



April 2026

Community Activities Timetable

*Easter break:

The centre is closed to visitors from Friday 3rd April
Until Monday 6th April
The centre will reopen on Tuesday 7th April.

*Children's services:

Children's Services' last day before Easter break is
Wednesday 25th March, returning on Monday 13th April.

*Souper Tuesday:

Free soup every Tuesday from 12.00

*Souper Wednesday event:

Free soup on Wednesday 8th & 29th April from 12.00 to 3pm

*DW – Donations Welcome:

Most of our directly delivered activities are free or low cost.
Your donations are very welcome and essential to support
running costs, making sessions accessible to everyone 😊 .

Monday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 13th, 20th, 27th April (Not on 6th April)	Room 4	Yes
9.45am – 11.45	More Life – Adult Weight Management	Independently run activity – 13th, 20th, 27th April (Not on 6th April)	Belsize Room	
10am - 11.45am	Stay and Play Drop-in (under 5 years)	Term time only – 13th, 20th, 27th April (Not on 6th April)	Main Hall	DW
10am – 1pm	Citizen Advice Camden – Debt Advice North Camden Project	Appointment only – (first and third Monday of the month) – 20th April (Not on 6th April)	P. Pod	
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) – 27th April	P. Pod	DW
12.00 – 2pm	Sanctuary Project – Volunteer Cooking Group	13th, 20th, 27th April (Not on 6th April)	Priory Room	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 13th, 20th, 27th April (Not on 6th April)	Main Hall	Yes
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only – 13th, 20th, 27th April (Not on 6th April)	Children's Room	Yes
1pm - 2pm	Arsenal – Strength & Balance (1 st session)	Independently run activity - 13th, 20th, 27th April (Not on 6th April)	Garden Room	
2pm – 3pm	Arsenal – Strength & Balance (2 nd session)	Independently run activity - 13th, 20th, 27th April (Not on 6th April)	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	13th, 20th, 27th April (Not on 6th April)	Belsize Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	13th, 20th, 27th April (Not on 6th April)	Main Hall	DW
5.30pm - 8pm	Abbey's Bridge Club with Paul	13th, 20th, 27th April (Not on 6th April)	Foyer	DW
6pm - 8pm	Table Tennis with Jason	13th, 20th, 27th April (Not on 6th April)	Main Hall	PAY £1
6.30pm - 8.30pm	Quilt Makers – Quilting Company	Independently run activity – 20th April	Belsize Room	

Tuesday	Activity	Note	Room	
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity - 7th, 14th, 21st, 28th April	Room 4	Yes
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only - 14th, 21st, 28th April (Not on 7th April)	Main Hall	DW
10am - 1pm	South Sudan Women - Cooking Class	Independently run activity - 7th, 14th, 21st, 28th April	Kitchen/Priory	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month - 14th April	P.Pod	DW
From 12.00	Soup-er Tuesday (free soup every Tuesday)	7th, 14th, 21st, 28th April	Foyer	
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only - 14th, 21st, 28th April (Not on 7th April)	Children's Room	Yes
1pm – 4pm	Borough of Sanctuary support session with Good Work Camden	Drop-in sessions: First & third Tuesday of every month - 7th, 21st April	P.Pod	
1pm -2pm	Bingo- self led group	7th, 14th, 21st, 28th April	Belsize Room	DW
2pm - 3pm	Seated Exercise with Cheryl	7th, 14th, 21st, 28th April	Main Hall	DW
2.30pm – 4.30pm	Henna Asian Women's Group – Arts & Crafts	Independent run activity - 28th April	Garden Room	
2.30pm - 3.30pm	Colouring Calm with Simone	7th, 14th, 21st, 28th April	Belsize Room/ Zoom	DW

Wednesday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 1st, 8th, 15th, 22nd, 29th April	Room 4	Yes
9.30am-4.30pm	Santander Community Banking Hub	Independently run - 1st, 8th, 15th, 22nd, 29th April	P.Pod	
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – 15th, 22nd, 29th April (Not on 1st and 8th April)	Main Hall	DW
10am – 12.00	Digital Improvers Stage 1 with Mohamed – Adult Camden Learning	Term time only – From 22nd April to 8th July (Half Term: 27th May)	Belsize room	
10.30am - 2.30pm	Home Education – Tom Rosenthal	Independently run activity – Term time only – From 22nd April to 8th July (Half term: 27th May)	Priory room	
10.30 - 11.30am	Fitness for Men over 60 with Daniel	1st, 8th, 15th, 22nd, 29th April	Garden Room	DW
12 noon – 1pm	Henna Asian Women's Group - Dance	Independent run activity – 1st, 8th, 15th, 22nd, 29th April	Garden Room	
12 noon – 3pm	Souper Wednesday event	8th & 29th April	Foyer	
1pm - 3pm	Best Start Creche (6 months - 3 years)	Term time only – 15th, 22nd, 29th April (Not on 1st and 8th April)	Children's Room	Yes
1pm – 4pm	Henna Asian Women's Group - Sisters Connect	Independent run activity – 8th, 22nd April	Garden Room	
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning – SESSION 1	Term Time only – From 22nd April to 8th July (Half term: 27th May)	Belsize Room	
2.30pm – 3.30pm	Seated Yoga with Alice – Adult Camden Learning	Term Time only – From 22nd April to 8th July (Half term: 27th May)	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 1st, 15th, 22nd April (Not on 8th & 29th April)	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning – SESSION 2	Term Time only – From 22nd April to 8th July (Half term: 27th May)	Belsize Room	
3pm - 4.30pm	Abbey Book Club – Self-led	15th April	Garden room	DW
3.45pm - 4.45pm	Zumba Gold with Tissy	1st, 8th, 15th, 22nd, 29th April	Main Hall	DW

