

For more information, or to sign up to our newsletters for the latest events and activities,

contact Bryony or Gavin on:

020 3397 4583, 07447 932654

activities-coordinator@abbeycc-kilburn.org.uk or

chaps@abbeycc-kilburn.org.uk

Drop by our **Friday coffee mornings** from 1030-1200

Keep up to date on our blog:



LOTTERY FUNDED



The Queen's Award
for Voluntary Service
Winner 2018
Kilburn Good Neighbours

communitytimecamden.wordpress.com

Over 50s

Activities at Abbey Community Centre



“Abbey is like a playground for adults!”



222c Belsize Road, Kilburn, London NW6 4DJ

www.abbeycc-kilburn.org.uk

Twitter: @AbbeyCCnw6

MONDAY

12.30-1.30-Yoga Hatha Class(£)

Suitable for all levels, including beginners. People with hearing difficulties and BSL users particularly welcome.

6.00-8.00-Table tennis (£)

A fun evening of ping pong for all abilities

6.30-7.45-Chess Club

SATURDAY

10.00-12.00-Saturday Walking

10.00-12.00-Tech Buddies

IT help from trained volunteers— phones, laptops and tablets. For over 60s.

11.00-2.00-Abbey's Café

Affordable food & drink in a friendly atmosphere. Main meals just £2!

11:00-2:00-Dominoes Club

2.00-4.00-Sewing, Knitting and Crochet (£)

2.00-5.00– Saturday London trips (All Ages - Every first Saturday of the month)

TUESDAY

10.00-12.00-Computer Beginners Course

11.00-2.00-Men's Cooking

Share your recipes or learn new ones. Peel, chop & share the fruits of your labour (Over 65's)

1.00-2.00-Seated exercise (£)

Enjoy the low impact exercise & improve your bone & muscle strength, joint, mobility & flexibility.

2.00-3.00-Bingo

A fab social club and way to win prizes. 20p per game.

2.00-4.00– Photography Course– Men's only*

3.15-4.15– Dominoes Club

4.45-5.45-Recycle Art

Reuse ordinary materials to create crafty items. Inspiring, creative and fun activity!

6.00-7.30-Choir*

For all abilities and ages 18+, our friendly community choir welcomes new members.

*Please call Reception to check latest dates and if you need to book a place.

WEDNESDAY

11.00-1.00-Men's IT drop in

Just for men, a time to find out more about computers or brush up on your skills

1.00-3.00-Sewing Class(£)*

3.15-4.15-Men's Fitness (£)

Classes are taken by a professional personal trainer.

3.30-4.30-Colouring Calm Club (£)

Unwind, relax and be mindful! Improve your mood a relieve stress in a calm and relaxing atmosphere. Enjoy an outlet for self-expression.

4.30-6.00-Dance Fusion*

Learn many dance styles. Friendly classes lead by professional tutor Emma Weir. Six weeks course from 01/04 until 05/06

Over 60 and finding it hard to get out and about?

We also run a befriending scheme, Kilburn Good Neighbours. Contact Lydia on **020 7604 4823** or see kilburngoodneighbours.org.uk for

more info. Office hours are Monday, Tuesday and Friday.

THURSDAY

10.00-12.00-Computer Next Steps Course*

12.15-1.45-Creative writing, Monthly-Third Thursday of the month

Let your creativity flow with Bryony. No experience necessary.

1.00-2.00– Men's Table Tennis

1.00-2.30-Aromatherapy*

2.00-3.00-Crochet

Whether you're a total beginner or a master with a crochet hook, come along to our session to learn new skills, share designs & have a natter in our lovely garden room.

3.45-4.45– Boccia Beginners

Everyone plays the game seated. Very fun and easy to play,.



FRIDAY

10.00-1.00– Men's Baking Course*

Learn to make easy and fulfilling meals.

10.30-12.00-Coffee morning and Gardening Group

Meet new people, relax & share your interests. Lots of tea, coffee & biscuits!

Help us make our community garden bloom. We are growing our own herbs, vegetables, flowers & even our own hops!

12.15-1.15-Boccia Advanced

A fun, friendly type of indoor bowls.

1.30-3.00-Gentle Dance Class*

Learn lots of gentle dance styles at this fun class for men & women over 50,, led by Emma. No experience required.

1.30-3.30 Beginners Bridge Club

Pop in & learn how to play!

1.30-3.30-Abbey Men's Club

An afternoon activities just for men: Board games, Cards, Dominoes, News Papers, Table Tennis, Tea & Coffee