of seated and standing exercises	Drake House	£6
<b>Thursday</b>				
10:00 – 11:00	Tap Dancing	Improve your mental and physical agility	Drake House	£6
12:00 – 13:30	Dancing with Parkinson's	A specially designed dance class for people living with Parkinson's	Drake House	£8 ☕
<b>Friday</b>				
10:00 – 11:00	Mat-based Yoga	Increase strength and flexibility and boost your mood	Drake House	£6
10:00 – 11:00	Standing Tai Chi	Reduce stress, build strength and support mobility	Morden Baptist Church	£7
10:00 – 11:00	Table Tennis	Keep your mind sharp and your reflexes sharper	WG Morden	£3
10:30 – 12:00	Men's Space	Drop by to share stories, interests, news and views	Wimbledon Methodist Church	Free ☕
11:30 – 12:30	Mat-based Pilates	Gentle, mat-based exercises to tone and strengthen	WG Morden	£7
11:30 – 12:30	Pilates <span style="color: red; font-weight: bold;">WAITING LIST</span>	Tone and strengthen with a mix of seated and standing exercises	Drake House	£6
13:00 – 14:00	Circuit Training with Chelsea FC	A high-energy class for an all-round workout	Drake House	Free
14:15 – 15:00	Mobile and Tablet Workshop	Confused by technology? Let our tech whizzes help	Wimbledon Library (booking essential)	Free

📍 **Drake House**, 44 St George's Rd, London SW19 4ED

📍 **WG Morden**, 3-4 Crown Parade, Morden SM4 5DA

📍 **Wimbledon Methodist Church**, Griffiths Road, London SW19 1SP

☕ Refreshments included



## Get Your Fitness Fix in 2026

Are you aged 60+, living in Merton, and haven't exercised in a while? Take our free Merton Moves Pledge! They say it takes 6 weeks to form a habit, so pledge-takers take part in an exercise class of their choice for 6 weeks.

Our Merton Moves Officer will help you find something you enjoy doing and be on hand to help you get the most out of your sessions.

**Interested? Get in touch with the Activities team to find out more and see if Merton Moves is right for you.**

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

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