

What's On

Activity Guide

**for over
50's**

**Our full range
of classes, clubs
and talks
listed inside!**



January / February / March 2025

 www.wimbledonguild.co.uk

Registered Charity No. 200424

Company No. 383330

Topics, Themes & Thoughts

Every Wednesday, Guild Lounge,
10.30am - 12pm (booking essential), £4

Join us
weekly



For information on all upcoming talks, visit our website or call. See contact details below.

Highlights include:

29th January, Read all about it!: Hear from Joanna, a former journalist for the Wimbledon News and South London News, as she reflects on her newsroom experiences in the mid 1980's.

19th February, Commonwealth War Graves: Join us for stories of local people who gave their lives in WWI and WWII and hear how the graves commemorate over 1.7m people worldwide.

19th March, Scams with Trading Standards (Free): Get all the latest updates on scams, what to look out for and top tips for keeping you and your personal information safe.

Culture Through Cuisine Talk

All the tea in China

Wednesday 5th February

Wimbledon Guild, 10.30am - 12pm, £4

Join us as we explore the origins and the diverse types of tea, tea ceremonies around the world and why all the tea is no longer in China. Find out how a thirst for tea created Imperial drug pushers (yes, you read that right!) and how class determined teatime in Britain.

Includes
refreshments
& tasters

New
day!



For more information or to book on to any activities, call 020 8

Diabetes Health Information Talk

Friday 7th February, 1.30 - 3pm, WG Morden

Free

Diabetes is the 5th largest cause of death in the world. It's also the world's most common long-term health condition, affecting an estimated 1 in 16 people (5.6 million in the UK).

In this talk, we'll cover:

- Why older people are more likely to develop diabetes
- Signs and symptoms to look out for
- How diabetes can affect your body and daily life
- What you can do to help prevent it

Plus a chance for you to ask questions.

Booking is essential. Please contact us to reserve your place.



In
Morden

Free

Living Your Best Life with Health Conditions

Tuesday 11th March, 10.30am - 12pm

Free, Wimbledon Guild

Having a long-term condition such as asthma, diabetes, or regular aches and pains can make it daunting to know what exercise is suitable for you. Find out how to adopt a healthy lifestyle, how to manage common conditions and symptoms, and ask a local GP questions.

Booking is essential. Please contact us to reserve your place.

Join us in
Wimbledon

46 0735 or email activities@wimbledonguild.co.uk

Wellbeing Workshops

Monthly, WG Morden, 1.30 - 3pm

Booking essential

Free



24th January - Winter Wellbeing

We'll look at ways to improve your mood, wellbeing and feelings of isolation during winter.

21st February - Who am I? Post-retirement

Find out how retirement affects our sense of wellbeing and identity. Plus we'll discuss ways to embrace this new chapter in your life.

In
Morden

21st March - Self-compassion and relaxation

Explore the importance of self-compassion and learn relaxation techniques including breathing and mindfulness exercises.

Clothes Mending Workshop

Wimbledon Guild – Monday 3rd February, 2 - 3.30pm

WG Morden – Friday 28th February, 2 - 3.30pm

Free

Too good to throw! Got clothes that need a refresh? Keen to avoid spending lots on a new wardrobe?

Learn how to mend, not spend. Not only is it a great skill, you'll also be reducing waste and saving money.

Feel free to bring items for repair, plus thread, if they are an unusual colour!



Pre-booking for all activities is essential.

For more information or to book on to any activities, call 020 8

Make it Monday!

Throughout the year, we'll be getting crafty with a series of workshops where you can take what you make!



Sashiko Workshop

Back by popular demand!
Monday 27th January

Wimbledon Guild, 2pm, £7

Learn the ancient art of Sashiko, a type of traditional Japanese embroidery or stitching used for the decorative and functional reinforcement of cloth and clothing.

Create your own Sashiko bookmark or coaster, no experience necessary.

**Take
what you
make!**

Pom Pom Animals

Monday 10th March

Wimbledon Guild, 2pm, £10

With Easter and spring approaching, join us for a creative pom pom animal-making session!

In this easy-to-follow workshop, we'll show you how to turn simple balls of wool into adorable animal faces. You'll learn the technique step by step and create your own rabbit... then the world (or animal kingdom) is your oyster!

Create your favourite pooch or a brilliant Easter gift or seasonal decoration.



Workshops must be booked and paid for in advance.

How we can help you

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



When you want to try something new

Keen to try Pilates, have a go at tap dancing or get in touch with your inner artist? There's always a new experience to enjoy with our fun and friendly classes, clubs and talks.



When you want to meet new people

Like our activities, our busy HomeFood Café is a great place to build friendships. Or, if you can't get out, we'll connect you with someone local who'll happily pop round for a regular cuppa and a chat.



When you're feeling low

Talk to a therapist one-to-one or join one of our friendly groups to tackle difficult feelings and emotions.



When you're worried about money

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



When you've been bereaved

If you need to talk, we're here to listen. We'll help you explore your emotions and work out what life looks like going forwards.



When you want to stay independent

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

To find out more email info@wimbledonguild.co.uk, call us on 020 8946 0735 or pop in to see us at Guild House, 30-32 Worple Road, SW19 4EF or WG Morden, 3-4 Crown Parade, Crown Lane, SM4 5DA.

