

Al Manaar Muslim Cultural Heritage Centre

Activities Timetable 2017 - 2018

Monday Activities	Date	Time	Location	Room	Group	Charges	Contact
Arabic Classes	From October 2017	12:30 – 15:00	MCHC	Education Room (1)	Women only	£10 monthly	Sr. Habiba Tel: 07932430386
Children Quran Classes	From September 2017	17:00 – 19:00	MCHC	Education rooms	Children	£30 monthly	Sheikh Abdurazaq Tel: 07415936698
Tuesday Activities	Date	Time	Location	Room	Group	Charges	Contact
Quran Classes for advanced level	From 19 th September 2017	10:30 – 12:30 (winter) 11:30 – 13:30 (summer)	MCHC	Education Room (1)	Women only	Free	Quran Sisters Tel: 07931641458
Quran Classes for beginners by Imam Ahmed	From 19 th September 2017	13:00 – 14:30 (winter) 14:00 – 15:30 (summer)	MCHC	Education Room (1)	Women only	Free	Sheikh Ahmed Tel: 02089641496 Tue, Wed and Thursday
Turning Point Academy	From 19 th September 2017	11:00 – 13:00	MCHC	Exhibition Hall	Women only	Free	Sr. Amina Tel: 07791556637
Ear acupuncture	From 3 rd October 2017	10:00 – 12:00	MCHC	Atrium	Men and women	Free	Rachel Tel: 07966 230781
Yoga Classes	From 5 th September 2017	10:00 – 11:00	MCHC	Atrium	Women only	Free	Sr. Intlak Tel: 02089629314 Mon, Tue and Wednesdays 10am to 6pm
Pilate classes	From 19 th September	11:00 – 12:00	MCHC	Atrium	Women only	Free	Sr. Intlak Tel: 02089629314 Mon, Tue and Wednesdays 10am to

							6pm
Global Community Kitchen	From July 2017	11:30 – 6:30pm	MCHC	Kitchen/ Canteen	Women only	Free	Isa Tel: 07505364485
Level1 Arabic course	From November 2017	18:30 – 21:00	MCHC	Education room(2)	Men and women	£130 for three months	Br Hassan Tel: 07950714434 or 07378815712
Wednesday Activities	Date	Time	Location	Room	Group	Charges	Contact
Tajweed class by Imam Ahmed	From September 2017	Between Maghreb and Isha	MCHC	Prayer hall	Men only	Free	Sheikh Ahmed Tel: 02089641496 Tue, Wed and Thursday
Quran classes by Sr Amina	From October 2017	12:45 – 15:00	MCHC	Education Room(1)	Women only	£10 monthly	Sr. Amina Tel: 07931641458
Counselling session	From August 2017	9:00 – 17:00	MCHC	Counselling Room (Upstairs)	Men, women and children	Free	Sr Nassima Tel: 02089641496
Chair exercise	From September 2017	10:00 – 11:00	MCHC	Atrium	Women only	Free	Sis. Intlak Tel: 02089629314 Mon. Tue and Wednesday 10am to 6pm
Zumba	From 7 th September 2017	11:00 - 12:00	MCHC	Atrium	Women only	Free	Sis. Intlak Tel: 02089629314 Mon. Tue and Wednesday 10am to 6pm
Thursday Activities	Date	Time	Location	Room	Group	Charges	Contact
Quran classes by Mrs Amina	From October 2017	10:30 – 12:30	MCHC	Exhibition Hall	Women only	£10 monthly	Sr. Amina Tel: 07931641458
Coffee Morning	From	10:30 – 12:00	MCHC	Education	Women	Free	Sr Nassima

	September 2017			Room (1)	only		Tel: 02089641496
Global Community Kitchen	From July 2017	11:30 – 6:30pm	MCHC	Kitchen/ Canteen	Women only	Free	Isa Tel: 07505364485
Counselling session	From August 2017	9:00 – 17:00	MCHC	Counselling Room (Upstairs)	Men, women and children	Free	Sr Nassima Tel: 02089641496
Children Quran Classes	From September 2017	17:00 – 19:00	MCHC	Education rooms	Children	£30 monthly	Sheikh Abdurazaq Tel: 07415936698
Friday Activities	Date	Time	Location	Room	Group	Charges	Contact
Counselling session	From August 2017	9:00 – 17:00	MCHC	Counselling Room (Upstairs)	Men, women and children	Free	Sr Nassima Tel: 02089641496
Level1 Arabic course	From November 2017	18:30 – 21:00	MCHC	Education room(2)	Men and women	£130 for three months	Br Hassan Tel: 07950714434 or 07378815712
Saturday Activities	Date	Time	Location	Room	Group	Charges	Contact
Art Therapy	From July 2017	14:00 – 16:00	MCHC	Atrium+CH	Children	Free	Sr Ismahan Tel: 07539236998
Arabic and Quran classes	From October 2017	14:00 – 15:00	MCHC	Education Room 1&2	Girls and women (11+)	£10 monthly	Sr. Habiba or Amina Tel: 07932430386 or 07931641458
Revert class by Sheikh Mohamed Tarawna	From September 2017	14:30 – 16:30	MCHC	Education Room(1)	Men and women	Free	Sheikh Mohamed Tarawna Tel: 07533977660
Revert class (Advanced) by Sheikh Mohamed Tarawna	From September 2017	16:30 – 18:30	MCHC	Education Room(1)	Men and women	Free	Sheikh Mohamed Tarawna Tel: 07533977660
Sunday Activities	Date	Time	Location	Room	Group	Charges	Contact
Classical Islamic Studies Sheikh Abdullah Sulayti	From September 2017	11:30 – 12:30 (Summer)	MCHC	Prayer Hall	Men only	Free	Br. Abdullah Sulayti Tel: 07588675463

		10:30 – 11:30 (Winter)					
Quran class by Sheikh Abdullah Sulayti	From September 2017	12:30 – 13:30 (Summer) 11:30 – 12:30 (Winter)	MCHC	Prayer Hall	Men only	Free	Br. Abdullah Sulayti Tel: 07588675463
Somali Women Group	From September 2017	14:00 – 18:00	MCHC	Education Room(1)	Women only	Weekly contributions	Sr. Kaltuun Tel: 07859219454
Somali Youth Sisters	From September 2017	14:00 – 18:00	MCHC	Education Room(2)	Girls only	Weekly contributions	Sr. Kaltuun Tel: 07859219454