

## Who to contact:

**Reception:** 020 7624 8378

**Lindsay Richardson-Director**

**Zamzam Osman - Children's Services Coordinator**

**Kilburn Good Neighbours:** 020 7604 4823,

kgn@abbeycc-kilburn.org.uk

**Robert Stuart - Activities Coordinator:**

020 3397 4583 or 07447 932564,

activities-coordinator@abbeycc-kilburn.org.uk

**Community Projects Organiser:**

020 3397 3108, chaps@abbeycc-kilburn.org.uk

**Simone Carneiro - Neighbours 2 Friends Activities Organiser:**

020 7624 8378 or 07447 932564, acivities@abbeycc-kilburn.org.uk

**Henna Asian Women's group:** 020 7372 9860



**LOTTERY FUNDED**

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

020 7624 8378

hello@abbeycc-kilburn.org.uk



## February 2020 Programme

222c Belsize Road,

Kilburn, London. NW6 4DJ

[www.abbeycc-kilburn.org.uk](http://www.abbeycc-kilburn.org.uk)

Twitter: @AbbeyCCnw6

020 7624 8378

## Monday

10.00-12.00-Todler Time-Under 2's  
10.00-12.00-Henna Carer Club: Social Club  
10.30-1.30-Men's Healthy Cooking\*50+  
12.00-1.00-Henna Carers Club: Meditation  
11.00-4.30-Kilburn Good Neighbours  
12.30-1.30 - Yoga for Stress (£)  
1.00-3.00-Creche  
1.00-3.00-Henna over 50's  
2.00-4.00-Fall Prevention Class  
2.00-4.00-Henna: Massage  
2.30-4.30-Age UK Advice sessions \*  
3.30-5.30-Drama Group 50+  
4.15-5.30-Children Taekwondo (£)  
6.00-8.00-Table Tennis (£)  
6.30-7.45-Chess Club (All ages)

## Tuesday

10.00-12.00-Fun for all-Under 5's  
10.00-12.00-IT for Beginners\* 50+  
11.00-4.30-Kilburn Good Neighbours  
11.00-2.00-Men's Cooking 65+  
1.00-2.00-Seated exercise (£)  
1.00-3.00-Creche  
2.00-3.00-Bingo 50+  
2.15-3.15-Henna Pilates yoga (£)  
3.30-5.00-Recycle Art 60+  
6.00-7.30pm-Choir\*18+

## Wednesday

10.00-12.00-Health Hub (Under 1's)\* last arrival at 11:30am  
10:00-12:00- Henna Time Bank ESOL  
10.30-12.30-Henna Advice Sessions  
11.00-1.00—Men's Morning including IT Drop in 50+  
12.00-4.30- Age UK Money & Debt Advice sessions \*  
12.30-1.30-Henna Hatha Yoga (£)  
1.00-3.00-Creche  
1.00-3.00- Sewing Class (£) \*  
1.30-4.30-Henna Counselling Sessions  
2:00-4:00-Henna Tech Diva (once a month)  
3.15-4.15-Men's Fitness 50+ (£)  
3.30-4.30-Colouring Calm Club 60+ (£)

## Thursday

10.00-12.00-Fun for all-Under 5's  
10.00-12.00-Henna AB session  
11.00-4.30-Kilburn Good Neighbours  
11.30-1.30-Creative writing (3rd Thursday of the month) 50+  
1.00-3.00-Creche  
1.00-2.30pm-Aromatherapy Course  
2.00-3.00-Crochet  
2:00-4:00-Henna AB Cooking  
2.00-4.00-IT Next Steps\* 50+  
1.30-3.30- Men's Table Tennis 50+  
3.45-4.45- Boccia For Beginners 50+  
4.00-6.30-Childrens Piano  
5.30-8.30-Taekwondo  
7.00-8.30-CA

## Friday

10.00-12.00-Fun for All - Under 5's  
10.30-1.30-Mixed Gender Baking class\* 50+  
10.30-12.00-Coffee Morning and Gardening 50+  
12.15-1.15-Boccia Advanced 50+  
1.30-3.30-Bridge 50+  
1.30-3.00-Gentle Dance 50+

## Saturday

10.00-12.00-Tech Buddies  
10.15-12.15- Story and Rhyme Time with Tissy-Under 5's (£)  
11.00-12.00-Councillor surgery (Every third Saturday of the month)  
11:00-2:00-Abbey's Community Lunch  
12:30-1.00-Open Mic! (Every third Saturday of the month)  
2.00-5.00-Saturday London Trips (All Ages—Every first Saturday of the month)  
2.00-4.00-Sewing, Knitting, Crochet (£)

## Sunday

4.00-7.00-AA Self Help Group

Under 50? See separate programme for latest activities and groups.

\* For starred activities, please contact Reception on 020 7624 8378 to check current dates and whether you need to book a place.