

Who to contact:

*For Reception: contact Simone, Kafia or Jason on 020 7624 8378

reception@abbeycc-kilburn.org.uk

*For Children's Services contact Zamzam on 07526 032779

zamzam@abbeycc-kilburn.org.uk

*For Debt & Money Advice, Afternoon Tea, Colouring Calm, Recycle-art, Tai Chi, Seated Exercise, Sewing Class, Table Tennis, Bingo, Choir and Gentle Dance: contact Simone on

activities@abbeycc-kilburn.org.uk

*For Men's Fitness, Drama Course, Seated Yoga Course, IT basics and Next Steps course and Baking Class: contact Kafia on

activities-organiser@abbeycc-kilburn.org.uk

*For Creative Writing and Book Club: contact Bryony on 07805 869136

bryony@abbeycc-kilburn.org.uk

*For Gardening Group, Community Lunch: contact Jordan on 07841 581421

jordan@abbeycc-kilburn.org.uk

*For Tech Buddies contact Jordan on 07841 581421

tech-buddies@abbeycc-kilburn.org.uk

*For London Trips and Table Tennis: contact Jason on 07568 248517

jason@abbeycc-kilburn.org.uk

*For Kilburn Good Neighbours: contact Lydia or Jordan on 020 7604 4823

kgn@abbeycc-kilburn.org.uk



Abbey Community Centre Autumn 2021 Programme

All activities need to be booked in advance

Please email the relevant person

or call on 020 7624 8378

222c Belsize Road

Kilburn, London, NW6 4DJ

www.abbeycc-kilburn.org.uk

Twitter: @AbbeyCCNW6

hello@abbeycc-kilburn.org.uk



Ageing
Better
in Camden



The Queen's Award
for Voluntary Service
Winner 2018
Kilburn Good Neighbours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stay and Play Drop in 10am-11.30am CENTRE- Main Hall Term time only	Stay and Play Drop in 10am-11.45am CENTRE- Main Hall Term time only	Stay and Play Drop in 10am-11.45am CENTRE- Main Hall Term time only	Stay and Play Drop in 10am-11.45am CENTRE- Main Hall Term time only		
Debt & Money Advice w/Anne-Marie 10am-5pm CENTRE Last Monday of the month	Tai Chi 9.30am – 10.30am ZOOM	Debt Free London Video Kiosk 10am-12.30am CENTRE - Garden Room	Bingo 12.15-1.15pm CENTRE- Belsize Room	Creative Writing 10.30am-12.30pm CENTRE & ZOOM (every fortnight)	Tech Buddies 1 st Saturday every month (by appointment only) 10am-12pm CENTRE
Yoga with Ros 12.30-1.30pm CENTRE- Main Hall (£)	IT Basic Steps 10am-12pm CENTRE - Garden Room From 14/09 to 14/12	Seated Exercise 11am-12pm ZOOM	1:1 Tech Buddies (by appointment only) 12.30-2.30pm CENTRE-Garden Room	Table Tennis 12.00-1.30pm CENTRE- Main Hall	Community Lunch 1 st Saturday every month 12.30-1.30pm CENTRE- Main Hall
Creche 1pm-3pm CENTRE Term time only	Creche 1pm-3pm CENTRE Term time only	Creche 1pm-3pm CENTRE Term time only		Baking Class 1-2.30pm ZOOM from 19/11/21	
Seated Yoga 2pm-3.30pm CENTRE- Main Hall	Gardening Group 2pm-4pm CENTRE - Garden	Sewing Classes 1pm-3pm CENTRE- Belsize Room Term time only	Creche 1pm-3pm CENTRE Term time only		
Choir Course 4pm– 5pm CENTRE- Main Hall	Seated Exercise 2pm-3pm CENTRE - Main Hall	Men's Fitness 2pm-3pm CENTRE- Main Hall		Gentle Dance Course 2pm-3pm ZOOM	
Table Tennis 6pm-8pm CENTRE- Main Hall	Colouring Calm Session 1: 2.15-3.30pm Session 2: 4pm-5pm CENTRE & ZOOM	IT Next Steps 2pm-4pm CENTRE- Garden Room From 15/09 to 15/12	Re-cycle-art 3-4pm ZOOM	Afternoon Tea 3pm-4pm ZOOM	
		Abbey Book Club First Wednesday of month 3.30pm-5.30pm ZOOM			

PURPLE: Children's Services

ORANGE: Men's 50+

BLUE: All ages 19+

GREEN: Ages 60+

Please book your place, bring a mask & dress warmly (as we keep the windows open!)