

Who to contact:

***For Community Activity Session bookings:**
Please contact Simone or Kafia on 020 7624 8378
reception@abbeycc-kilburn.org.uk

***For Children's Services:**
Please contact Zamzam on 07526 032 779
zamzam@abbeycc-kilburn.org.uk

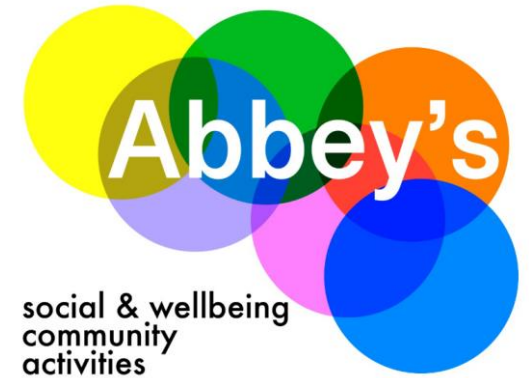
CHAPS: group activities and adventures specifically for local men aged 50 and over.
Please contact Jason on 020 7624 8378
reception@abbeycc-kilburn.org.uk

Kilburn Good Neighbours:
Please contact Lydia or Jordan on 020 7604 4823
kgn@abbeycc-kilburn.org.uk

Henna Asian Women's Group:
Please contact Aysha on 07752 681 828
aysha@hennaorg.co.uk

We are extremely grateful, and we would like to give a huge 'thank you' for the support from all our funders and volunteers.

Please check our website and leaflets for funders details.



Abbey Community Centre May 2022 Timetable



222c Belsize Road, Kilburn, London, NW6 4DJ

www.abbeycc-kilburn.org.uk

Twitter: @AbbeyCCnw6

Charity no.295191 Company no.2028600



Abbey's activities timetable – May 2022

Monday		
10am - 11.45am	Stay and Play Drop-in (term time only)	Main Hall
10am - 5pm *	Debt & Money & Scam Prevention Advice with Anne-Marie (by appointment only) (4th Monday of month)	Garden Room
10am - 11am	Debt Free London Video Kiosk	Garden Room
11am - 12 noon *	Origami for Beginners with Mao (9th May)	Belsize Room
12.30pm - 1.30pm	Yoga with Ros (£)	Main Hall
1pm - 3pm	Creche (term time only)	Creche
2pm - 3.30pm	Seated Yoga	Main Hall
6pm - 8pm	Table Tennis	Main Hall

Tuesday		
10am - 11.45am	Stay and Play Drop-in (term time only)	Main Hall
9.30am - 10.30am	Tai Chi	Zoom
11am - 1.30pm	Men's Healthier Cooking with Jordan	Kitchen
1pm - 3pm	Creche (term time only)	Creche
2pm - 4pm	IT Next Steps Course	Garden Room
2pm - 3pm	Seated Exercise	Main Hall
2pm - 4pm	Gardening Group	Garden
2.15pm - 3.30pm	Colouring Calm (session 1) Zoom and	Belsize Room
4pm - 5pm	Colouring Calm (session 2)	Belsize Room
3.30pm - 4.30pm	Zumba Gold	Main Hall

Wednesday		
10am - 11.45am	Stay and Play Drop-in (term time only)	Main Hall
10am - 12.30pm *	Employability (1st & 3rd Wednesdays)	Garden Room
11am - 12 noon	Seated Exercise	Zoom
1pm - 3pm	Creche (term time only)	Creche
1pm - 3pm *	Sewing Class (27th April to 6th July)	Belsize Room
2pm-3pm	Men's Fitness Training with Augusto	Main Hall
2pm - 4pm	1:1 Tech Buddies (appointment only)	Garden Room
3.30pm - 5.30pm *	Abbey's Book Club with Bryony (3rd Wednesday of month)	Zoom
3.15pm - 4.45pm *	North London Cares Social Session (last Wednesday of month)	Main Hall
3.15pm - 4.15pm	Men's Boccia	Main Hall

Thursday		
10am - 11.45am	Stay and Play Drop-in (term time only)	Main Hall
11am - 12 noon	Abbey staff meeting	Belsize Room
11am - 4pm *	London Trip with Jason (last Thursday of month)	Trip
12.30 - 1.30pm	Balls and Baking: Mixed Boccia	Main Hall
1.30pm - 3.30pm	Balls and Baking: Mixed Baking	Kitchen
12.30pm - 2.30pm	Supported Over 50s Internet Drop-In	Garden Room
1pm - 3pm	Creche (term time only)	Creche
2pm - 4pm	Falls Prevention, Belsize Priory Health Ctr	Main Hall
3pm - 4pm *	Recycle Art with Simone (not last Thursday of month)	Belsize Room

Friday		
10am - 12 noon *	ESOL: Learn English, taster session 6th May	Belsize Room
10.30am - 12.30pm*	Creative Writing with Bryony (every fortnight)	Centre & Zoom
10.30am - 12 noon	Friday Coffee Morning for over 50s with Jason	Garden Room
12.15pm - 1.45pm	Table Tennis	Main Hall
2pm - 3pm *	Bingo (to be confirmed)	Belsize Room
3pm - 4pm	Afternoon Tea	Zoom

Saturday (first Saturday of the month only)		
10am - 12 noon	1:1 Tech Buddies (by appointment only)	Main Hall
11am - 2pm	Restart Party	Garden Room
11:30pm - 12.30pm	Tea and coffee time with Jason	Foyer
12.30pm - 1.30pm	Community Lunch	Main Hall
12.30pm - 1.30pm	Abbey Volunteers' monthly lunch meet-up	Main Hall

All activities need to be booked in advance

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