

Who to contact:

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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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Spring 2017 Programme

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Monday

1000-2.00-Kilburn Good Neighbours
1030-1200-Scrabble
1.00-3.00-Henna over 50's (MEMBERS ONLY)
1.00-3.00-Under 5's crèche (£)
2.00-4.00-IT Drop in (CTC)
2.30-3.30-Men's 50+ fitness
4.00-5.00-Children's Taekwondo
6.00—8.00—Table Tennis

Tuesday

1000-1200-Fun for All (Under 5's)
1000-5.00-Kilburn Good Neighbours
1100-2.00-CHAPS cooking
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
4.00-5.00-Acrobatic dance

Wednesday

0930-1200-ESOL
1000-1045-Baby Paly (Under 1's)
1045-1200-Fun for All (Under 5's)
1130-1.30-IT Drop in for men
1215-1.15-Henna Yoga (£)
1.00-3.00-Under 5's crèche
1.00-3.00-Sewing class (£)
2.00-4.00-IT Drop in (CTC)
5.30-7.00-Choir

Thursday

1000-1200-Fun for All (Under 5's)
1000-1230-ESOL
1215-1.45-Creative writing (3rd Thursday of the month).
1230-1.15-Baby sensory class (£)
1.00-3.00-Under 5's crèche
2.00-3.00-Crochet
4.00-6.30-Children's Piano lessons (£)
5.00-8.30-Taekwondo (£)
7.00-8.30-CA

Friday

1000-1200-Fun for All (Under 5's)
1000-5.00-Kilburn Good Neighbours
1030-1200- Coffee Morning
1100-1.00-Gardening club
1230-1.30-Boccia
1.30--3.00-Gentle dance class
1.30-4.00-Bridge

Saturday

1000-2.00-Saturday club (Every third Saturday of the month)
10.00-12.00 –Arts & Crafts (Every first & second Saturday of the month)
1100-1200-Councillor surgery (Every third Saturday of the month)
2.00-8.00-South Sudan women's skill development drop in.
Programme includes: Sewing club 1300-1500, dress making, knitting & embroidery
2.00-5.00– Saturday London trips (Every first & second 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 1030-1200