Thursday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 2nd, 9th, 16th, 23rd, 30th April	Room 4	Yes
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – 16th, 23rd, 30th April (Not on 2nd, 9th April)	Main Hall	DW
10.30am-12pm	South Sudan Women – Wellbeing Session	Independently run activity - 2nd, 9th, 16th, 23rd, 30th April		
12.30pm – 2.30pm	Easter Baking class	2nd April		
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	2nd, 9th, 16th, 23rd, 30th April	Foyer	DW
1pm-2pm	Henna Asian Women’s Group - Yoga	Independently run activity – 2nd, 9th, 16th, 23rd, 30th April	Garden Room	
1pm - 3.30pm	Low-Cost Cooking - Community Cooking Group	2nd, 9th, 16th, 23rd April (Not on 30th April)	Priory Room	DW
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only – 16th, 23rd, 30th April (Not on 2nd, 9th April)	Children’s Room	Yes
1pm -3pm	ESOL -English Conversation Group with Anna – Adult Camden Learning	Term time only – From 16th April to 9 July (Half term: 28th May)	Belsize Room	
1pm – 3.30pm	Eating and Living Well with Lydia	30th April	Priory Room	DW
1.30pm - 2.15pm	Strength and Balance Class with Sharon - SESSION 1	2nd, 9th, 16th, 23rd, 30th April	Main Hall	DW
2.45pm – 3.30pm	Strength and Balance Class with Sharon - SESSION 2	2nd, 9th, 16th, 23rd, 30th April	Main Hall	DW

Friday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 10th, 17th, 24th April (Not on 3rd April)	Room 4	Yes
10am – 12.00	NHS – Diabetes Prevention Programme	Independently run activity (First and Third Friday of every month) - 24th April (Not on 3rd April)	Garden Room	
10am - 11am	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – From 24th April to 10th July (Half term: 29th May)	Main Hall	
10.30am - 12.30pm	Abbey’s Green Guardians - Drop-in gardening group with Maria Elena	10th, 17th, 24th April (Not on 3rd April)	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	10th, 17th, 24th April (Not on 3rd April)	Foyer	DW
11am – 1pm	Creative Writing – Self led	10th, 17th, 24th April (Not on 3rd April)	Belsize Room	DW
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	10th, 17th, 24th April (Not on 3rd April)	Main Hall	DW
11am – 2pm	Borough of Sanctuary support session	24th April	P.Pod	
1.30pm - 2.30pm	Gentle Dance with Emma	24th April (Not on 3rd, 10th, 17th April)	Main Hall	DW
2pm – 4.30pm	NEW! Massage Therapy & Reflexology with Anne Power – By appointment only	10th, 17th April (Not on 3rd, 24th April)	P.Pod	DW £5-£7
2pm - 4pm	Met Engage Advice Session	10th April	Priory Room	
2.30pm – 3.30pm	Creative Collage with Simone	First Friday of every month – Not on 3rd April	Belsize Room	DW
2.30pm - 3.30pm	Recycle Art with Simone	10th, 17th, 24th April (Not on 3rd April)	Belsize Room	DW
3.15pm-4.15pm	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – From 24th April to 10th July (Half term: 29th May)	Main Hall	

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 11th April (next on 9th May)	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - 11th April (next on 9th May)	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	11th April (next on 9th May)	Children's Room	
11.30am - 12.30pm	Tea & Coffee	11th April (next on 9th May)	Foyer	DW
12.30pm - 1.30pm	Community Lunch	11th April (next on 9th May)	Main Hall	DW

Abbey's community activity sessions

Please book in advance on **020 7624 8378** or email reception@abbeycc-kilburn.org.uk to secure your place.

If you are unable to book, you can take a chance and turn up on the day.

Kilburn Good Neighbours - Home and telephone befriending for local over 60s.

Please call **020 7604 4823** or email kgn@abbeycc-kilburn.org.uk



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