



Wimbledon
Guild

What's On

Activity Guide

for over
50's

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



April / May / June 2025

 www.wimbledonguild.co.uk

Registered Charity No. 200424

Company No. 383330

Topics, Thoughts & Themes

Every Wednesday, Wimbledon Guild,
10.30am - 12pm, £5 incl. refreshments

Join us
weekly



Highlights include:

30th April, Bringing Books to Life: Join Philida, author and illustrator of pop-up books. Get immersed in her world as she shares insights into her work, inspiration and what she does.

21st May, On His Majesty's Service: Hear Alastair Papps CB recount his 37 year career in the Prison Service. From joining, to the significant developments he witnessed during that time.

18th June, Not Luton... Croydon Airport! Writer and broadcaster Joanna Bogle tells the story of Croydon Airport, once the most famous airport in the world!

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

Culture Through Cuisine Talks

Wimbledon Guild, 10.30am - 12pm, £5

Includes
refreshments
& tasters

Wednesday 9th April, New England



Famous for its stunning fall scenery and spectacular coastlines. Find out about autumn 'leaf peepers' and why New Englanders are as passionate about their food as they are their baseball!

Wednesday 4th June, Myanmar (Burma)

Myanmar's ancient culture is influenced by Thailand, China and India, with golden temples and nearly 4,000 pagodas. Find out about the melting pot of cuisines, including 'Laphat' (pickled tea leaves salad) a unique dish that culturally signifies welcome and peace.

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

VE Day 80 Years Celebration

£7

Thursday 8th May

Wimbledon Guild, 1.30 - 3.30pm

Join us for an entertaining afternoon of swing dancing and reminiscing as we celebrate this momentous occasion. We'll have bunting galore and 'off rations' cream tea, served by the Women's Land Army. So get into the spirit, dress up (optional) and join us for an afternoon to remember!

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



What Did I Come Upstairs For?

Dementia Information Talk

Tuesday 20th May

Wimbledon Guild, 10.30am - 12pm

Worried about yourself or someone close?

1 in 3 people living with dementia in the UK are undiagnosed. Yet 91% of people with dementia say they benefitted from receiving a diagnosis.

Many of us worry about what it means to have or live with dementia. Join us for this talk and learn how to recognise the signs and symptoms, the difference between forgetfulness and dementia, how it affects us and what help is available.

Booking essential.



Free

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

Everyone's a winner!

Whether you're into cards or board games, we've got something to suit everyone.

Bridge

Every Thursday

1 - 3pm, £5



Great to build problem-solving skills and strengthen your memory.

Whether you're a beginner or more experienced, all levels are welcome at this sociable club.

Board Games & A Brew

Every Thursday

2 - 3.30pm, Free



From scrabble to chess and draughts to dominoes, we're sure to have a game that appeals.

Grab yourself a cuppa and get involved!

Pre-booking for all activities is essential.

Art Group

Every Thursday

Wimbledon Guild, 2 - 3.30pm

£5

Work on your own art under the guidance of our tutor. Whether you're a beginner looking for a new hobby, or an experienced artist, everyone is welcome to get creative over a friendly chat.

Creations have been featured on our What's On, hung in our café and displayed in a local coffee shop.



Pre-booking for all activities is essential.

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

Make it Monday!

All workshops take place at Wimbledon Guild.

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

Take
what you
make!

Bespoke Clay Lids

Monday 14th April, 2pm, £10

Jazz up your old jars and repurpose with some fun and quirky ideas using air-drying clay. Whether it's for Easter gifts or for storing a multitude of things.



Terrarium Workshop

Monday 12th May, 2pm, £12

Create your own mini ecosystem with a miniature indoor garden. Low maintenance, these mostly self-sustaining gardens in glass are like a little greenhouse you can keep on a table or shelf. You'll create a real focal point which is a charming addition to any room.



Clothes Mending Workshop

Monday 9th June, 2pm, Free

Too good to throw! 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!

Free



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

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 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

April / May / June 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 brain sharp and improve your reflexes	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 brain sharp and improve your reflexes	Wimbledon Guild	£3
11.00 - 12.00	Pilates WAITING LIST	Seated and standing exercises to tone and strengthen	Morden Baptist Church	£6
11.00 - 12.00	Walking Tennis	Tennis for those who want a gentler pace of play	Wimbledon Park	£6
11.15 - 12.15	Seated Exercise	Gentle exercise for joint mobility, suppleness and balance	Wimbledon Guild	£6
12.30 - 13.30	Balance, Fitness and Mobility	A fun and friendly class to keep fit and flexible	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)	This class is designed as a progression from Level 1, or for those who are more physically active post-stroke	WG Morden	£5
14.00 - 15.00	Tai Chi (seated)	Tai Chi-based exercises for posture, balance and strength	Wimbledon Guild	£6
14.30 - 15.30	Conversational Spanish	Practise your Espanol with this self-led informal group	Wimbledon Guild	FREE*
Tuesday				
10.00 - 11.00	Pilates WAITING LIST	Seated and standing exercises to tone and strengthen	Wimbledon Guild	£6
10.00 - 11.30	Art Group	Bring out your inner artist with our friendly, creative group	Wimbledon Guild	£5
10.00 - 12.00	Ladies Before Lunch (monthly - please check)	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	£5
11.30 - 12.30	Pilates WAITING LIST	Seated and standing exercises to tone and strengthen	Wimbledon Guild	£6
13.00 - 14.00	Seated Yoga	Increase strength, flexibility and wellbeing	Wimbledon Guild	£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, flexibility and wellbeing	Wimbledon Guild	£6
Wednesday				
10.30 - 11.30	Balance, Fitness and Mobility	A fun and friendly class to keep fit and flexible	Wimbledon Guild	£6
10.30 - 12.00	Topics, Thoughts and Themes	Inspiring and entertaining talks on different topics	Wimbledon Guild	£5 
10.30 - 12.00	Kurling	Adapted version of curling, accessible for all	Martin Way Methodist Church	£5
12.00 - 13.00	Stroke Exercise (Level 1)	Supporting recovery and increasing your mobility, stability and physical fitness	Wimbledon Guild	£5
12.30 - 13.00	Mobile & Tablet Workshop	Confused by technology? Let our tech whizzes help you	Wimbledon Guild	FREE*
14.00 - 15.00	Pilates WAITING LIST	Seated and standing exercises to tone and strengthen	Wimbledon Guild	£6
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	£6
10.00 - 12.00	Games	Keep your mind active with our fun and informal games	Wimbledon Guild	£5 
12.00 - 13.15	Dancing with Parkinson's	Specially designed dance class for people living with Parkinson's	Wimbledon Guild	£8 
13.00 - 15.00	Bridge	All levels welcome at this relaxed, informal club	Wimbledon Guild	£5 
14.00 - 15.30	Art Group	Bring out your inner artist with our friendly, creative group	Wimbledon Guild	£5
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	£6
10.00 - 11.00	Tai Chi (standing)	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	Toning and strengthening your body inside and out	WG Morden	£7
11.30 - 12.30	Pilates WAITING LIST	Seated and standing exercises to tone and strengthen	Wimbledon Guild	£6
13.00 - 14.00	Circuit Training with Chelsea FC	A great class for an all-round workout	Online/ Wimbledon Guild	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

* FREE - donations welcome

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



Bollywood Dance pilot - register your interest now!

Starts Friday 2nd May in Morden

Free first class

Beginners Bollywood brings you the life and flavour of Bollywood dance. Intricate hand gestures, combined with heart-pumping movements, will increase your cardio health and get both your heart and your mind racing. This class is high energy and highly enjoyable!