

## 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  
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-IT Drop in for men  
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)  
3.00-6.00-Gardening club  
6.00-7.30-Choir

## Thursday

10.00-12.00-Fun for All (Under 5's)  
In the Main Hall  
11.00-1.00-IT Drop in (CTC)  
12.15-1.45-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  
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)  
11.00-1200-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 & second Satur-  
day 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