

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](mailto:ctc@abbeycc-kilburn.org.uk) or  
[chaps@abbeycc-kilburn.org.uk](mailto:chaps@abbeycc-kilburn.org.uk)

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

Keep up to date on our blog:

[communitytimecamden.wordpress.com](http://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](http://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 Drawing (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(£)**

### **3.30-4.30-Colouring Calm Club (£)**

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

### **3.15-4.15-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](http://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. 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**

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

