

Activities for Over 60's

**If you are interested in
any of these activities
please feel free to
come along or speak
to Jane in the main
office**



**At
Abbey Community Centre
222c Belsize Road
NW6
0207 624 8378**

MONDAY

Henna Elder Women's Group
1 p.m - 4 p.m.
Afternoon Social Club

Keep Fit
2 - 3.30 p.m
Free to Camden residents

TUESDAY

Seated Exercise 1.30 - 2.30 pm
Free to Camden residents

WEDNESDAY

Café 60
12 -1.00 p.m.
Low cost café for over 60's
No need to book
Last food order 12.45 p.m.

THURSDAY

Drop In
10.30 - 12.30
Internet Access
Refreshments
All Free

FRIDAY

Café 60
12 -1.00 p.m.
Low cost café for over 60's
No need to book
Last food order 12.45 p.m

Bingo
It's eyes down on Friday afternoon from 2 - 4 p.m
Cost: 20p

Outings
Please look out for posters in the centre advertising outings