

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
Counseling session	From September 2017	18:00-20:00	MCHC	Counseling Room (Upstairs)	Men and Women	Free	Anum Shezad 07788480712
IT Course	From 18 th June 2018 18 th , 25 th June 2 nd , 9 th , 6 th July 2018	10:30-12:30	MCHC	Education Room 2	Women Only	Free	Jasmine 07961393716
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	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
Ear Acupuncture	From 3 rd October 2017	10:00 – 12:00	MCHC	Grenfell Hall 2	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 Wed 10am to 6pm
Global Community Kitchen	From July 2017	11:30 – 6:30pm	MCHC	Kitchen/ Canteen	Women only	Free	Isa Tel: 07505364485
Counseling session	From September 2017	10:00 – 17:00	MCHC	Couselling room	Men, women and children	Free	Sr. Amina Tel: 07960990969
Counseling session	From September 2017	18:00-19:00	MCHC	Counselling Room (Upstairs)	Men and Women	Free	Anum Shezad 07788480712
Wednesday Activities	Date	Time	Location	Room	Group	Charges	Contact
Quran class	From September 2017	Between Maghreb and Isha	MCHC	Prayer hall	Men only	Free	Sheikh Ahmed Tel: 02089641496 Tue, Wed and Thursday
Quran classes	From October 2017	12:45 – 15:00	MCHC	Education Room(1)	Women only	£10 monthly	Sr. Amina Tel: 07931641458
Chair exercise	From September 2017	11:00 – 12:00	MCHC	Atrium	Women only	Free	Sis. Intlak Tel: 02089629314 Mon. Tue and Wed 10am to 6pm
Zumba	From Wednesday 10 th Feb 2018	10:00-11:00	MCHC	Atrium	Women Only	Free	Sis. Intlak Tel: 02089629314 Mon. Tue and Wed 10am to 6pm
Art Course	From Wednesday 25 th April (2 nd , 9 th , 16 th May)	11:30-13:30	MCHC	Education Room (2)	Women Only	£10	Sis. Intlak Tel: 02089629314 Mon. Tue and Wed 10am to 6pm

Counseling	From Friday 16 th March 2018 (23 rd /30 th March 6 th /13 th April)	10:00-12:00	MCHC	Counseling room	Men and Women	Free	Nacera 07771545581
Thursday Activities	Date	Time	Location	Room	Group	Charges	Contact
Quran classes	From October 2017	10:30 – 12:30	MCHC	Exhibition Hall	Women only	£10 monthly	Sr. Amina Tel: 07931641458
Global Community Kitchen	From July 2017	11:30 – 6:30pm	MCHC	Kitchen/ Canteen	Women only	Free	Isa Tel: 07505364485
Children Quran Classes	From September 2017	17:00 – 19:00	MCHC	Education rooms	Children	£30 monthly	Sheikh Abdurazaq Tel: 07415936698
Legal Advice	From 30 th November 2017 (every last Thursday of each month)	09:30 – 12:00	MCHC	Computer room	Men and Women	Free	Al Manaar office: Tel: 02089641496
Friday Activities	Date	Time	Location	Room	Group	Charges	Contact
Counseling session	From September 2017	10:00 – 17:00	MCHC	Counseling room	Men, women and children	Free	Sr. Amina Tel: 07960990969
Legal Advice Bison Solicitors	From Friday 2 nd March. Every Friday till 25 th May 2018	13:00-15:00	MCHC	Computer room	Men and Women	First consultation Free	Houda 02030261620
Saturday Activities	Date	Time	Location	Room	Group	Charges	Contact
Martial Arts	From Sept 2017	14:00 – 15:00	MCHC	Grenfell Hall 1	Boys 5+	For more Information please contact Brother Mohseen	Mohseen Amiri Tel: 07787974764
Art Therapy	From July 2017	13:30 – 15:30	MCHC	Exhibition Hall	Children	Free	Sr Ismahan Tel: 07539236998

Arabic class	From October 2017	14:00 – 15:00	MCHC	Education Room (1)	Girls and women (11+)	£10 monthly	Sr. Habiba or Amina Tel: 07932430386 or 07931641458
Quran Class	From October 2017	14:00 – 16:00	MCHC	Education Room (2)	Girls and women (11+)	£10 monthly	Sr. Habiba or Amina Tel: 07932430386 or 07931641458
Somali Youth Sisters	From March 2018	16:00-18:30	MCHC	Education Room(1)	Girls only	Weekly contributions	Sr. Kaltuun Tel: 07859219454
Sunday Activities	Date	Time	Location	Room	Group	Charges	Contact
Classical Islamic Studies	From September 2017	11:30 – 12:30 (Summer) 10:30 – 11:30 (Winter)	MCHC	Prayer Hall	Men only	Free	Br. Abdullah Sulayti Tel: 07588675463
Quran class	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	14:30 – 19:00	MCHC	Education Room(1)	Women only	Weekly contributions	Sr. Kaltuun Tel: 07859219454
Somali Youth Sisters	From September 2017	14:30 – 19:00	MCHC	Education Room(2)	Girls only	Weekly contributions	Sr. Kaltuun Tel: 07859219454