

## Abbey regular activities and room rentals: **LAST DATES in December 2025**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	<b>2</b> *Save Money on Energy Bills w/Roger *NO Borough of Sanctuary on this day. Last day on 16 <sup>th</sup> Dec	<b>3</b>	<b>4</b> *Tech Buddies Drop-in w/Roger *Low-Cost Cooking – Community Cooking Group (prep Xmas lunch)	<b>5</b> *Bumble Bee *Gardening Group	<b>6</b> *Sat Community Lunch	<b>7</b>
<b>8</b>	<b>9</b> .	<b>10</b> *Home Education *Henna Sisters Connect	<b>11 Polling Day:</b> <b>Main Hall &amp; Kitchen</b> *ESOL (ACL) (in Garden room) *Strength & Balance (in Belsize room) *Henna Yoga (in Belsize room) *Rakshita – P.Pod	<b>12</b> *Tai Chi (ACL) *Gentle Dance	<b>13</b>	<b>14</b> *Church of South Hampstead
<b>15</b> *More Life *Yoga with Ros *Arsenal *Bridge *Choir *Mon Table Tennis *Henna Chai	<b>16</b> *Borough of Sanctuary (P.pod) *Seated Exercise w/Cheryl *Bingo *Colouring Calm with Simone or Daniela	<b>17</b> *Drop-in *Creche *Henna Dance *Men's Fitness *1:1 Tech Buddies *Seated Yoga (ACL) *Sewing (ACL) (already finished in November) *Zumba *Santander	<b>18</b> Centre closed	<b>19</b> *Friday Coffee Morning *Friday Table Tennis *Creative Writing *Recycle Art (TBC)	<b>20</b> Centre closed	<b>21</b> Centre closed
<b>22</b> Centre closed	<b>23</b> Centre closed	<b>24</b> Centre closed	<b>25</b> Centre closed	<b>26</b> Centre closed	<b>27</b> Centre closed	<b>28</b> Centre closed
<b>29</b> Centre closed	<b>30</b> Centre closed	<b>31</b> Centre closed				

## Abbey regular activities and room rentals **RESTART DATES in January 2026**

TBC :Room rentals (South Sudanese group )

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b> Centre closed	<b>2</b> Centre closed	<b>3</b> Centre closed NO Sat Community Lunch in January Next on 6 <sup>th</sup> February with Restart Party	<b>4</b> *Church of South Hampstead
<b>5</b> *CAP Admin day (No activities) *CS Admin day *Henna *Bumble Bee *More Life  *London Quilters will restart in March only	<b>6</b> *Drop-in Stay & Play *Creche *Seated Exercise *Borough of Sanctuary *Bingo *Colouring Calm	<b>7</b> *Men's Fitness *1:1 Tech Buddies *Sewing Class (ACL) *Zumba *Santander	<b>8</b> *Tech Buddies Drop-in w/Roger *Low-cost cooking *Strength & Balance - NEW 2 sessions: 1 <sup>st</sup> session: 1.30pm – 2.15pm 2 <sup>nd</sup> session: 2.45pm – 3.30pm *Rakshita - P.Pod: 12.00-2pm	<b>9</b> * NO Gardening Group in January (prob Feb or Mar) *Fri Coffee Morning *Fri Table Tennis *Recycle Art	<b>10</b>	<b>11</b>
<b>12</b> *Yoga with Ros *Arsenal *Choir *Bridge *Mon Table Tennis	<b>13</b> *Save Money on your Energy with Roger	<b>14</b> *Digital Improvers (ACL) *Soup-er Wednesday *Seated Yoga (ACL) *Home Education	<b>15</b> *ESOL (ACL)	<b>16</b> *Tai Chi (ACL) *Gentle Dance	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b> *Debt & Money advice w/Anne-Marie	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

