

What's on

October / November / December
2017

Wall
planner
inside!

What's on

Great Big Xmas Pudding Pub Quiz!

It's a Cracker!

Our host with the most, Michael Bebb will put your Xmas general knowledge through its paces whilst you enjoy a complimentary glass of mulled wine.

- **Friday 1st December** • 13.30 – 15.30
- HomeFood Café, Wimbledon Guild
- £6pp entrance fee includes homemade, speciality cakes
- Places limited, team entries (*max 4 per team*) or we can pair you up.



New!

What's on

Men's Matters Social Club for Men

- **Starts Friday 6th October** • 10.30 – 12.00
- HomeFood Café, Wimbledon Guild
- £1.50 incl. refreshments.

Drop by to share stories, interests, jokes or discuss the latest news and share your views. A chance to meet others and shape this new club your way.

What's on

Time to put your health first!

**FREE Health & Wellbeing Event with
Better Wimbledon Leisure Centre & Spa**

Join us for taster exercise sessions, mini health checks, talks from health professionals and a chance to meet local groups and organisations.

- **27th October** • 10.00 – 13.00 • Drake House, 44 St Georges Rd, Wimbledon SW19 4ED • Free, with healthy snacks included • Please register your interest for more information and to book onto a mini taster.



What's on



FOOD FOR THOUGHT

Be enlightened, entertained and inspired

Every Tuesday @ 10.45am



Guild House,
SW19 4EF

October

- 3rd Oct** **Books Brought to Life** - presented by Zulema Dene.
Short stories narrated by radio and stage actor Zulema Dene.
- 10th Oct** **Red October: the Russian Revolution** - presented by Clare Cohen.
Find out what really caused the people to revolt.
- 17th Oct** **A History of Wimbledon Light Opera Society** - presented by Paul Sadler, WLOS Treasurer. *Come backstage with Paul to discover 80 years of local theatrical talent.*
- 24th Oct** **Black History Month: Part 1 The Windrush** - presented by The Mayor of Merton, Councillor Marsie Skeete. *Join the Mayor for the first of our Black History month presentations giving us an insight into the history of the Black community in the UK.*
- 31st Oct** **Black History Month: Part 2 Insights into Senegal** - presented by Elizabeth co-founder of Artisanne, which sells unique, hand woven designs from Senegal. *Elizabeth tells us about Artisanne's ethical trading and its effect on a Senegalese village.*

November


- 7th Nov** **Books Brought to Life** - presented by Zulema Dene.
Short stories narrated by radio and stage actor Zulema Dene.
- 14th Nov** **A Beacon of Hope** - presented by James Leek.
History and stories related to the Wimbledon War Memorial.
- 21st Nov** **Dance for Parkinson's** - with Joanne Duff, co-founder of Musical Moving.
Learn about this unique combination of music, dance and exercise and the amazing effects it can have on people with Parkinson's.
- 28th Nov** **Season's Greetings** - presented by Norton from The Wallace Collection.
Christmas comes to Wimbledon Guild as Norton gives us a tour of the collection's festive themed artworks.

December

- 5th Dec** **Books Brought to Life** - with Zulema Dene.
Short stories narrated by radio and stage actor Zulema Dene.
- 12th Dec** **My Career in Paint Part. 2: the Sketchbook** - presented by Geoff Hunt, renowned maritime artist. *Sail with Geoff as he flicks through the pages of his artistic journey.*
- 19th Dec** **Mince Pies and Music Hall** - presented by Jo Stone and amateur dramatic group Like Minds Media. *Join us for a traditional old time music hall... mince pies included!*

