

## Who to contact:

**Reception:** 020 7624 8378

**Lindsay Richardson-Director**

**Zamzam Osman - Children's Services Coordinator**

**Kilburn Good Neighbours:** 020 7604 4823,

kgn@abbeycc-kilburn.org.uk

**Laura Wigzell - Over 50's Co-ordinator (CTC & CHAPS):**

020 3397 4583 or 07447 932564, ctc@abbeycc-kilburn.org.uk

**Gavin Harper - Community Projects Organiser:**

020 3397 3108, chaps@abbeycc-kilburn.org.uk

**Simone Carneiro - Neighbours 2 Friends Activities Facilitator:**

020 7624 8378 or 07447 932564, activities@abbeycc-kilburn.org.uk

**Henna Asian Women's group:** 020 7372 9860



The Abbey Community Centre,  
222c Belsize Road, Kilburn,  
NW6 4DJ.

020 7624 8378

hello@abbeycc-kilburn.org.uk



## Spring 2018 Programme

222c Belsize Road,

Kilburn, London. NW6 4DJ

[www.abbeycc-kilburn.org.uk](http://www.abbeycc-kilburn.org.uk)

Twitter: @AbbeyCCnw6

020 7624 8378

## Monday

10.00-12.00-Toddler Time (Under 2's)

In the Main Hall

12:30-1.30-Yoga Hatha class  
(All levels) (£)

10.00-2.00-Kilburn Good Neighbours

1.00-3.00-Henna over 50's (MEMBERS  
ONLY)

1.00-3.00-Crèche (Under 5's) (£)

4.00-5.00-Children's Taekwondo

6.00—8.00—Table Tennis

## Tuesday

10.00-12.00-Fun for All (Under 5's)

In the Main Hall

10.00-11.30-Let's play (1-2 years)

In the Crèche

10.00-5.00-Kilburn Good Neighbours

11.00-2.00-CHAPS cooking (Over 65's)

1.00-2.00-Seated exercise (£)

1.00-3.00-Crèche (Under 5's) (£)

2.00-3.00-Bingo

2.00-3.00-Nordic walking

2.15-3.15-Henna Hatha yoga (£)

4.00-6.00-Recycleart

## Wednesday

10.00-11.30-Baby Play (Under 1's)  
in the Main Hall

11.00-1.00-Beginners IT Drop in

12.15-1.15-Henna Yoga (£)

1.00-3.00-Crèche (Under 5's) (£)

1.00-3.00-Sewing class (£)

1.30-3.30pm-IT course Beginners  
(Bookings only)

4:45-5:45pm-Colouring Calm Club  
(£)

6.00-7.30-Choir

## Thursday

10.00-12.00-Fun for All (Under 5's)

In the Main Hall

12.00-1.45-Creative writing (3rd  
Thursday of the month).

12.30-1.15-Baby sensory class (£)

1.00-3.00-Crèche (Under 5's) (£)

2.00-3.00-Crochet

2.00-3.00- Baby Play (Under 1's) in the  
Main Hall

4.00-6.30-Children's Piano lessons (£)

5.00-8.30-Taekwondo (£)

7.00-8.30-CA

## Friday

10.00-12.00-Fun for All (Under 5's) In the Main Hall

10.00-11.30-Let's play (Under 1's) in the Crèche

10.00-5.00-Kilburn Good Neighbours

10.30-12.00- Coffee Morning and Gardening

12.30-1.15-Boccia

1.30--3.00-Gentle dance class

1.30-3.30-Bridge

1.30-3.30-Abbey Men's Club

## Saturday

10.00-12.00-Tech Buddies

11.00-1.00 -Arts & Crafts (All ages—Drop in)

11.00-12.00-Councillor surgery (Every third Saturday of the month)

11.00-2.00-Abbey's Community Cafe

2.00-4.00- Sewing, knitting and crochet classes (£)

2.00-5.00- Saturday London trips (All Ages - Every first Saturday of the  
month)

## Sunday

4.00-7.00-AA Self help group

Over 50? See separate programme  
for latest activities and groups, or  
drop in to coffee morning on Fridays  
from 10.30-12.00