

Who to contact:

Reception: 020 7624 8378

Lindsay Richardson-Director

Zamzam Osman - Children's Services Coordinator

Kilburn Good Neighbours: 020 7604 4823,

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Bryony Littlefair – Activities Coordinator

020 3397 4583 or 07447 932564,

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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, acivities@abbeycc-kilburn.org.uk

Henna Asian Women's group: 020 7372 9860



LOTTERY FUNDED

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

020 7624 8378

hello@abbeycc-kilburn.org.uk



Spring 2019 Programme

222c Belsize Road,

Kilburn, London. NW6 4DJ

www.abbeycc-kilburn.org.uk

Twitter: @AbbeyCCnw6

020 7624 8378

Monday

10.00-12.00-Toddler Time (Under 2's) in the Main Hall

11.00-4.30-Kilburn Good Neighbours

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

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 (£)

6.30-7.45- Chess Club

Tuesday

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

10.00-1.00- Henna ESOL (£)

10.00-12.00-Computer for Beginners*

11.00-16.30-Kilburn Good Neighbours

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

1.00-2.00-Seated exercise (£)

1.00-3.00-Crèche (Under 5's) (£)

2.00-3.00-Bingo

2.15-3.15-Henna Hatha yoga (£)

2-4-Photography- Men's only*

3.15-4.15-Dominoes Club

4.45-5.45-Recycle Art

6.00-7.30-Choir*

Wednesday

10.00-12.00-Baby Play Health Hub (Under 1's) in the Main Hall*

10.00-12.00-Henna ESOL (£)

11.00-1.00-Men's IT Drop in

12.15-1.15-Henna Yoga (£)

12.30-2.30-Henna ESOL (£)

1.00-3.00-Crèche (Under 5's) (£)

1.00-3.00-Sewing class (£)*

3.15-4.15-Men's Fitness (£)

3.30-4.30-Colouring Calm Club (£)

4.30-6.00-Dance Fusion*

Thursday

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

10.00-12.00-Henna Ageing Better

10.00-12.00-Computer Next Steps *

11.00-4.30-Kilburn Good Neighbours

12.15-1.45-Creative writing (3rd Thursday of the month)

1.00-3.00-Crèche (Under 5's) (£)

1.00-2.00- Men's Table Tennis

1.00-2.30-Aromatherapy*

2.00-3.00-Crochet

3.45-4.45-Boccia Beginners

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

10.00-12.00-Henna Friday Numeracy (£)

10.00-1.00-Men's Baking*

10.30-12.00- Coffee Morning and Gardening

12.15-1.15-Boccia Advanced

1.30-3.00-Gentle Dance Class*

1.30-3.30-Bridge

1.30-3.30-Abbey Men's Club

Saturday

10.00

10.00-12.00-Tech Buddies

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

11.00-2.00-Abbey's Community Café

11.00-2.00-Dominoes Club

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

Under 5s? See separate programme for latest activities and groups.

* For starred activities, please contact Reception on 020 7624 8378 to check current dates and whether you need to book a place.