



# Trips



Places are limited so please book in advance

April / May / June 2020



## April

### Pitzhanger Manor, Ealing

Self-guided tour of the former country home of Neoclassical architect Sir John Soane, set in Walpole Park, including an exhibition of William Hogarth's (1697-1764) surviving paintings.

- Wednesday 22nd April
- Depart WG 10:45
- Return approx. 16:00
- **£12** incl. transport and entrance
- Lunch at own expense



## May

### Royal College of Physicians Museum and Medicinal Garden Tours

Discover the history of the Royal College of Physicians with a guided tour of the museum and beautiful medicinal gardens.

- Wednesday 6th May
- Depart Wimbledon Stn. 12:10
- Return approx. 16:30
- **£6** including entrance and tour
- Travel via public transport and lunch at own expense



## June

### Camden Canal Boat Trip and Picnic

Meander along on the Jenny Wren Canal boat, cruising through Camden Lock on this delightful roundtrip cruise! Enjoy your picnic as you go!

- Wednesday 17th June
- Depart Wimbledon Stn. 10:00
- Return approx. 16:00
- **£15** incl. boat ride and guide
- Bring your own picnic
- Travel on public transport at own expense

# What's on at Wimbledon Guild Activities, talks and trips for anyone aged 50+

**Weekly  
timetable  
inside!**

To book, email us at: [activities@wimbledonguild.co.uk](mailto:activities@wimbledonguild.co.uk)  
or contact Rachael or Olivia on **020 9846 0735**

Wimbledon Guild, Guild House  
30/32 Worple Road, Wimbledon, London SW19 4EF  
A Company Limited by guarantee.  
Registered in England Reg. No. 383330  
Registered Charity No. 200424  
Information correct at the time of print

Find all "What's on" information online:  
**wimbledonguild.co.uk**



**Wimbledon  
Guild**

A local charity supporting  
people across Merton

# Brain training

Keeping your mind active is one of the best ways to help keep Alzheimer's at bay. Social interaction is another one. Why not combine the two?!

Our weekly Brain Training sessions are fun, informal and guaranteed to get your grey matter working!

Every Friday  
10:30 - 11:45am  
at the Homefood Café



24th  
April

Only  
£2

## Jazz up your afternoon!

Yes, the talented Kings College Jazz Band is back

Now a Wimbledon Guild tradition, the students will once again entertain us with fantastic classic jazz for the 6th year running. Don't miss out!

13:40 - 14:30pm  
£3 including refreshments  
Wimbledon Guild Lounge  
Booking essential as spaces are limited



## Food for thought

Talks to enlighten, entertain and inspire you  
Every Tuesday @ 10.45 am • £4 including refreshments



Guild House,  
SW19 4EF

### April

- 7th** **Stories Brought to Life** - with Zulema Dene  
Short stories fabulously narrated by the former radio, TV and stage actress.
- 14th** **My Italian Adventures** - with Helen North  
Born, educated and once working in Italy, Helen gives us an exciting insight into her life from Italy to Merton.
- 21st** **My Journey as a Drama Therapist** - with Vaughan Titheridge from Wimbledon Guild  
Vaughan gives us an interactive introduction into the unique world of drama therapy.
- 28th** **How I became a Trauma and Orthopaedic surgeon** - with Miss Shamim Umarji  
Shamim gives an insight into her journey of becoming the Lead Orthopaedic Hand and Wrist surgeon at St George's, where she's also Clinical Director for Trauma & Orthopaedics.

### May

- 5th** **Stories Brought to Life** - with Zulema Dene  
Short stories fabulously narrated by the former radio, TV and stage actress.
- 12th** **Brain Training** - with Rita from Roots to Grow  
As part of Dementia Week, Rita explains the importance of keeping our minds active, learning and growing. She'll be sharing some tips and 'brain teasers' to sharpen our minds.
- 19th** **Priceless Treasures** - with Norton from the Wallace Collection  
Find out more about the most generous single gift of artworks ever granted to the nation.
- 26th** **Enacting change through the power of positivity and storytelling** - with Jonathan Withey  
Jonathan from The Planet Mark describes his personal sustainability journey and offers a glimpse into the inspiring Eden Project.

### June

- 2nd** **Stories Brought to Life** - with Zulema Dene  
Short stories fabulously narrated by the former radio, TV and stage actress.
- 9th** **How to look after our bodies and bones** - with Merton Muscular Skeletal Service  
Find out about the latest research into keeping our bodies fit and healthy.
- 16th** **It could be me** - with Yvette Ball from Refugees at home  
For many, getting a helping hand and somewhere to stay at a time of crisis is all they need to get established in a new life. Yvette talks about the importance of families taking in refugees.
- 23rd** **Who am I?** - with Annik Leaver  
When her mother was taken by the Nazis, her father hid her in France to keep her safe. Join Annik on a powerful journey from tragedy to discovering the treasure of her mother's heritage.
- 30th** **Gender: More or Less** - with Dr John Stevens  
Psychiatrist Dr Stevens returns to discuss and (maybe challenge) our gender preconceptions.



