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Henna Asian Women's group-02073729860

South Sudan Women's skills development-02073720944



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The Abbey Community Centre,

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Autumn 2017 Programme

222c Belsize Road,

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Monday

1000-2.00-Kilburn Good Neighbours
10.30-12.00-Scrabble
1.00-3.00-Henna over 50's (MEMBERS ONLY)
1.00-3.00-Under 5's crèche (£)
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-Under 5's crèche (£)
2.00-3.00-Bingo
2.00-3.00-Nordic walking
2.15-3.15-Henna Hatha yoga (£)
4.00-6.00-Recycleart

Wednesday

10.00-10.45-Baby Play (Under 1's)
in the Main Hall
10.45-12.00-Fun for All (Under 5's)
in the Main Hall
11.00-1.00-IT Drop in for men
12.15-1.15-Henna Yoga (£)
1.00-3.00-Under 5's crèche
1.00-3.00-Sewing class (£)
2.00-4.00-IT Drop in (CTC)
3.00-4.00-Men's 50+ fitness
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-Under 5's crèche
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)
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
11.00-1.00-Gardening club
12.30-1.15-Boccia
1.30--3.00-Gentle dance class
1.30-3.30-Bridge

Saturday

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
2.00-8.00-South Sudan women's skill development drop in.
Programme includes: Sewing club 13.00-15.00, dress making, knitting &
embroidery
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