

**Activities in Sutton North**
**October – December 2015**

Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Venues
<b>Amigos older Spanish Speakers</b> 10.30am-12.00pm 020 8770 6959 (TAZ)	<b>Slimming World</b> 9.00am-11.00am 020 8786 7558 (RCA)	<b>Evergreen Club</b> 020 8641 6611  <b>Badminton</b> 8.00am-1.00pm <b>Legs, Bums &amp; Tums</b> 9.30am-10.30am <b>50+ Aerobics</b> 10.30am-11.30am <b>Line Dancing</b> 11.45am-12.45  (SV)		<b>Evergreen Club</b> 020 8641 6611  <b>Badminton</b> 8.00am-1.00pm <b>Zumba Gold</b> 9.30am-10.30am <b>Pilates</b> 11.45am-12.45pm  (SV)	<b>Evergreen Club</b> 020 8641 6611  <b>Badminton</b> 8.00am-1.00pm <b>Aerolatino</b> 9.30 - 10.30am <b>50+ Aerobics</b> 11.15 - 12.00pm <b>Pilates</b> 12.00 - 1.00pm <b>Pilates</b> 1.00pm-2.00pm (SV)	<b>Evergreen Club</b> 020 8641 6611  <b>Body Balance</b> 10.15am-11.15am  <b>Pilates</b> 12.15am-1.15pm  (SV)	<b>TAZ – Tazza Coffee Shop, 188 High Street Sutton SM1 1NR</b>  <b>SV – The Sports Village, Rosehill Recreation Ground, Sutton SM1 3HH</b>
<b>Evergreen Club</b> 020 8641 6611  <b>Badminton</b> 8.00am-11.30am <b>Tennis</b> 9.30am-12.30pm <b>50+ Aerobics</b> 10.30am-11.30am <b>Yoga</b> 12.00pm-1.00pm  (SV)	<b>Evergreen Club</b> 020 8641 6611  <b>Body Balance</b> 10.30am-11.30am <b>Zumba</b> 11.45am-12.45pm  (SV)	<b>Open Morning (Coffee &amp; a chat)</b> 10.00am-12.00pm (18 Nov & 9 Dec) 07714003490  <b>Irish Social Group</b> 2.00pm- 4.30pm (1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays) 020 8401 2701  <b>U3A Bridge Club</b> 2.00pm-4.30pm (2 <sup>nd</sup> & 4 <sup>th</sup> Wednesdays) 020 8647 4667 (GRF)		<b>Staying Steady NHS</b> 1.30pm-2.30pm (GP Referrals only) 020 8254 8247 (GRF)	<b>Line dancing</b> 10.00am-12.00pm 07776 238434  <b>Falls Prevention NHS</b> 2.00pm-3.00pm (GP referrals only) 020 8254 8247  (GFR)	<b>Friends of Rosehill Park Litter Picking</b> 10.00am-12.00pm (Second Saturday of month Just come along to the Recreation Ground and join in)	<b>GRF – Granfers Community Centre, 73-79 Oakhill Road Sutton SM1 3AA</b>  <b>MH – Milton House, Chaucer Gardens, Sutton SM1 2QU</b>
<b>Sangam (Monday)</b> 11.00am-2.00pm 020 8648 8821 (GRF)	<b>Falls Prevention NHS</b> 2.00pm-3.00pm (GP referrals only) 020 8254 8247 (GRF)	<b>No Panic</b> 2.00pm-4.00pm (Twice monthly on Wednesday ring to check dates) 020 8644 0363 (GRF)		<b>Sutton &amp; Surrey Senior Citizens Club</b> 11.00am-2.00pm 020 8642 0803 (TWC)	<b>Sutton Seniors Forum 2.00pm-4.00pm</b> (Monthly, ring to check dates) 020 8401 2741 (GRF)		<b>ASB – All Saints &amp; Benhillton Parish Church, All Saints Rd, Sutton, Surrey SM1 3DA</b>
<b>SCILL Stroke Club Drop-in</b> 1.00pm-3.00pm 020 8770 4065 (SCILL)	<b>Mini-mix sessions</b> 3.30pm-5.30pm 07754 832 823 (MH)	<b>Circle of Support</b> 2.00pm-4.00pm 07800743319 (TAZ)	<b>Martial Arts</b> 4.00pm-5.00pm 020 8646 5551 (RCA)	<b>Coffee Morning</b> 11.00am-1.00pm (2 <sup>nd</sup> Thursday bi-monthly) 020 8644 9070 (ASB)	<b>Martial Arts</b> 4.00pm-5.00pm 020 8646 5551 (RCA)		<b>TWC – Thomas Wall Centre, 52 Benhill Road, Sutton SM1 4DP</b>
<b>Lace Making &amp; Knitting</b> 7.30pm-9.30pm (School term times) 020 8405 0582 (GRF)	<b>Irish Dancing</b> 6.00pm-9.00pm (School Term time) 07940 475066 (GRF)	<b>Quiz Night Fish &amp; chips meal</b> 7.00pm-10.15pm (Quarterly 11 Nov) 07714003490 (GRF)		<b>Yoga</b> 7.00pm-9.00pm 0777 9909499 (GRF)			<b>RCA – Rosehill Community Association, Rosehill Recreation Ground, Sutton SM1 3HH</b>



Welcome to this edition of the Sutton North Community Calendar, providing information about group and leisure activities for adults.

In this era of austerity and shrinking resources there is growing emphasis on people and their community to play a bigger role in supporting themselves and one another.

Sutton North ward offers a wide range of opportunities to meet people, socialise or volunteer. You can try your hand at line dancing, rediscover your love of knitting or simply drop in for a cup of tea and a chat at one of the many coffee or social clubs near you.

Older people need access to information and advice about how to stay healthy, active and safe as well as where local clubs and groups meet so they can socialise, widen their circle of friends and avoid social isolation.

The Sutton North Community Collaborative Group is a community led initiative aimed at getting people actively involved in their community. The calendar helps to raise awareness of social opportunities that already exist locally.

Many of the groups and activities listed in this calendar are run by local people, volunteers who give their time to organise and host activities. We acknowledge their hard work and commitment.

***Sutton North Community Collaborative***

**List of useful numbers**

Age UK Sutton	020 8770 4089
Alzheimer’s Society	020 8770 1875
Citizens Advice Bureau	020 8405 3552
Eldercare (Telecare/alarms)	0345 603 4576
Live Well Sutton	0208 2510 606
Sutton Centre Independent Living & Learning (SCILL)	020 8770 4065
Sutton Stroke Association	077 6490 5073
Sutton Fire Station	020 8555 1200
Sutton North Safer Neighbourhoods team (Police)	020 8721 2494
Sutton Vision	020 8409 7166
Sutton Healthwatch	020 8641 9540
Uplift (Wellbeing Navigators)	020 3513 3819

# What’s on in your community? Social Opportunities for Over 55’s Sutton North



## Sutton North Community Collaborative Group