# What's on at Wimbledon Guild

April / May / June 2020

Time	Activity	Description	Venue	Cost
Mondays				
10.00 - 11.00	Active Exercise	Keep moving and feel great with our specially tailored class	Drake House Hall	£4.50
10.00 - 11.30	Knitting Club	All abilities welcome at our friendly club	Guild Lounge	FREE
10.00 - 13.00	Art Group	Bring out the inner artist with our fun, informal, creative group. <b>Please book</b>	Louie Black House (SW19)	£3.00
10.30 - 11.30	Get Up and Go	Exercise for over 55's - keep fit and flexible, help to avoid falls and support recovery	South Mitcham Community Centre CR4 3PR	£2.50
11.30 - 12.30	Table Tennis	Play your way to a sharp mind and flexible body. <b>Please book</b>	Drake House	£3.00
11.15 - 12.15	Senior Exercise	Gentle exercise focusing on joint mobility, suppleness and balance	Drake House Hall	£4.50
13.00 - 14.00	Active Stroke Exercise (Level 2)	This class is designed as a progression from Level 1 (Wednesdays). <b>Please book</b>	Drake House Hall	£3.50
14.15 - 15.30	Stroke Club	Share experiences, be supported and socialise at this friendly club	Guild Lounge	FREE
14.30 - 15.30	Tap Dance	Improve your mental and physical agility and muscle strength through this adapted class	Drake House Hall	£5.00
Tuesdays				
9.30 - 11.30	Art Group	Bring out the inner artist with our fun tutored group	Drake House	£4.50
10.15 - 11.15	Pilates	Toning and strengthening your body inside and out	Drake House Hall	£5.00
10.45 - 12.00	Food for Thought	Inspiring and entertaining speakers, presentations and workshops	Guild Lounge	£4.00
11.30 - 12.30	Pilates	Toning and strengthening your body inside and out	Drake House Hall	£5.00
14.00 - 15.00	Yoga	Movement and meditation to increase strength, flexibility and enhance wellbeing	Drake House Hall	£5.00
13.00 - 15.00	Bridge Club	All levels welcome at this fun club	Guild Lounge	£4.00
Wednesdays				
	IT Courses	6 week courses for all levels. Call for more information, booking essential	Drake House	FREE
10.30 - 12.00	All Things Italian	Brush up on your Italian language and culture	Guild Lounge	£3.50
10.45 - 11.45	Mixed Ability Exercise	A fun and friendly class to keep fit and flexible	Drake House Hall	£4.50
12.00 - 13.00	Stroke Exercise (Level 1)	Supporting recovery and increasing your mobility, stability and physical fitness. <b>Please book</b>	Drake House Hall	£3.50
12.30 - 13.00	Mobile and Tablet Workshop	Confused by technology? Let us help you, <b>booking essential</b>	Guild Lounge	FREE
14:00 - 15:45	Dancing with Parkinson's	Bringing focus and attention to posture, breathing, control, balance, coordination and range of movement. <b>Please book</b>	Drake House Hall	£3.50
Thursdays				
	IT Courses	6 week courses for all levels. Call for more information, booking essential	Drake House	FREE
10.30 - 11.30	Tai Chi	Gentle exercise using natural movements	Drake House Hall	£5.00
10.30 - 12.00	Remember When	Make friends and share experiences, refreshments included	Guild Lounge	£3.50
13.00 - 15.00	Games	Keep your mind active with our fun and informal games	Guild Lounge	£3.50
13.30 - 15.00	Scrabble Club	Keep your memory sharp and make friends at our fun and informal club	HomeFood Café	£2
Fridays				
10.30 - 11.45	Brain Training	Give your brain its weekly workout with some fun brain training games!	HomeFood Café	£2
10.30 - 11:30	Get Up and Go	Exercise for over 55's - keep fit and flexible, help to avoid falls and support recovery	South Mitcham Community Centre CR4 3PR	£2.50
10.30 - 11.30	Yoga	Movement and mediation to increase strength, flexibility and enhance wellbeing, including mat work	Drake House Hall	£5.00
10.30 - 12.00	Men's Space	Drop by to share stories, interests, jokes and the news	Guild Lounge	FREE
12.00 - 13.00	Table Tennis	Play your way to a sharp mind and a flexible body. <b>Please book</b>	Drake House	£3.00
13.00 - 14.00	Chelsea Challenge	Get 'footie fit' with Chelsea FC at our specially tailored class <b>New</b>	Drake House Hall	£3.00
13.30 - 15.00	French Fridays	Brush up on your French language and culture	Guild Lounge	£3.50
14.30 - 15.15	Mobile and Tablet Workshop	Confused by technology? Let local students help you. <b>Booking essential</b>	HomeFood Café	FREE

Guild Lounge and HomeFood Café, Guild House, 30/32 Worple Road, Wimbledon, London SW19 4EF  
Drake House (behind Guild House) 44 St Georges Road, Wimbledon, London SW19 4ED

Please note classes may be subject to change, particularly over holiday periods.  
Please register if attending Wimbledon Guild for the first time. It's free!

Printed by Wimbledon Business Studio