

Who to contact:

Reception: 020 7624 8378

Lindsay Richardson-Director

Zamzam Osman - Children's Services Coordinator

Kilburn Good Neighbours: 020 7604 4823,

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Bryony Littlefair – Activities Coordinator

020 3397 4583 or 07447 932564,

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Gavin Harper - Community Projects Organiser:

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

Simone Carneiro - Neighbours 2 Friends Activities Facilitator:

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



August 2019 Programme

222c Belsize Road,

Kilburn, London. NW6 4DJ

www.abbeycc-kilburn.org.uk

Twitter: @AbbeyCCnw6

020 7624 8378

Monday

10.00-12.00-Henna Carer Club: Social Club
12:00-1:00-Henna Carers Club: Meditation
10.00-12.00-Henna ESOL (level 1)
11.00-4.30-Kilburn Good Neighbours
1.00-3.00-Henna over 50's (MEMBERS ONLY)
2.00-4.00-Fall Prevention Class
2:00-4:00-Henna: Massage
6.00-8.00-Table Tennis (£)
6.30-7.45- Chess Club

Tuesday

11.00-4.30-Kilburn Good Neighbours
10.00—12.00-IT Next Steps* 50+
11.00-2.00-Men's Cooking (Over 65's)
1.00-2.00-Seated exercise (£)
2-4pm-Abbey Men's Club
2.00-3.00-Bingo
2.15-3.15-Henna Hatha yoga (£)
4.15-5.45-Recycle Art
6-7.30pm-Choir—All ages 18+*

Wednesday

10.00-12.00-Health Hub (Under 1's) in the Main Hall* last arrival at 11:30am
10.00-12.00-Henna Cultural Cooking
10.30-12.30-Henna Advice Sessions
11.00-1.00-Men's IT Drop in
12.30-1.30-Henna Yoga (£)
1-3pm Sewing Class (£) *
1.30-4.30-Henna Counselling
2.30-5.30-Debt & Money Advice Sessions *
3.15-4.15-Men's Fitness (£)
3.30-4.30-Colouring Calm Club (£)

Thursday

10.00-12.00-Henna Ageing Better
10.00-11.00- Henna Tai-Chi
10.00-12.00-IT for Beginners* 50+
11.00-4.30-Kilburn Good Neighbours
12.15-1.45-Creative writing (3rd Thursday of the month)
1.00-2.00- Men's Table Tennis
1.00-2.30-Aromatherapy Course*
2.00-3.00-Crochet
2.30-3.30-Boccia Beginners
4.00-6.00-Henna Cooking
7.00-8.30-CA

Friday

10.00-12.00-Fun for All (Under 5's) In the Main Hall
10.00-1.00-Justine's Memory Meals for Men*
10.30-12.00- Coffee Morning and Gardening
12.15-1.15-Boccia Advanced
1.30-3.30-Bridge

Saturday

10.00-12.00-Tech Buddies
11.00-12.00-Councillor surgery (Every third Saturday of the month)
11:00-2:00-Abbey's Community Cafe
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)

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.