

For more information, or to sign up to our newsletters for the latest events and activities, contact Laura or Gavin on:

02033974583, ctc@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:

communitytimecamden.wordpress.com



LOTTERY FUNDED



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

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

We look forward to seeing you!

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

SATURDAY

10.00-12.00-Tech Buddies

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

11.00-2.00-Abbey's Community Café

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

11:00-2:00-Dominoes Club

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

TUESDAY

11.00-2.00-Men's cookery

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.

4.45-5.45-Basic Design (6 weeks course from Tue 5th Feb)

Learn basic drawing techniques for beginners

6.00-7.3-Choir

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

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-Colourimng 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.

3.30-4.30-Men's Exercise (£)

Classes are taken by a professional personal trainer.

4.30-6.00-Dance Fusion

Learn many dance styles. Friendly classes lead by professional tutor Emma Weir. Six weeks course from 16/01/19. All abilities.

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

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

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

THURSDAY

10.00-12.00-Beginners IT drop in (Bookings only)

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

Let your creativity flow with Bryony. No experience necessary.

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.

1.00-2pm– Men's Table Tennis

This is a brilliant way to get fitter with friends.



FRIDAY

10.30-12.00-Coffee morning and Gardening Group

Meet new people, relax & share your interests. Loots 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

A fun, friendly type of indoor bowls. All abilities welcome.

1.30-3.00-Gentle dance

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