

Keep the dates - We need to hear from you at the steering group, 1.30pm Thursday November 30. Join in placard making sessions from 26 October and bring family & friends to our biggest ever toilet demand on Kilburn High Road, November 18. **Please note walk changes in December.** Our concert is courtesy of local group *The Fortunes*. We have a seasonal party provided by the Hampstead Court Care Home with great hospitality.

BENCH to BENCH supported walk: 1st Wednesdays, 1.30pm. Gentle walk, start at 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.

Grand Union Canal Walk, August 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

REEL KOVE is back, register your interest with John Miles to make KOVE films 07817424356 or johnmiles68@yahoo.com

If **y**ou no longer wish to receive this bulletin, please let us know. Check out our documentary film archive <https://koveweb.wordpress.com>. Enquiries email: chair@kove.org.uk 07778 145787 Post c/o 54-56 Phoenix Road, NW1 1ES

<u>Nov</u>	Wed 1	Supported walk	1.30 pm Kilburn Grange Park, seat on KHR
	Thurs 2	REEL KOVE	(Register beforehand) Sycamore Hall
	Fri 3	Activities	11.00am Sidings Centre. Relax, games + card making.
	Mon 6	Brent Women	4.00pm Free cinema. Kiln, 269 Kilburn High Road
	Mon 6th	Toilet placard making	1-3pm Metroland Studios (behind Kilburn market)) Sessions cont. Mon 13 th , 1-3pm, Tues 14 th , 11-1pm
	Tues 7	KOVE forum	11.00am Kiln Theatre, get together
	Wed 8	Mapledown Park Walk	1.30pm Kilburn Station (Jubilee Line)
	Wed 15	NEW ICMP Studio	1.30pm Queens Park Station. Tour of new music college
	Thurs 16	Pensioners Meeting	1.30pm Sycamore Hall
	Fri 17	Activities	11.00am Sidings Centre. Relax, games + card making.
	Sat 18	TOILET PROCESSION	2.00pm Kilburn Library (Kilburn High Road)
	Wed 22	Docklands walk	1.00pm West Hampstead Overground
	Fri 24	KOVE Concert	11.15am arrive for 11.30am concert at Sidings Centre
	Mon 27	Free Movie Club	1.30pm 'Operation Mincemeat' Sycamore Hall
	Thurs 30	Steering Group	1.30pm Sycamore Hall
<u>Dec</u>	Fri 1	Activities	11.00am Sidings Centre. Relax, cuppa, fun + games.
	Tues 5	KOVE forum	11.00am Kiln Theatre, get together
	Wed 6	Bench to Bench walk	Details TBC
	Wed 13	Seasonal Party	1.00pm arrive for 1.30pm start, Avery, Boundary Road
	Thurs 14	Pensioners meeting	1.30pm Sycamore Hall. Christmas tea + boccia
	Fri 15	Activities	11.00am Sidings Centre. Relax, cuppa, fun + games.
	Tues 19	Move at Movies SHOW	Time TBC, Kiln Theatre
<u>Jan</u>	Tues 2	KOVE forum	11.00am Kiln Theatre, get together
	Wed 3	Supported walk ***	1.30pm Kilburn Grange Park, seat on KHR
	Fri 5	Activities	11.00am Sidings Centre. Relax, cuppa, fun + games.
	Wed 10	Bench to Bench walk	Details TBC
	Wed 17	West End Lane Walk	1.30pm W Hampstead Thameslink - New developments
	Thurs 19	Pensioners Meeting	1.30pm Sycamore Hall
	Fri 20	Activities	11.00am Sidings Centre. Relax, cuppa, fun + games.
	Wed 24	Highgate Ponds	1.30pm Brondesbury Station
	Mon 29	Movie Club	1.30pm Butch Cassidy & Sundance Kid Sycamore Hall