

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

020 3397 4583, [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

### **6.00-8.00-Table tennis**

A fun evening of ping pong for all abilities

### **12:30-1:30-Yoga Hatha class**

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

## 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 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-Beginners IT**

#### **Drop in**

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

### **1.00-3.00-Sewing**

### **1.30-3.30-Clothes making**

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

### **4:45-5:45pm-Colouring Calm Club**

Unwind, relax and be mindful! Discover the joy and wellbeing that comes from our new club.

### **6.00-7.30-Choir**

For all abilities and ages 18+, our friendly

## THURSDAY

### **12.00-1.45-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 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-Abbey Men's  
Club:**an afternoon activities just for men

**1.30-3.30 Beginners bridge  
club**

Pop in & learn how to play!

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

We also run a befriending scheme, Kilburn Good Neighbours. Contact Gavin on **07505 933 617** or see [kilburngoodneighbours.org.uk](http://kilburngoodneighbours.org.uk) for more info. Office hours are Tuesday and Friday.

