

Abbey Community Centre Activities Timetable – January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	Rhyme Time 9.55-10.25am ZOOM	Seated Exercise - Jane Ward 11am-12pm ZOOM	Story Time 9.55-10.25am ZOOM	
	Tai Chi - Jane Ward 10 – 11am ZOOM	Men's Fitness 11.30-12.30pm ZOOM		
Men's Cooking 1.30-3pm ZOOM			Mixed Cooking 1-2.30pm ZOOM	Creative Writing 10.30am – 12.30pm ZOOM (every fortnight)
	Colouring Calm 2.30-3.30pm ZOOM	Abbey Book Club Last Wednesday of month 3.30-5.30pm ZOOM	Re-cycle-art 3-4pm ZOOM	Gentle Dance with Mary Ward Centre 2-3pm ZOOM
		Choir with Mary Ward Centre 4.30 – 5.30pm ZOOM		Afternoon Tea session 3-4pm ZOOM



PURPLE: Children's Services

ORANGE: Men's 50+

BLUE: All ages 19+

GREEN: Ages 60+

For Children's Services contact Zamzam – zamzam@abbeycc-kilburn.org.uk

For Afternoon Tea, Colouring Calm, or Recycle-art contact Simone – simonereception@abbeycc-kilburn.org.uk

For Men's activities contact Kafia – kafiareception@abbeycc-kilburn.org.uk

For Creative Writing contact Bryony – bryony@abbeycc-kilburn.org.uk

For Mary Ward activities contact Erica – erica.parrett@marywardcentre.ac.uk

Please note no new learners can join Mary Ward courses after the 4th week of the course.