

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 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



The Queen's Award
for Voluntary Service



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

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!

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.

3.30-5.30-Recycle art

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

6.00-7.30-Choir

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

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.

1.00-3.30-Sewing Class (£)

4:45-5:45pm-Colouring Calm Club (£)

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

THURSDAY

12.00-1.45-Creative writing, Monthly-Third Thursday of the month

Let your creativity flow with Bryony. No experience necessary.

11.00-1.30-IT course Beginners (Bookings only)

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.

2.00-4.00-Drama Movement (9 weeks course)

No previous experience necessary, just a sense of fun

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!

10.30-1.00- Bake 2 eat & share Course (£) 8 weeks course

Learn how to bake quick and easy recipes

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 for

more info. Office hours are Tuesday and Friday.

