

Activities for older people



in and around Kilburn

***Walks – campaigning- games – discussion –
socials – museums – meals – arts***

Do keep in touch as Bench to Bench London walks, Kew, etc are being arranged.

July 11th One Kilburn festival launched 2026 Kilburn Grange Park toilets / activities open 2- 5.45pm July/August weekends. Thank you for joining in to help on bric a brac, sucker archery, lucky dip etc., please clear out small items. Can you volunteer for Mini market on Sundays?

Booking essential for free viewing of the Bayeaux Tapestry at the British Museum, see Sunday 6th September.

Aug 2026

Sat 1	Park toilets	Run an activity or help with bric a brac, lucky dip, sucker archery. Activities 2 – 5.45pm *(check if also Sunday)
Sat 1	Kiln play	'All the things we can't explain', Kilburn community intergenerational play, 2.30 & 7pm
Sun 2	Roast dinner	1pm pub grub North London Tavern, 375 Kilburn High Road, NW6 7QB. Enjoy eating together & catch up on what's happening. * (Move on to run an activity/help with bric a brac, lucky dip)
Mon 3	Get together at KOVE's Forum	11-12.30 Get together at the Kiln, 269 Kilburn High Road, NW6 7JR. Middle of ground floor. Share what's happening.
Wed 5	Supported walk	1pm, gentle walk round Grange Park with refreshments. Meet John at park entrance by Black Lion pub, Kilburn High Road, NW6 2BY
Fri 7	Fun & games	11-12.30pm Relax at Lauriston Lodge, Barlow Road, NW6 2BH.
Sat 8	Park toilets	Run an activity or help with bric a brac, lucky dip, sucker archery. Activities 2 – 5.45pm
Wed 12	Bench to Bench London	Highbury & Canonbury Square. Meet John at West Hampstead overground station at 1.30pm.
Sat 15	Park toilets	Run an activity or help with bric a brac, lucky dip, sucker archery. Activities 2 – 5.45pm (check if also Sunday)
Wed 19	Holland Park	Meet 1pm West Hampstead overground, walk from Kensington Olympia to explore this 54 acre tranquil oasis.

Fri 21	Fun & games	11-12.30pm Relax at Lauriston Lodge, Barlow Road, NW6 2BH.
Sat 22	Park toilets	Run an activity or help with bric a brac, lucky dip, sucker archery. Activities 2 – 5.45pm (check if also Sunday).
PTO	continued	
Sat 29	Final Park toilets	Run an activity or help with bric a brac, lucky dip, sucker archery. Activities 2 – 5.45pm (check if also Sunday)
Mon 31	Community get together	Lynda 07773267505 welcomes you to board games, refreshments 11 – 12.30. Bank Holiday venue = Kilburn Grange Park play hut

Sept 2026

Wed 2	Supported walk	1pm, gentle walk round Grange Park with refreshments. Meet John at park entrance by Black Lion pub, Kilburn High Road, NW6 2BY
Fri 4	Fun & games	11-12.30pm Relax at Lauriston Lodge, Barlow Road, NW6 2BH.
Sun 6	Bayeaux tapestry	Meet 10.45 British Museum entrance, view & presentation. Booking essential: Lynda 07773267505 chair@kove.org.uk
Sun 6	Roast dinner	1pm pub grub North London Tavern, 375 Kilburn High Road, NW6 7QB. Enjoy eating together & catch up on what's happening.
Mon 7	Get together at KOVE's Forum	11am-12.30pm. Kiln, 269 Kilburn High Road, NW6 7JR. Middle of ground floor. Share what's happening.
Wed 9	Summer walk in Regents Park	Meeting Baker St tube, BAKER ST EXIT, at Boots 1.30pm Beautiful Park, lake, swans, waterfall, rose garden and new Queen Elizabeth II Garden . Refreshments in cafe garden. Please call Leader Marie 07849876425
Thur 17	w Hampstead & Kilburn Pensioners	1.30pm Sycamore Hall, 27 West End Lane, NW6 4NY Transport & Older People
Fri 18	Fun & games	11-12.30pm Relax at Lauriston Lodge, Barlow Road, NW6 2BH.
Mon 28	Community get together	Lynda welcomes you to board games and refreshments Netherwood Youth & Family Hub welcome all to develop interests. 5 Netherwood Street NW6 2QU 11 – 12.30pm

Oct 2026

Fri 2	Fun & games	11-12.30pm Lauriston Lodge, Barlow Road, NW6 2BH
Sun 4	Roast dinner	1pm pub grub North London Tavern, 375 K H R, NW6 7QB
Mon 5	Get together at KOVE's Forum	11am-12.30pm. Kiln, 269 Kilburn High Road, NW6 7JR (middle of ground floor). Share what's happening

Wed 7	Supported walk	1pm, gentle walk round Grange park with refreshments. Meet John at park entrance by Black Lion pub, Kilburn High Road, NW6 2BY
Thurs 15	Kilburn & WH Pensioners	1.30pm Sycamore Hall, 27 West End Lane, NW6 4NY Topic to be announced.
Fri 17	Fun & Games	11-12.30 Lauriston Lodge, Barlow Road, NW6 2BH.
Mon 26	Community Get together	Lynda welcomes you to board games and refreshments. Youth hub, 5 Netherwood Street, NW6 2QU 11 – 12.30pm

Do always allow good time to meet up & help with introductions. It is your KOVE!
If you no longer wish to receive this programme, know someone who wants to get it, or have a query contact Lynda : chair@kove.org.uk phone 0777 326 7505 www.kove.org.uk