What's On at Wimbledon Guild

January / February / March 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	£5
10.00 - 11.30	Table Tennis	Keep your brain sharp and improve your reflexes	WG Morden	£2
10.00 - 12.00	Knitting	All abilities welcome at this friendly club	Wimbledon Guild	FREE*
10.30 - 12.00	Table Tennis	Keep your brain sharp and improve your reflexes	Wimbledon Guild	£2
11.00 - 12.00	Pilates	Seated and standing exercises to tone and strengthen	Morden Baptist Church	£5
11.00 - 12.00	Walking Tennis	Tennis for those who want a gentler pace of play	Wimbledon Park	£5
11.15 - 12.15	Seated Exercise	Gentle exercise for joint mobility, suppleness and balance	Wimbledon Guild	£5
12.30 - 13.30	Balance, Fitness and Mobility	A fun and friendly class to keep fit and flexible	Wimbledon Guild	£5
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)	This class is designed as a progression from Level 1, or for those who are more physically active post-stroke	WG Morden	£4
14.00 - 15.00	Tai Chi (seated)	Tai Chi-based exercises for posture, balance and strength	Wimbledon Guild	£5
14.30 - 15.30	Conversational Spanish	Practise your Espanol with this self-led informal group	Wimbledon Guild	FREE
Tuesday				
10.00 - 11.00	Pilates	Seated and standing exercises to tone and strengthen	Wimbledon Guild	£5
10.00 - 11.30	Art Group	Bring out your inner artist with our friendly, creative group	Wimbledon Guild	£4
10.00 - 12.00	Ladies Before Lunch	Relax and make new friends at this monthly meet-up	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 Tennis	Tennis for those who want a gentler pace of play	Canons Leisure Centre	£4
11.30 - 12.30	Pilates	Seated and standing exercises to tone and strengthen	Wimbledon Guild	£5
13.00 - 14.00	Seated Yoga	Increase strength, flexibility and wellbeing	Wimbledon Guild	£5
13.30 - 15.00	Stroke Social Club	Share experiences, get support and socialise	WG Morden	FREE
14.30 - 15.30	Seated Yoga	Increase strength, flexibility and wellbeing	Wimbledon Guild	£5
Wednesday				
10.30 - 11.30	Balance, Fitness and Mobility	A fun and friendly class to keep fit and flexible	Wimbledon Guild	£5
10.30 - 12.00	Topics, Themes and Thoughts	Inspiring and entertaining talks on different topics	Wimbledon Guild	£4
10.30 - 12.00	Kurling	Adapted version of curling, accessible for all	Martin Way Methodist Church	£4
12.00 - 13.00	Stroke Exercise (Level 1)	Supporting recovery and increasing your mobility, stability and physical fitness	Wimbledon Guild	£4
12.30 - 13.00	Mobile & Tablet Workshop	Confused by technology? Let our tech whizzes help you	Wimbledon Guild	FREE
14.00 - 15.00	Pilates	Seated and standing exercises to tone and strengthen	Wimbledon Guild	£5
14.00 - 15.30	Reading Retreat	Informal reading group for good stories and great chat	Wimbledon Guild	FREE
Thursday				
10.00 - 11.00	Tap Dancing	Improve your mental and physical agility	Wimbledon Guild	£5
10.00 - 12.00	Games	Keep your mind active with our fun and informal games	Wimbledon Guild	£4
12.00 - 13.15	Dancing with Parkinson's	Specially designed dance class for people living with Parkinson's	Wimbledon Guild	£7
13.00 - 15.00	Bridge	All levels welcome at this relaxed, informal club	Wimbledon Guild	£4
14.00 - 15.30	Art Group	Bring out your inner artist with our friendly, creative group	Wimbledon Guild	£4
14.00 - 15.30	Board Games & A Brew	Bring a friend and grab a game	Wimbledon Guild	FREE
Friday				
10.00 - 11.00	Mat-based Yoga	Increase strength, flexibility and wellbeing	Wimbledon Guild	£5
10.00 - 11.00	Tai Chi (standing)	Reduce stress, build strength and sustain mobility	WG Morden	£6
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	Toning and strengthening your body inside and out	WG Morden	£6
11.30 - 12.30	Pilates	Seated and standing exercises to tone and strengthen	Wimbledon Guild	£5
13.00 - 14.00	Circuit Training with Chelsea FC	A great class for an all-round workout	Online/ Wimbledon Guild	FREE
13.30 - 15.00	Wellbeing Workshops	Monthly workshops for wellbeing and self-care	WG Morden	FREE
13.30 start	Film Fridays	Enjoy an afternoon relaxing with a classic film	Wimbledon Guild	FREE
14.15 - 15.00	Mobile & Tablet Workshop	Confused by technology? Let our tech whizzes help you	Wimbledon Guild	FREE

● refreshments included * refreshments available for a small charge ● monthly events - please contact us for more information

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

We're based at:

📍 Wimbledon Guild, Guild House, 30/32 Worple Road, SW19 4EF

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

Activities are in high demand and places are limited. Please book in advance:

- In person at reception
- Call 020 8946 0735
- Email activities@wimbledonguild.co.uk



Table Tennis Mondays, £2

Bounce into the week with some healthy, light-hearted competition. Table tennis is a great way to keep fit and improve hand-eye coordination. No experience necessary and equipment provided.

Morden, 10 – 11:30am. This new session welcomes all abilities. Enjoy a relaxed, fun and friendly game.

Wimbledon, 10.30am - 12pm. Our volunteer Freddie will get you started. After working up an appetite, why not have lunch in our café?