

What's On

Activity Guide

for
over
50s

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



October | November | December 2025

www.wimbledonguild.co.uk

Topics, Thoughts and Themes

Wednesdays at Wimbledon Guild

10:30am – 12:00pm • £5 (includes refreshments)

Advance booking essential

Highlights include...

- **Faces and Places of Merton (1st October)**

In celebration of Black History Month, Sarah Gould pays homage to Merton's African Caribbean communities, reflecting on the faces and places linked to their history in the borough.

- **Meeting in No Man's Land: Memories of World War One (29th October)**

Hear from Rosemary Lever about her involvement in a project that brought together British and German descendants of World War One soldiers to exchange family histories of the conflict.

- **Faith, Learning and Community in Merton (26th November)**

Come along to find out how an interfaith walk in Merton encouraged mutual understanding and highlighted common ground between different faith communities in the borough.



Culture Through Cuisine

Wednesday 5th November at Wimbledon Guild

10:30am – 12:00pm • £5 (includes tasters)

The Story of the Wimbledon Guild HomeFood Café

In this special edition of our Culture Through Cuisine series, hear from our very own Hilary, who's managed the HomeFood Café for over a decade, about how the Café has changed over time.

Plus, there'll be a selection of recipes to take away and try yourself, as well as samples of some much-loved Café favourites.



Cover image and poppies above by Pat, who attends our Tuesday Art Group.

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

Looking After Your Lungs

Respiratory Health Talk

Friday 14th November at WG Morden

1:30pm – 3:00pm • Free

Advance booking essential



Did you know?

Our ability to breathe diminishes as we age.

In this talk, we'll be covering:

- Factors that can affect lung function as we get older
- Common respiratory illnesses including asthma, COPD (chronic obstructive pulmonary disease) and pneumonia
- How to spot symptoms and prevent illness

A local GP with specialist expertise in respiratory health will be on hand to answer your questions.

Stay Safe

At home, online and out and about

Friday 21st November at WG Morden

1:30pm – 3:30pm • Free (refreshments provided)



As part of this year's Safeguarding Adults Week, (17th – 21st November) we'll be hosting an event to help Merton residents stay safe at home, online and out and about.

Hear from Trading Standards and Barclays about how you can protect yourself from scams and doorstep crime. There will also be Police Community Support Officers and members of the London Fire Brigade and the Safer Merton Team on hand to answer your questions about staying safe.

This event is free and open to all. Refreshments will be provided.

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

Make It Mondays

Candle Painting Workshop

27th October at Wimbledon Guild

Starting at 2pm • £10

Get creative this spooky season and learn how to paint your own bespoke candles. Whether you lean into eerie Halloween vibes or go for more seasonal designs, you'll leave with one-of-a-kind pieces to brighten up the darker autumn nights.



Make Your Own Festive Wreath

24th November at Wimbledon Guild

Starting at 2pm • £15

Traditionally, wreaths are hung on the first Sunday after the 26th November, so what better time to come and create your own unique wreath?



Pom Pom Bear Workshop

1st December at Wimbledon Guild

Starting at 2pm • £10

Bring a little extra holiday cheer to your Christmas crafting with an adorable grizzly bear. This step-by-step workshop makes it easy to create a cute, fluffy companion to hang on your tree or gift to a loved one. Once mastered, you'll be able to create a multitude of animals and characters!



Guild House Refurbishment

From January, services from Guild House will be temporarily relocated for one year to alternative locations close by. We'll be sharing updates and further information soon.

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

Wellbeing Workshop

Friday 24th October at WG Morden

1:30pm – 3:00pm • Free

Navigating Life After Retirement

Understand how retirement can affect how you see yourself. Learn tools to support your wellbeing and help you feel more positive as you start this next chapter.



Christmas Corner

Film Fridays at Wimbledon Guild

Starting at 1:30 • Free

Come and enjoy a selection of festive films in the weeks leading up to Christmas.

- **5th December:** Scrooge (1951)
- **12th December:** National Lampoon's Christmas Vacation (1989)
- **19th December:** It's a Wonderful Life (1946)



Terri's Festive Fun

Wednesday 17th December

10:30am to 12:00pm • Free

Get into the festive spirit with fun, games and plenty of cheer at Wimbledon Guild.

Wear your favourite Christmas jumper, enjoy some festive activities, and treat yourself to a delicious mince pie (on us!).

Wimbledon Guild will be closed from Wednesday 24th December up to and including Thursday 1st January. Some classes may finish earlier than this. Please call reception on 020 8946 0735 for exact dates.

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

Who we are

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

How we help

Aside from our varied programme of activities, we provide a range of services to support people aged 18 and above living in the borough of Merton.



When you want to meet new people

As with our groups and activities, our HomeFood Café is a great place to meet people from all walks of life. If you can't get out, we'll connect you with someone local who'll happily pop round regularly for a cuppa and a chat.



When you're feeling low

We offer one-to-one therapy as well as a range of friendly support groups to help you tackle difficult feelings and emotions.



