

## Who to contact:

Lindsay Richardson-Director

Leo Collier-Centre Operations Manager

Zamzam Osman—Children's Services Coordinator

Joanna Goga - Kilburn Good Neighbours: 02076044823,

kgn@abbeycc-kilburn.org.uk

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

02033974583 or 07447932564, ctc@abbeycc-kilburn.org.uk

Gavin Harper-CHAPS Coordinator: 02033973108 ,

chaps@abbeycc-kilburn.org.uk

Henna Asian Women's group-02073729860

South Sudan Women's skills development-02073720944



LOTTERY FUNDED



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

02076248378

hello@abbeycc-kilburn.org.uk



## Autumn 2017 Programme

222c Belsize Road,

Kilburn, London. NW6 4DJ

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

Twitter: @AbbeyCCnw6

02076248378

## 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 (£)  
2.30-3.30-Men's 50+ fitness  
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-Fun for All (Under 5's)  
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

09.30-12.00-ESOL  
10.00-10.45-Baby Play (Under 1's)  
10.45-12.00-Fun for All (Under 5's)  
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)  
5.30-7.00-Choir

## Thursday

10.00-12.00-Fun for All (Under 5's) in the Main Hall  
10.00-12.30-ESOL  
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)  
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-Fun for All (Under 5'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)  
11.00-1200-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 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