What's on at the Wimbledon Guild

October / November / December 2017

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	£4.00
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	Louie Black House (SW19)	£3.00 Please book
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
11.15 - 12.15	Senior Exercise	Gentle exercise focusing on joint mobility, suppleness and balance	Drake House Hall	£4.00
13.00 - 14.00	Active Stroke Exercise (Level 2)	This class is designed as a progression from Level 1	Drake House Hall	£3.00
14.15 - 15.30	Stroke Club	Share experiences, be supported and socialise at this friendly club	Guild Lounge	FREE
Tuesdays				
9.30 - 11.30	Art Group	Bring out the inner artist with our fun tutored group	Drake House	£4.00
10.30 - 11.30	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
12.00 - 13.00	Yoga	Movement and meditation to increase strength, flexibility and enhance wellbeing	Drake House Hall	£4.00
13.00 - 15.00	Bridge Club	All levels welcome at this fun club	Guild Lounge	£3.00
Wednesdays				
	IT Courses	6 week courses for all levels. Call for more information, booking essential	Drake House	£24.00 course
11.00 - 12.00	Mixed Ability Exercise	A fun and friendly class to keep fit and flexible	Drake House Hall	£4.00
12.00 - 13.00	Stroke Exercise (Level 1)	Supporting recovery and increasing your mobility, stability and physical fitness	Drake House Hall	£3.00
12.30 - 15.15	Mobile & Tablet Workshop 	Confused by technology? Let us help you, booking essential	Guild Lounge	FREE Please book
14.00 - 16.00	Guild House Club	Popular club led by the lively and well informed Michael Bebb	Guild Lounge	£2.50
Thursdays				
	IT Courses	6 week courses for all levels. Call for more information, booking essential	Drake House	£24.00 course
10.30 - 11.30	Tai Chi	Gentle exercise using natural movements	Drake House Hall	£4.00
10.30 - 12.00	Remember When	Make friends and share experiences, refreshments included	Guild Lounge	£3.00
12.00 - 13.00	Belly Dancing	An art to improve your confidence and fitness. (Accessories provided).	Drake House Hall	£4.00
13.00 - 15.00	Games	Keep your mind active with our fun and informal games	Guild Lounge	£3.00
13.00 - 15.00	Scrabble Club	Keep your memory sharp and make friends at our fun and informal Scrabble Club	HomeFood Café	£1.50
Fridays				
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 meditation to increase strength, flexibility and enhance wellbeing. Includes matwork.	Drake House Hall	£4.00
10.30 - 12.00	Men's Matters 	Drop by to share stories, interests, jokes and the news	HomeFood Café	£1.50
10.30 - 12.00	Friendly Friday	Chill out, chat and share interests in a relaxed environment	Guild Lounge	£3.00
13.00 - 15.00	Tea & Bingo	No description needed, there is always time for tea and bingo	Guild Lounge	£4.00
14.30 - 15.15	Mobile & Tablet Workshop 	Confused by technology? Let local students help you, booking essential	HomeFood Café	FREE Please book

Please note classes may be subject to change, particularly over holiday periods.
Please register if attending Wimbledon Guild for the first time.
Registration is free and only needs to be done once.

What's on



Trips

Places are limited so please book in advance



October

Queen at the Royal Albert Hall

The Royal Philharmonic Orchestra plays a live tribute to the music of legendary rock band, Queen.

- Friday 6th October
- Depart Wimbledon station 13.00 • Return approx. 18.00
- Travel independently or in a group • £6 incl. entrance. Travel at own expense.



November

Tour of the Houses of Parliament

Guided tour (1 ½ hours) of the Houses of Parliament.

NB Steps involved

- Monday 13th November
- Depart Wimbledon station 9.45 • Return approx. 14.30
- £6 for guided tour. Travel and lunch at own expense.



December

Christmas shopping with a tour of Turner's House, Twickenham

Christmas shopping and lunch at Squires Garden Centre, followed by a guided tour of renowned landscape artist Joseph Turner's house in the afternoon.

- Wednesday 13th December
 - Depart WG 10.00
 - Return approx. 15.45
- £12 incl. entrance, transport and tour. Lunch at own expense.

Book Now on: activities@wimbledonguild.co.uk

or contact Mel or Olivia on: 020 8946 0735



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