



Wimbledon  
Guild

# What's On

at Wimbledon Guild

**For over  
50's**

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



July | August | September 2026

Registered Charity No. 200424

Company No. 383330

# Culture Through Cuisine

Wimbledon Methodist Church  
11am – 12pm, £5



## A Taste of Mauritius (2nd Sept)

Join two HomeFood Café volunteers as they step out of the kitchen and take you on a journey through the culinary delights of Mauritius. Discover a vibrant mix of flavours shaped by African, Indian, Chinese and European influences, brought to life through stories and traditions.

£5



## Waste Not Want Not: Mastering the Art of Leftovers (9th Sept)

One third of all food produced is wasted. But with a little creativity, leftovers can be transformed into tasty, satisfying meals. Join our HomeFood Café Manager, Hilary, for a practical session packed with easy ideas, money-saving tips, and inspiration to help you make the most of what's in your kitchen.

# Kurling

Martins Way Methodist Church Hall  
10.30am - 12pm, £5

## Feel like trying something new?

New-age kurling is an adapted version of curling. Join a mixed team, learn a new skill and stay active with no experience needed. Why not stay for a home-cooked lunch afterwards at the Church's Open Table!



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

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

Highlights include...

## History of Musical Theatre (8th July)

From humble beginnings as simple music in plays to the dazzling shows we know today, musical theatre has a rich and fascinating story. Join us on a lively journey from opera and comic classics to the birth of the modern musical, where music and storytelling come together like never before.



## Morden Hall Park (19th August)

With nearly a million visitors a year, Morden Hall Park has a rich history spanning centuries - from the Domesday Book to today. Discover its connections to figures like Henry VIII, its many roles as a school, hospital and home, and the park's surprising links to the film industry.

## Walking Tennis

Canons Leisure Centre  
Tuesdays, 11am - 12pm, £5

Discover a fun, social way to play tennis at your own pace. Boost your fitness, sharpen your skills and leave every session feeling energised and more confident on court.



Refreshments included



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# Wellbeing Workshops

Monthly, WG Morden, 1.30 - 3pm, Free

Free

## Managing Change (Fri 24th July)

Change could be positive or negative according to individual experiences. Some changes can be overwhelming, having a negative impact on our wellbeing. This workshop shares a broader understanding of change and how it can impact how we feel, with practical tools and techniques to support your wellbeing and help you feel more in control.



## Managing Stress (Fri 21st August)

Stress can affect everyone and can show up in different ways, from racing thoughts to low mood and feeling constantly on edge. This workshop explores the emotional and psychological impacts of stress, with simple, practical ways to manage it, so you can feel calmer, more confident and more in control each day.



## Wellbeing in Retirement (Fri 25th September)

If you're nearing retirement or have recently retired, this workshop will help you look after your mental and emotional wellbeing during this change. We'll explore simple ways to build the "5 ways to wellbeing" into your daily routine, talk about how retirement can affect your sense of identity and share practical tools to help you stay positive, connected and well.



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# Health Information Talk

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

## Diabetes Awareness (Weds 22nd July)

Diabetes is an increasingly common long-term condition, affecting an estimated 1 in 16 people. The risks of developing it increase with age, with ethnicity a significant factor. Understand how diabetes can affect your body and daily life and what you can do to prevent it, including simple ways to reduce your risk. Experts will be on hand to answer questions.



Free

## Featured Talks

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

### Finding Lost Pensions (Wednesday 1st July)

It's estimated up to £31.1 billion sits in unclaimed pension pots in the UK. If you are approaching retirement or already retired, this session could help you make the most of what you've earned. Understand how you can trace lost pensions, when you can claim, and make sense of different pension types.

Free



### Trading Standards & Scams (Wednesday 3rd September)

Stay one step ahead of today's most common scams and counterfeit goods with this informative session. Learn how to spot warning signs and protect your money and personal information. This practical talk offers clear advice, real-life examples, and useful tips to help you and your loved ones stay safe - delivered by Trading Standards.

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# Our Venues

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

July / August / September 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; border: 1px solid red; padding: 2px;">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
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; border: 1px solid red; padding: 2px;">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; border: 1px solid red; padding: 2px;">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; border: 1px solid red; padding: 2px;">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 – 14:30	Conversational Italian	Practice your Italian at this informal, self-led group	Wimbledon Methodist Church	Free
14:00 – 15:00	Pilates <span style="color: red; border: 1px solid red; padding: 2px;">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 - <b>6-class pack for £50</b> (or pay-as-you-go - £10 per class)	
<span style="background-color: red; color: white; border-radius: 50%; padding: 2px;">NEW</span> 12:30 – 13:00	Mobile and Tablet Workshop	Confused by technology? Need help with the NHS app? Let our tech whizzes help	Wimbledon Library (booking essential)	Free
<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; border: 1px solid red; padding: 2px;">WAITING LIST</span>	Tone and strengthen with a mix of seated and standing exercises	Drake House	£6
14:15 – 15:00	Mobile and Tablet Workshop	Confused by technology? Let our tech whizzes help	Wimbledon Library (booking essential)	Free <span style="background-color: green; color: white; border-radius: 50%; padding: 2px;">From Sept</span>

Please register if attending for the first time.

- 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



**Join us for lunch!**

The HomeFood Café is open at the Wimbledon Methodist Church every **Monday, Tuesday, Wednesday and Friday.**

Hot food served from **12.15 - 1.30pm**  
Main: **£5.50** | Pudding: **£2**

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