

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

We look forward to seeing you!

Over 50's Activities



222c Belsize Road, Kilburn, London NW6 4DJ

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

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

2.00-4.00-Beginners IT drop in

Another opportunity to drop in with any queries you might have about computers or getting online.

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

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 group

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!