When you're worried about money

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



When you want to stay independent

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

What's on at Wimbledon Guild

October | November | December 2025

Time	Activity	Description	Venue	Cost
Monday				
10:00 – 11:00	Active Exercise	Keep moving and feel great with our specially tailored class	Wimbledon Guild	£6
10:00 – 11:30	Table Tennis	Keep your mind sharp and your reflexes sharper	WG Morden	£3
10:00 – 12:00	Knitting	All abilities welcome at this friendly club	Wimbledon Guild	FREE ●
10:30 – 12:00	Table Tennis	Keep your mind sharp and your reflexes sharper	Wimbledon Guild	£3
11:00 – 12:00	Pilates WAITING LIST	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 WAITING LIST	Gentle exercise for joint mobility, suppleness, and balance	Wimbledon Guild	£6
12:30 – 13:30	Balance, Fitness and Mobility	Stay fit and flexible with this fun and friendly class	Wimbledon Guild	£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
14:00 – 15:00	Seated Tai Chi	Tai Chi-based exercises for posture, balance and strength	Wimbledon Guild	£6
14:30 – 15:30	Conversational Spanish	Practice your español at this informal, self-led group	Wimbledon Guild	FREE ●
Tuesday				
10:00 – 11:00	Pilates WAITING LIST	Tone and strengthen with a mix of seated and standing exercises	Wimbledon Guild	£6
10:00 – 11:30	Art Group	Unleash your inner artist at this friendly, creative group	Wimbledon Guild	£5
10:00 – 12:00	Ladies Before Lunch	Bring a friend and grab a game	Wimbledon Guild	FREE ●
10:30 – 12:00	Men's Space	Drop by to share stories, interests, news and views	WG Morden	FREE ●
11:00 – 12:00	Walking	Keep moving and feel great with our specially tailored class	Leisure Centre	£5
11:30 – 12:30	Pilates WAITING LIST	Tone and strengthen with a mix of seated and standing exercises	Wimbledon Guild	£6
13:00 – 14:00	Table Tennis	Keep your mind sharp and your reflexes sharper	WG Morden	£3
13:30 – 15:00	Seated Exercise WAITING LIST	Gentle exercise for joint mobility, suppleness, and balance	Wimbledon Guild	FREE ●
14:30 – 15:30	Conversational Spanish	Practice your español at this informal, self-led group	Wimbledon Guild	£6
Wednesday				
10:30 – 11:30	Table Tennis	Keep your mind sharp and your reflexes sharper	WG Morden	£6
10:30 – 12:00	Knitting	All abilities welcome at this friendly club	Wimbledon Guild	£5 ☕
10:30 – 12:00	Active Exercise	Keep moving and feel great with our specially tailored class	Wimbledon Guild	£5
12:00 – 13:00	Table Tennis	Keep your mind sharp and your reflexes sharper	WG Morden	£5
12:30 – 13:00	Seated Exercise WAITING LIST	Gentle exercise for joint mobility, suppleness, and balance	Wimbledon Guild	FREE ●
14:00 – 15:00	Pilates WAITING LIST	Tone and strengthen with a mix of seated and standing exercises	Wimbledon Guild	£6
14:00 – 15:30	Reading Club WAITING LIST	Join a group of people who love to read	Wimbledon Guild	FREE ●
Thursday				
10:00 – 11:00	Tap Dancing	Learn the basics of tap dancing	Wimbledon Guild	£6
10:00 – 12:00	Games	Bring a friend and grab a game	Wimbledon Guild	£5 ☕
12:00 – 13:15	Dancing with Parkinson's	Specialist dance classes for people living with Parkinson's	Wimbledon Guild	£8 ☕
13:00 – 15:00	Bridge	All skill levels welcome at this relaxed, informal club	Wimbledon Guild	£5 ☕
14:00 – 15:30	Scrabble Club	Bring a friend and grab a game	Wimbledon Guild	FREE ●
14:00 – 15:30	Art Group	Unleash your inner artist at this friendly, creative group	Wimbledon Guild	£5
Friday				
10:00 – 11:00	Yoga WAITING LIST	Mat-based yoga to increase strength and flexibility and boost your mood	Wimbledon Guild	£6
10:00 – 11:00	Bollywood for Beginners	High-energy, dance-based class	WG Morden	£7
10:00 – 11:00	Standing Tai Chi	Reduce stress, build strength and sustain mobility	Morden Baptist Church	£7
10:30 – 12:00	Men's Space	Drop by to share stories, interests, news and views	Wimbledon Guild	FREE ●
11:30 – 12:30	Mat-based Pilates	Tone and strengthen your body inside and out	WG Morden	£7
11:30 – 12:30	Pilates WAITING LIST	Tone and strengthen with a mix of seated and standing exercises	Wimbledon Guild	£6
13:00 – 14:00	Circuit Training with Chelsea FC	A great class for an all-round workout	Online and at Wimbledon Guild	FREE ●
13:30 start	Film Fridays	Sit back, relax and enjoy a great film	Wimbledon Guild	FREE ●
14:15 – 15:00	Mobile and Tablet Workshop	Confused by technology? Our tech whizzes are here to help.	Wimbledon Guild	FREE ●

☕ = refreshments included ● = donations welcome



Wimbledon Guild: 30–32 Worple Road, SW19 4EF
WG Morden: 3–4 Crown Parade, SM4 5DA



If you're coming along for the first time, please register in advance by calling 020 8946 0735, or by emailing activities@wimbledonguild.co.uk.



**Wimbledon
Guild**

Where no one has to face
life's challenges alone

www.wimbledonguild.co.uk