



CHALKHILL COMMUNITY CENTRE – **TIMETABLE – JANUARY 2024**

MONDAY

10am – 11am: Keep Fit, led by Salima (ages 18+) (females only)
Further details: light exercises, £3 per class.

10am – 11:30am: Tai Chi, led by Andrew (ages 18+)
Further details: light exercises for strength, flexibility, and inner calm, £12 per class.

10am – 1pm: Benefits Support, led by Diana (ages 16+)
Further details: information, advice and guidance given about benefits from Brent Council and the Department of Work and Pensions (DWP). Not every week - please contact Diana on 07897252116 for an appointment during these hours. FREE support.

11am – 12pm: Yoga, led by Maria (ages 18+)
Further details: light exercises for relaxation and stress reduction. Please contact Maria on 07990506609 for availability. FREE class.

12pm – 1pm: Stay Well Project – Exercise Class – led by Aisha (ages 65+)
Further details: low impact exercises to improve the health and wellbeing (mental and physical) of older people aged 65 years old and above. FREE class.

4pm – 6pm: Tutors United Tuition Club (ages 8 – 11)
Further details: Maths and English tutoring for children in year 4, 5 and 6. Currently there is a waiting list, please call 03003654466 for more information. FREE tutoring.

4pm – 7pm: Young Brent Foundation - Youth Club (ages 8 – 24)
Further details: indoor and outdoor activities, such as games, watching films, and table tennis. FREE session.

7pm – 9pm: CCA Women's Night (ages 18+)
Further details: socialise with other women in the Chalkhill community. Once a month, usually on a Monday, but will be advertised. FREE session.

TUESDAY

10am – 11am: Wellness Workshop (ages 18+)
(parents and carers only)
Further details: a variety of workshops to support positive wellbeing. Only on the last Tuesday of every month. Start date: 31/10/23. Contact Connect Stars on 07923437912 or at info@connectstars.org for more information.

11am – 2pm: Celebration Club (ages 50+)
Further details: socialise, partake in activities such as knitting and board games, and learn new skills. Outings are also possible. FREE session.

12pm – 1:30pm: Sister's Circle (ages 18+)
Further details: Quran / Arabic lessons. FREE session.

5pm – 8pm: Taekwondo and Kickboxing (ages 5-21)
Further details: involves punching, kicking, and boxing techniques. Please contact Omar on 07989893237 to register, membership prices start from £50 a month, or you can pay as you go, which starts from £15 per class.

5pm – 7pm: Young Roots (ages 18 – 34) (females only)
Further details: group support for those who have a lived experience of the UK's immigration system. FREE session.

5:30pm – 7:30pm: Brent Mixed Voices Choir (ages 18+)
Further details: singing practice in a group setting, with occasional showcase events. FREE activity.

WEDNESDAY

9:30am – 11am: Daniel's Den Parent & Toddler's Stay and Play (adults and children ages 5 and below)
Further details: activities such as crafts, free play, and song time. A £2 - £5 donation per session is welcome.

10:30am – 12:30pm: The Stitches Corner by Alaa Alnajjar, £15 per week, all levels welcome.

11:30am – 1:30pm: Raunchy Rockers (adults & children ages 10+)
Further details: gentle seated exercise, music, and dancing, with an opportunity to socialise afterwards. £3 per class.

1pm – 5pm: CCA Drop-In and Food Club (ages 18+)
Further details: socialise and collect donated supermarket items. Collection fee: £1.

2pm – 4pm: Stay Well Project – Activities Session – led by Saira (ages 65+)
Further details: indoor and outdoor activities, such as quizzes, guest speaker sessions, arts & crafts, games, picnics, and local trips, to improve the health and wellbeing (mental and physical), and to support the memory function, of older people aged 65 and above. FREE session.

6pm – 10pm: Willesden & Brent Chess Club (all ages)
Further details: chess games, club competitions & external matches, junior tuition. Please contact Anthony on 07974238357 for more information, annual membership prices start from £33.

7:30pm – 10pm: Holy Ghost Power Chapel (all ages)
Further details: Christian church service. FREE session.

Our rooms and halls are available to hire, 7 days a week, subject to availability. Subsidised charity/CIC/Chalkhill resident rates are available. Viewing hours are: 9am – 12pm, Monday – Friday. Please contact us:

- Telephone: 020 8385 1836 (Office Line) / 07873534450 (WhatsApp)
- Email: centre.manager@chalkhillcommunitycentre.org



CHALKHILL COMMUNITY CENTRE – **TIMETABLE – JANUARY 2024**

THURSDAY

11am – 12pm: Zumba, led by Rhian (ages 18+) (parents and carers only)

Further details: a fast-paced, fun, exercise class. Start date: 05/10/23. Please contact Connect Stars on 07923437912 or at info@connectstars.org for more information.

11am – 12:30pm: Brent Diabetes Group, led by Gloria (ages 50+)

Further details: help and support for those diagnosed with Diabetes. Held every other Thursday, please contact Gloria in advance on 07909743975 to confirm the date. A £1 donation is welcome.

12:30pm – 2:30pm: Willow's Pensioner's Group (ages 66+)

Further details: socialise and play bingo. A £1 donation is welcome.

5pm – 8pm: Taekwondo and Kickboxing (ages 5-21)

Further details: involves punching, kicking, and boxing techniques. Please contact Omar on 07989893237 to register, membership prices start from £50 a month, or you can pay as you go, which starts from £15 per class.

FRIDAY

9:45am – 10:45am: Zumba Gold, led by Maggie (ages 18+)

Further details: a fast-paced, fun, exercise class. £3.50 per class. Please contact Maggie on 07736070101 for availability.

12:30pm – 1:15pm: Harlesden Islamic Centre – Jummah Prayers (all ages)

Further details: males and females pray separately. FREE session.

7:30pm – 10:30pm: Friday Night Vibes (ages 15+)

Further details: thought provoking discussions, good food and great vibes. Two separate groups for males and females. FREE session.

SATURDAY

10am – 11am: Keep Fit, led by Salima (ages 18+) (females only)

Further details: light exercises, £3 per class.

11am – 12:30pm: Brent Councillors Surgery (Barnhill Ward) (18+)

Further details: Barnhill Ward residents can speak to Cllr Kathleen Fraser and Cllr Robert Johnson about their issues with public services. On the first Saturday of every month, bar January and August. FREE support.

SUNDAY

10am – 1pm: Wellspring Baptist Church (all ages)

Further details: Christian church service. FREE session.

10am – 12pm: Chalkhill Miracle Church (all ages)

Further details: Christian church service. FREE session.

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