

# Aberfeldy Centre Timetable



## Aberfeldy Neighbourhood Centre Timetable

Activity	Time
Cafe: A wide range of food prepared fresh on the premises. Outside catering also available upon request. Contact Kirk for more information on 07398 288 063	Monday to Friday 7am - 4pm
Abertots: 2 ½ - 5 years old pre-school. Please contact Abertots staff for more information on 07983 521 987.	Monday to Friday 8.45am - 12pm 12.45pm - 3.45pm
UK Onlibne: Basic Computer Class for beginners	Speak to Reception Staff for more information
Women's Arabic Class: Please visit the session to find out more information.	Monday 10am - 12.30pm Thursdays 10am - 1pm
Women's Exercise Class : Visit session for more information Spaces limited	Monday 9:30am - 10:30am
Housing Surgery: Telephone Service: for Poplar HARCA tenants who live on the Aberfeldy Estate Residents can call 0800 035 1991 or 0207 510 1500 to speaqq to the Housing Officer that is on duty	Monday 9am - 5pm
Limehouse Project Advice Service Monday Drop in Wednesday's By appointment only 0207 538 0075	Monday drop in 2pm - 5pm Wednesday by appointment 10am - 1pm
Community Gardening: Come along and develop gardening skills.	Monday - Friday from 2pm Saturday All day
Over 50's Coffee Morning provided by Neighbours In Poplar: Visit session for more information	12pm-2pm
Women Exercise Class: Visit session for more information- limited spaces	Tuesday 11:00-12:30
Majorettes: Baton twirling activity. Plase visit the session for moore information	Tuesday 6pm-8pm

Activity	Time
Women's circle: Please visit the session to find out more information	Wednesday 9.30am - 12.30pm
Womens Yoga session	Wednesday 1pm-2pm
Zumba Sessions £4.00 per person per class : No need to book in advance	Wednesday 6pm-7pm
Line dancing: Please visit session for more information.	Thursday 1pm - 2.30pm
Big Local Crochet & Knitting Group: Drop into session for more information	Thursday 11am-12pm
Womens Fitness Session: Please visit session for more information	Thursday 11am-12pm
Belle Dancers:Dance, Drama and Singing for Children aged between 5yrs-13Yrs. Please visit the session for more information	Saturday 11am-2PM
Vietnamese Saturday School:Contact Quang on 0207 538 4986	Saturday 11am-12:30pm
Evangelical Gospel Ministry:Come along to session for more information	Sunday 11am-2pm
T4H Therapy Session:By appointment only.Contact Jayne Clavering 020 3069 7401/07534 763 480 Dyane 07947798685	Appointment only

Private hire available: If you require space for an event, activity or party please contact 0207 987 5764. A minimum of two weeks notice is required.



## Useful Numbers

Poplar HARCA Head Office / Repairs	0800 035 1991 / 0207 510 0500
Abertots Playgroup	07983 521 987
Culloden Primary School	0207 364 1010
Vietnamese Cultural Group - Quang	0207 538 4986
Poplar HARCA Employment and Training	0207 510 9770
Domestic Violence Helpline	0800 279 5434
NHS Direct	0845 45 46 47

## **Classes**

If you are interested in any of our classes please see a member of staff at the centre. If the classes are full we can put you onto a waiting list and contact you as soon as a space becomes available.

## **Term Time Activities**

Some activities are term time only. Please contact individual groups for more information.

## **Private Hire**

Halls, office space and meeting rooms are available for hire. Please call the centre for more information on charges and availability.

**ABERFELDY NEIGHBOURHOOD CENTRE,  
ABERFELDY STREET, POPLAR E14 0NU**

**0207 515 6794**

Lead contact: Jeanie Harrison