

We're thrilled to unveil the revamped KOVE website at kove.org.uk. Dive into a treasure trove of current and past event details, stay updated with our news section, and immerse yourself in archives featuring captivating documentary films and mesmerising poetry by our talented KOVE members. Join us as we embark on this exciting digital journey together.

BENCH to BENCH supported walk: 1st Wednesdays, 1.30pm. Gentle walk, starting at the bench outside Kilburn Grange Park/Kilburn High Road entrance opposite Kiln Theatre. Contact Lynda on 07773 267505 or email chair@kove.org.uk. Longer walks **BENCH to BENCH Kilburn** and **Bench to Bench London** are on **Wednesdays** with a leader and co-leader. Check for details – start times may vary. Contact Alexandru Sones-Dawkins on 07851 136753 or alexandrusonesdawkins@gmail.com for information.

Could you be a **Walk Leader**? If you are interested in receiving training to volunteer on our **Bench to Bench** and longer **London walks**, please contact Lynda or John for more info.

World Toilet Day, November 2023



KOVE FORUM meets 11am 1st **Tuesdays, Kiln Theatre, Kilburn High Road**. Join us for our monthly get together - have a discussion on development and interests.

Join us for **ACTIVITIES, CAKE and a CUPPA** at 11am on the **1st & 3rd Fridays** at **Sidings Community Centre, 150 Brassey Road, NW6 2BA**. (Both the Kiln and Sidings are drop-ins – no need to book - contact Lynda for more information.)

Kilburn & West Hampstead Pensioners meets monthly generally on the **3rd Thursday, 1.30pm** at Sycamore Community Hall, 29 West End Lane, NW6 4NY. For information about forthcoming events contact Peter Lush: **07973 845285** or email peter56nw@outlook.com

Senior Pilates - Tuesday 11am Sidings, tasters 6th, 13th & 20th February. Donation details aislingcrowley23@gmail.com

| | | | |
|------------|----------|---------------------|---|
| <u>Feb</u> | Tues 6 | KOVE forum | 11.00am Kiln Theatre, get together and discussion |
| | Wed 7 | Supported walk | 1.30pm Kilburn Grange Park, seat on KHR |
| | Fri 2 | Activities | 11.00am Sidings Centre. Cuppa, fun + games. |
| | Wed 14 | Kew Gardens Orchids | 12.45pm Brondesbury Station |
| | Thurs 15 | Animation workshop | 2pm Kiln Theatre |
| | Fri 16 | Activities | 11.00am Sidings Centre. Cuppa, fun + games. |
| | Mon 19 | Lantern Making | 12-3pm Light Up Kilburn (venue tbc) |
| | Wed 21 | Bench to Bench walk | 1.30pm W Hampstead Thameslink: Explore Brent Cross West Station |
| | Thurs 22 | Pensioners meeting | 1.30pm Sycamore Hall: Library Learning |
| | Sat 24 | Light Up Kilburn | 5pm Extravaganza at Grange Park Playhut |
| | Mon 26 | Movie Club | 1.30pm Sycamore Hall: Women in Love |
| | Wed 28 | Bench to Bench walk | Spring in Bloomsbury 2pm Russell Square |
| | Thurs 29 | Steering Group | 1.30pm Sycamore Hall. We'd love your input!! |
| <u>Mar</u> | Fri 1 | Activities | 11.00am Sidings Centre. Cuppa, fun + games. |
| | Tues 5 | KOVE forum | 11.00am Kiln Theatre, get together and discussion |
| | Wed 6 | Supported walk | 1.30pm Kilburn Grange Park, seat on KHR |
| | Wed 13 | Bench to Bench walk | 1.30pm Kilburn Park (bakerloo) Regent's Park Walk. |
| | Fri 15 | Activities | 11.00am Sidings Centre. Cuppa, fun + games. |
| | Wed 20 | Bench to Bench walk | A Riparian adventure, W Hampstead 1pm |
| | Thurs 21 | Pensioners meeting | 1.30pm Sycamore Hall: Dementia Aware |
| | Mon 25 | Movie Club | 1.30pm Sycamore Hall: Thelma + Louise |
| | Wed 27 | Bench to Bench walk | 1.30pm Kilburn Station (Jubilee) Peace Park Walk |
| <u>Apr</u> | Tues 2 | KOVE forum | 11.00am Kiln Theatre, get together and discussion |
| | Wed 3 | Supported walk | 1.30pm Kilburn Grange Park, seat on KHR |
| | Fri 5 | Activities | 11.00am Sidings Centre. Cuppa, fun + games. |
| | Wed 10 | Bench to Bench walk | 1.30pm Kilburn Station (Jubilee) Roundwood Park Trip |
| | Wed 17 | Bench to Bench walk | 1.30pm Sheriff Centre to Grange Park |
| | Thurs 18 | Pensioners Meeting | 1.30pm Sycamore Hall: Mel Wright on Kilburn Music |
| | Fri 19 | Activities | 11.00am Sidings Centre. Relax, cuppa, fun + games. |
| | Wed 24 | Bench to Bench walk | Details TBC |
| | Mon 29 | Movie Club | 1.30pm Sycamore Hall: 'Duel' |