

## Abbey Community Centre Activities Timetable – July - August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	Tai Chi - Jane Ward 10 – 11am ZOOM	Stay and Play 10-10.45am & 11-11.45am CENTRE	Stay and Play 10-10.45am & 11-11.45am CENTRE	Creative Writing 10.30am – 12.30pm ZOOM (every fortnight)
Yoga with Anna 12-1pm ZOOM Termly	Stay and Play 10-10.45am & 11-11.45am CENTRE	Seated Exercise - Jane Ward 11am-12pm ZOOM	Creche 1-2.45pm CENTRE	Outdoor Table Tennis 12-1.30pm (5 weeks: 23,30/07 & 6,13,20/08) CENTRE
Creche 1-2.45pm CENTRE		Creche 1-2.45pm CENTRE		
Men's Cooking 1.30-3pm ZOOM	Creche 1-2.45pm CENTRE	Men's Fitness 2-3pm CENTRE	1:1 Tech Buddies 12.30-4.30pm CENTRE	CHAPS Garden Meeting 2-3.30pm CENTRE
Colouring Calm 2.15-3.30pm CENTRE	Gardening 2-4pm CENTRE	Drama Course 3-5pm (3 weeks course: 14, 21, 28/07) CENTRE	Mixed Cooking 1-2.30pm ZOOM	Gentle Dance with Mary Ward Centre 2-3pm ZOOM
	Colouring Calm 2.15-3.30pm CENTRE + ZOOM	Abbey Book Club Last Wednesday of month 3.30-5.30pm ZOOM	Re-cycle-art 3-4pm ZOOM	Afternoon Tea session 3-4pm ZOOM
		Choir with Mary Ward Centre 4.30 – 5.30pm 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, Gardening, Colouring Calm, Recycle-art contact Simone – [activities@abbeycc-kilburn.org.uk](mailto:activities@abbeycc-kilburn.org.uk)

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

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

For Tech Buddies contact Jordan: [tech-buddies@abbeycc-kilburn.org.uk](mailto:tech-buddies@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.*