We hope this finds you well, surviving the heatwave and ready for some KOVE activities. Below is an outline of what are we offering over the next three months, and overleaf you can find a calendar of dates, times and places/ meeting points.

**Bench-to-bench walks**: we are continuing our slightly longer (40-45 minutes) walks on **second** and **fourth** **Wednesdays**. These walks have a leader and co-leader and some involve group bookings, so please contact Deborah on 07778 145787 or [deborah@kove.org.uk](mailto:deborah@kove.org.uk) to find out more and join a group. Shorter local walks take place on the **third Wednesday** of the month. The contact for these is Lynda: 07773 267505 or [l.stuart.555@btinternet.com](mailto:l.stuart.555@btinternet.com)

All walks set off at **1.30pm** and end with a cuppa in a café.

The **KOVE forum** at the Kiln (Tricycle) theatre on Kilburn High Road takes place on the **first Tuesday** of each month, at 11am – a monthly get-together to discuss local issues. Next meeting **2 August**.

Join us for activities, cake and a cuppa on the first and third **Fridays** of the month, 11am, at Sidings Community Centre, 150 Maygrove Road, NW6 2BA. Both the Kiln and Sidings are drop-ins; contact Lynda for more information.

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

**Dates for your diary**:

**Thursday 13 October**: KOVE’s AGM (1.30 to 3.30pm) including the formal launch of **KOVE@20** and showing of a film of KOVE’s history, at: Mazenod Social Club, Mazenod Avenue, NW6 4LS. We will be discussing our hopes for KOVE's next decade, as outlined in our first **Age-friendly Kilburn**news sheet. (For a print copy, contact Lynda).

Week of **17 October**, Death café, date to be confirmed.

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| --- | --- | --- |
| **August** | **Event** | **Place/time** |
| Tue 2 | KOVE forum | Kiln theatre, 11am |
| Fri 5 | Activities | Sidings Community Centre, 11am |
| Wed 10 | Walk/outing | Kew Gardens, meet 1.30pm at the gates |
| Wed 17 | Short local walk | Queens Park station, meet 1.30pm, includes guided history tour |
| Fri 19 | Activities | Lauriston Lodge, 55 Maygrove Road, NW6 2EE, 11am - ***note change of venue*** |
| Wed 24 | Walk | Regent’s Park – a stroll round the Inner Circle. Meet R. Park tube, 1.30 |
| **Sept** |  |  |
| Fri 2 | Activities | Sidings Community Centre, 11am |
| Tue 6 | KOVE forum | Kiln theatre, 11am |
| Thu 15 | Kilburn & West Hampstead Pensioners | Camden and older people (with invited speaker) |
| Wed 14 | Walk | Stephens Gardens, Finchley, meet Finchley Central tube, 1.30 |
| Fri 16 | Activities | Sidings Community Centre, 11am |
| Wed 21 | Local walk | Tin Tabernacle, meet 1.30, Kilburn High Road Station |
| Wed 28 | Walk | Fitzrovia and Bloomsbury, meet Goodge Street tube, 1.30 |
| **Oct** |  |  |
| Tue 4 | KOVE forum | Kiln theatre, 11am |
| Fri 7 | Activities | Sidings Community Centre, 11am |
| Wed 12 | Walk/outing | Kew Gardens |
| Thu 13 | AGM | Mazenod Hall, NW6 4LS, 1.30 |
| Wed 19 | Local walk | Open Spaces, meet Kilburn tube, 1.30 |
| Thu 20 | Kilburn & West Hampstead Pensioners | Elizabethan Camden – illustrated talk by Tudor Allen (Camden History Centre) |
| Fri 21 | Activities | Sidings Community Centre, 11am |
| Wed 26 | Walk | To be announced |

Don’t forget, KOVE has a website: [www.kove.org.uk](http://www.kove.org.uk) – have a look and let us know what you think.

If you no longer wish to receive this bulletin, please let us know and we’ll take you off the mailing list.

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