

For more information, or to sign up to our newsletters for the latest events and activities,

contact Bryony or Gavin on:

020 3397 4583, 07447 932654

activities-coordinator@abbeycc-kilburn.org.uk or

chaps@abbeycc-kilburn.org.uk

Drop by our **Friday coffee mornings** from 1030-1200.

Call Reception to book courses on 020 7624 8378.

Keep up to date on our blog:

[communitytimecamden.wordpress.com](http://communitytimecamden.wordpress.com)



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

# Over 50s - August 2019

## Activities at Abbey Community Centre



“Abbey is like a playground for adults!”



222c Belsize Road, Kilburn, London NW6 4DJ

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

Twitter: @AbbeyCCnw6

## MONDAY

**2.00-4.00-Falls Prevention Class**

**6.00-8.00-Table tennis (£)**

A fun evening of ping pong for all abilities

**6.30-7.45-Chess Club**

All ages, with tutor Mike.

## SATURDAY

**10.00-12.00-Tech Buddies**

IT help from trained volunteers—phones, laptops and tablets. 60+

**11.00-2.00-Abbey's Café**

Affordable food & drink in a friendly atmosphere. Main meals just £2! Games, colouring for the grandkids, music, raffles and recipe sharing too.

**12.30-1pm— Open Mic! Monthly— Every third Saturday of the month\***

Are you a budding poet, singer, comedian or storyteller? Would you like to be part of the entertainment at our community café? Book your 5 minute slot with Bryony—07447 932564.

## TUESDAY

**11.00-2.00-Men's Cooking**

Share your recipes or learn new ones. Peel, chop & share the fruits of your labour (**Over 65's**)

**10.00-12.00-IT Next Steps\***

Tutored course.

**1.00-2.00-Seated exercise (£)**

Enjoy the low impact exercise & improve your bone & muscle strength, joint, mobility & flexibility.

**1.30-3.30-Abbey Men's Club**

An afternoon activities just for men: board games, cards, dominoes, papers, laptops, tea & coffee.

**2.00-3.00-Bingo**

A fab social club and way to win prizes. 20p per game.

**4.15-5.45-Recycle Art**

Reuse ordinary materials to create crafty items. Inspiring, creative and fun activity!

**6-7.30— Choir\***—All ages and abilities with a great tutor.

**\*Please call Reception to check latest dates and if you need to book a place.**

## WEDNESDAY

**11.00-1.00-Men's IT drop in**

Just for men, a time to find out more about computers or brush up on your skills. Bring your own device or use ours.

**3.15-4.15-Men's Fitness (£)**

Classes are taken by a professional personal trainer. Work at your level, but get ready to sweat!

**3.30-4.30-Colouring Calm Club (£)**

Unwind, relax and be mindful! Improve your mood & relieve stress in a calm and relaxing atmosphere. Enjoy an outlet for self-expression.

**4.30-6.00-Dance Fusion\***

Learn many dance styles. Lead by professional tutor Emma Weir. All ages,

**Over 60 and finding it hard to get out and about?**

We also run a befriending scheme, Kilburn Good Neighbours. Contact Lydia

on **020 7604 4823** or see [kilburngoodneighbours.org.uk](http://kilburngoodneighbours.org.uk) for more info. Office hours are Monday, Tuesday and Friday.

## THURSDAY

**10.00-12.00—IT for Beginners\*** Tutored course.

**12.15-1.45-Creative writing, Monthly-Third Thursday of the month**

Let your creativity flow with Bryony. No experience necessary.

**1.00-2.00— Men's Table Tennis**

**1.00-2.30— Aromatherapy\***

**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.

**2.30-5.30-Debt & Money Advice Sessions\***

**2.30-3.30— Boccia Beginners**

Everyone plays the game seated. Very fun and easy to play.



## FRIDAY

**10.00-1.00— Justine's Memory Meals for Men**

Learn to make easy, healthy and filling meals and eat together as a group.

**10.30-12.00-Coffee morning and Gardening Group**

Meet new people, relax & share your interests. Lots of tea, coffee & biscuits!

Help us make our community garden bloom. We are growing our own herbs, vegetables, flowers... with Head Gardener Maria-Elena.

**12.15-1.15-Boccia Advanced**

A fun, friendly type of indoor bowls. This group is for those who have played before. Train for tournaments with our unbeatable team.

**1.30-3.00-Gentle Dance\*** Dancing for complete beginners. Learn the steps with Emma Weir.

**1.30-3.30 Beginners Bridge Club**

Pop in & learn how to play! With tutor Norman in our Garden Room.