

### Monday

- 10.00 -12.30 English as a Second Language (ESOL – Level 1)  
(Crèche available for children on ESOL class)
- 2.30 – 5.00 Kilburn Good Neighbours Scheme
- 10.00 – 5.00 Sudanese Women’s Association
- 10.00 – 3.00 Henna Asian Women’s Group
- 2.00 - 3.30 Over 60’s Keep Fit
- 1.00 – 3.00 Under Five’s Crèche
- 6.00 – 8.00 Tae Kwon Do

### Tuesday

- 10.00 - 12.30 ESOL Level 1
- 10.00 - 3.00 Henna Asian Women’s Group
- 10.00 - 5.00 Sudanese Women’s Association
- 10.00 - 5.00 Kilburn Good Neighbours Scheme
- 1.00 - 3.30 ESOL Mixed Levels
- 1.30 - 2.30 Seated/Gentle Exercise Classes for 60+
- 7.30 - 9.00 Yoga

### Wednesday

- 9.45 - 11.45 Crèche Parent/Carers and Toddler Drop In
- 10.00 - 5.00 Sudan Women’s Association
- 2.30 - 5.00 Kilburn Good Neighbours Scheme
- 10.00 - 12.30 ESOL Level 2  
(Crèche available for children on ESOL class)
- 12.00 - 1.00 Café 60 (Over 60’s café)
- 1.00 - 3.00 Easter and Western Clothes Making
- 1.00 - 3.00 Under Five’s Crèche
- 1.30 - 3.00 Smoking Cessation Sessions
- 6.00 - 7.00 Tae Kwon Do
- 7.30 - 8.30 A.A.

### Thursday

- 10.00 - 12.30 ESOL Level 2  
(Crèche available for children on ESOL class)
- 10.00 - 3.00 Henna Asian Women’s Group
- 10.00 - 5.00 Good Neighbour Scheme
- 10.00 - 5.00 Sudanese Women’s Association
- 10.30 - 12.30 Older People’s Drop In
- 1.00 - 3.00 Under Five’s Crèche
- 4.00 - 6.30 Children’s Piano Lessons
- 7.00 - 9.00 Tai Chi

### Friday

- 10.00 - 11.00 Parents Keep Fit Class
- 10.00 - 12.00 Parent/Carers and Toddler Drop In
- 10.00 - 5.00 Sudanese Women’s Association
- 12.00 - 1.00 Café 60
- 1.00 - 3.00 Under Five’s Crèche
- 2.00 - 4.00 Bingo

### Saturday

- 9.30 - 11.30 Chantraine – Children’s Dance, ages 5 – 7 + 7 – 9
- 2.00 - 8.00 Sudanese Women’s Association
- 10.00 – 11.00 Councillor Surgery – **Only every 2<sup>nd</sup> + 4<sup>th</sup>**

### **Saturday**

### Sunday

- 11.00 - 3.30 Somali Community Group
- 4.00 - 7.00 AA Self Help Group

**There are also occasional special events – ask for details**