

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

**We look forward to seeing you!**

# Over 50's

## 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

### 10.30-12.00-Scrabble

Kick start the week & give your mind a workout over a cup of coffee & a game of scrabble.

### 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.

### 11.00-1.00 –Arts & Crafts (All ages—Drop in)

### 11.00-2.00-Abbey's Community Café

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

### 2.00-5.00– Saturday London trips (All Ages - Every first & second 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-Nordic walking

Meet at the centre for an hour long social walk followed by a cup of tea. Fully qualified tutor will lead you on local walks that will get you fit in the outdoors.

### 2.00-3.00-Bingo

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

### 4.00-6.00-Recycle art

Unleash your creativity & bring new life & beauty to everyday items for yourself, others & your home.

## 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

### 1.30-3.30-Clothes making

### 1.30-3.30pm-IT course Beginners (Bookings only)

### 3.00-4.00-Men's 50+ Fitness (£)

Mr Augusto Pardo-Perez, personal trainer leads a session to keep you in good nick.

### 6.00-7.30-Choir

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

### 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

### 11.00-1.00-Beginners IT drop in

Our friendly volunteers are on hand to help you with any queries you might have about getting computers online.

### 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.

## FRIDAY

### 10.30-12.00-Coffee morning

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

### 11.00-1.00-Gardening group

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!

