

What's On

Wimbledon Guild

Activity Guide

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



Wimbledon
Guild

Where no one has to face
life's challenges alone

www.wimbledonguild.co.uk

Registered Charity No. 200424

Company No. 383330

Walking Tennis

Monday, 10.30am - 12pm

Wimbledon Park Tennis Courts

Whether you want to sharpen up your hand-eye coordination or increase your fitness and flexibility, this is set to be ace. Plus, with social time after class, this activity is a win-win all round!

£5 incl. equipment, booking essential

Refreshments available*

New



Wellbeing Workshops

Monthly, 10.30am - 12pm

Join us for a new series of **FREE** health and wellbeing workshops in partnership with Merton Uplift, covering a different theme every month. Learn key skills and tips to take care of your own wellbeing, including mindfulness, exercise, healthy eating and more.

**Starts
in May**

Contact us to find out about future workshops and book a space

Culture Through Cuisine

May 24th - Hinduism

Explore Hindu cooking from around the world with Veena, a former HomeFood Café volunteer. She'll talk about how cooking traditions have changed over the centuries, shaped by Hindu festivals and beliefs and how the food Hindus eat varies depending on where in the world they live.



June 28th - Islam

Maryam takes us on a culinary journey of Islam. Touching on the history of Islam, we'll find out what foods are halal (allowed) and haram (prohibited). She will also look at why Muslims across the globe fast during Ramadan and how Eid is celebrated by Muslims the world over.



July 26th - Australia

Enjoy a relaxed trip through modern Australia with Clare as she explores the nation's favourite dishes and traditions. Learn about staples such as meat pie, roast lamb and the classic 'barbie', plus the significance of the Anzac biscuit, pavlova and damper bread.



£4 per session incl. refreshments and tasters. Advance booking required.

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

Wellbeing Support



Practical and emotional support to help you live an independent life

Activities



There's always a new experience to enjoy with our fun and friendly mix of classes, clubs and talks for over 50s

Talking Therapies



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

Befriending



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

Financial Assistance



Help to buy essential items like household appliances, clothing and school uniform

Grief Support



We'll help you explore your emotions and work out what life looks like after you lose someone

To find out more visit our website wimbledonguild.co.uk, call us on 020 8946 0735 or pop in to see us at Guild House on Worple Road.

What's On at Wimbledon Guild

May / June / July 2022

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	£5.00
10:00 - 12:00	Knitting	All abilities welcome at this friendly club	HomeFood Café	FREE*
10:30 - 12:00	Walking Tennis	Tennis for those who want a gentler pace of play	Wimbledon Park	£5.00*
11:15 - 12:15	Seated Exercise	Gentle exercise for joint mobility, suppleness and balance	Drake House Hall	£5.00
13:15 - 14:15	Mindful Moments	Pause, breathe, unwind and focus on the present	Zoom	FREE
14:00 - 15:00	Tai Chi	Improve posture, balance and strength	Drake House Hall	£5.00
Tuesdays				
10:00 - 11:00	Pilates	Toning and strengthening your body inside and out	Drake House Hall	£5.00
10:00 - 11:30	Art Group	Bring out your inner artist with our fun and creative group	Drake House	£4.00
10:00 - 11:45	Ladies Before Lunch	Enjoy coffee whilst you relax with friends or meet new ones	HomeFood Café	FREE* ●
10:30 - 12:00	Wellbeing Workshops	Monthly workshops for wellbeing and self-care	Guild Lounge	FREE ●
11:00 - 12:00	Culture Through Cuisine	Monthly talks that are a feast for all the senses	Guild Lounge	£4.00 ●
11:30 - 12:30	Pilates	Toning and strengthening your body inside and out	Drake House Hall	£5.00
13:00 - 15:00	Seated Yoga	Increase strength, flexibility and wellbeing	Drake House Hall	£5.00
Wednesdays				
10:30 - 11:30	Balance, Fitness and Mobility	A fun and friendly class to keep fit and flexible	Drake House Hall	£5.00
10:30 - 12:00	Food for Thought	Informal talks on entertaining and inspiring topics	Guild Lounge	£4.00 ●
12:00 - 13:00	Stroke Exercise	Supporting recovery and increasing your mobility, stability and physical fitness	Drake House Hall	£4.00
14:00 - 15:00	Quiz of the Week	Put your general knowledge to the test	Zoom	£4.00
14:00 - 15:00	Pilates	Toning and strengthening your body inside and out	Drake House Hall	£5.00
Thursdays				
10:00 - 11:00	Tap Dancing	Improve your mental and physical agility	Drake House	£5.00
10:00 - 12:00	Games	Keep your mind active with our fun and informal games	Guild Lounge	£4.00 ●
12:00 - 13:15	Dancing with Parkinson's	Specially designed dance class for people living with Parkinson's	Drake House Hall	£5.00
13:00 - 15:00	Bridge	All levels welcome at this fun club	Guild Lounge	£4.00
13:30 - 15:00	Arts & Crafts	Bring out your inner artist with our fun and creative group	Drake House	£4.00
14:00 - 15:30	Scrabble	Keep your memory sharp and make friends	HomeFood Café	FREE
Fridays				
10:00 - 11:00	Yoga	Increase strength, flexibility and wellbeing (all levels)	Drake House Hall	£5.00
10:30 - 12:00	Men's Space	Drop by to share stories, interests, news and views	Guild Lounge	FREE ●
13:00 - 14:00	Indoor Circuits with Chelsea FC	A great class for an all-round workout	Zoom	FREE
14:30 - 15:15	Mobile & Tablet Workshop	Confused by technology? Let local students help you	HomeFood Café	FREE
Any time				
	Walking Buddies	Make new friends while enjoying the great outdoors	Local Community	FREE

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

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!

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