

What's On

at Wimbledon Guild

**New
venue
for 2026!**

**Our full range
of classes,
clubs and talks
for over 50's
inside...**



January | February | March 2026

Culture Through Cuisine

Crunching Through History: The Surprising Story of Crisps

Wednesday 28th January at
Wimbledon Methodist Church
10.30am – 12pm, £5

Take a trip through time as we uncover the surprising story of crisps and how our favourite treats conquered London and the UK. Uncover the world's priciest crisp and learn why some crisps aren't really crisps at all! We'll also explore the rise of savoury snacks and the quirky tales behind your favourite crunchy treats.



Includes
refreshments
& tasters

Join us for lunch

HomeFood Café at the Methodist Church

Treat yourself to a special offer – just £6 for two courses until the end of January 2026.

While our beloved café undergoes an exciting transformation ready to welcome you back in early 2027, we're serving up the same warmth and flavour at Wimbledon Methodist Church.

Join Hilary and her team for delicious mains and tempting desserts, served from 12.15pm to 1pm.

Café opening times: 12pm – 1.30pm, Mondays, Tuesdays, Wednesdays and Fridays
(Please note: The cafe is closed on Thursdays.)

Opens
Monday 12th
January



For more information, or to book on to any of our talks or activities, call 020 8946 0735 or email activities@wimbledonguild.co.uk

Topics, Thoughts and Themes

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

Highlights include...

The Origins of London's Council Housing (14th January)

Step back in time to discover how the Boundary Estate and Arnold Circus became one of London's earliest council housing projects. Learn how a visionary architect was inspired by the Arts and Crafts movement to create appealing buildings with better light and air for the residents.

Wallace Collection: Tiny Treasures (25th February)

Explore a world of miniature masterpieces from the Wallace Collection. Take a closer look at these enchanting pieces and discover how even the tiniest treasures can spark big conversations.

Stay One Step Ahead: Spotting Scams with Trading Standards (18th March)

Free

Join Trading Standards for an eye-opening session on the latest scams and counterfeit goods. Find out what to look out for, how to protect yourself, and how you can keep your money and personal details safe. We'll share practical tips and advice you can trust.

Includes
refreshments



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Wellbeing Workshops

Monthly, WG Morden, 1.30 - 3pm

Free

Winter Wellbeing (Fri 23rd January)

Join us for an informative workshop designed to help you feel your best this winter. We'll look at Seasonal Affective Disorder (SAD) and why shorter days can affect mood, energy, and even feelings of loneliness. You'll learn practical, proven tips to boost your wellbeing and keep spirits high through the colder months.



Living Well with Long-Term Health Conditions (Fri 20th February)

Living with a long-term condition or receiving a new diagnosis can raise lots of difficult emotions. Whether it's arthritis, diabetes, high blood pressure, or long COVID, this workshop will share practical strategies to help you feel more in control, stay positive, and live well with your condition.



Wellbeing for Carers (Fri 20th March)

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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Mat-based Yoga

Wimbledon Methodist Church
Mondays, 10 – 11am, £6

Relax and let our yoga instructor, Terence, guide you through gentle movements and breathing techniques designed to improve your flexibility, strength and balance.

This class is perfect for both body and mind, leaving you refreshed and ready for the week ahead.

Please bring water and wear loose, comfortable clothing.



New

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 Merton Movers 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 throughout your pledge 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.



**Merton
Moves**

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What's On at Wimbledon Guild

January / February / March 2026

Time	Activity	Description	Venue	Cost
Monday				
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
NEW 10:00 - 11:00	Mat-based Yoga	Increase strength and flexibility and boost your mood	Wimbledon Methodist Church	£6
10:00 – 12:00	Knitting	All skill levels welcome — just bring your knitting needles	Wimbledon Methodist Church	Free
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	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
NEW 15:30 - 16:45	Table Tennis	Keep your mind sharp and your reflexes sharper	Drake House	£3
Tuesday				
10:00 – 11:00	Pilates WAITING LIST	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 ☕
NEW 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 WAITING LIST	Tone and strengthen with a mix of seated and standing exercises	Drake House	£6
13:00 – 14:00	Seated Yoga	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
Wednesday				
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
14:00 – 15:00	Pilates WAITING LIST	Tone and strengthen with a mix of seated and standing exercises	Drake House	£6
Thursday				
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 ☕
Friday				
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
NEW 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 WAITING LIST	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



Refreshments included



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

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

For more information, or to book on to any of our talks or activities, call 020 8946 0735 or email activities@wimbledonguild.co.uk


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: Wimbledon Guild does not provide services at The Methodist 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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