

## Abbey Community Centre Activities Timetable – Spring 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	Rhyme Time 9.50-10.30am ZOOM	Seated Exercise - Jane Ward 11am-12pm ZOOM	Story Time 9.50-10.30am ZOOM	Party Time 9.50-10.45am 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](mailto:zamzam@abbeycc-kilburn.org.uk)

For Afternoon Tea, Colouring Calm, or Recycle-art contact Simone – [simonereception@abbeycc-kilburn.org.uk](mailto:simonereception@abbeycc-kilburn.org.uk)

For Men's activities contact Kafia – [kafiareception@abbeycc-kilburn.org.uk](mailto:kafiareception@abbeycc-kilburn.org.uk)

For Creative Writing and Book Club contact Bryony – [bryony@abbeycc-kilburn.org.uk](mailto:bryony@abbeycc-kilburn.org.uk)

For Mary Ward activities contact Erica – [erica.parrett@marywardcentre.ac.uk](mailto:erica.parrett@marywardcentre.ac.uk)

*Please note no new learners can join Mary Ward courses after the 4<sup>th</sup> week of the course.*