

August 2024

Community Activities Timetable

- Centre will be closed from Mon 26th August to Sun 1st September
- All activities and Children's Services will restart from Mon 9th September
- Saturday Community Lunch on Sat 7th September
- Independently run activities (Bumble Bee and others) will restart from Mon 2nd September
- All Abbey run day-time activities are FREE to access. However, your donations are very welcome 😊 Your support will help keep our activities free of charge for everyone.

PAYG= Pay as you go DW = Donations Welcome

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 5 th , 12 th , 19 th August	Room 4	Yes
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10am - 11.45am	Stay and Play Drop-in	Term time only – restarts on 9th September	Main Hall	DW
10am - 1pm	Debt, Money & Scam Prevention Advice with Anne-Marie	Appointment only - Last Monday of the month – No session in August	Priory Room	DW
10.30am - 11.30am	Meditation with Sunny	5 th , 12 th August	Garden Room	DW
10.30am - 1.30pm	Henna Asian Women's Group – Cooking class	No sessions in July – Return on Mon 9th September	Kitchen/Priory Room	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 5 th , 12 th August	Main Hall	Yes
1pm - 3pm	Creche	Term time only – restarts on 9th September	Children's Room	Yes
1.30pm - 3pm	Henna Asian Women's Group – Chai with Henna	No session in August – restarts on 9th September	Belsize Room	
TBC	Tai chi - TBC	No session in August - To be confirmed for September		
2pm - 4pm	Digital Basic Stage 3 Course – Adult Camden Learning	Term time only – No session in August, restarts on 23rd Sep	Priory Room	
2.45pm - 5.05pm	Monkey Music classes for children	No session in August	Garden Room	Yes
4pm - 5.30pm	Abbey's Community Singing for Fun Group	5 th , 12 th , 19 th August	Main Hall	DW
6pm - 8pm	Table Tennis with Jason	5 th , 12 th , 19 th August	Main Hall	PAYG £1

Tuesday	Activity	Note	Room	
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity – 6 th , 13 th August	Belsize Room	
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10am - 11.45am	Stay and Play Drop-in	Term time only – restarts on 9th September	Main Hall	DW
10.45am Departure	Love where you live - Local trip – Queens Park	Second Tuesday of the month – 13th August		
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 13th Aug	P.Pod	DW
12.00pm - 5pm	Bumble Bee Physio for children	Independently run activity - 6 th , 13 th , 20 th August	Room 4	Yes
1pm - 3pm	Creche	Term time only – restarts on 9th September	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	6 th , 13 th , 20 th August	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	6 th , 13 th , 20 th August	Belsize Room/Zoom	DW
3.25pm - 5.50pm	Regal Ballet	Independently run activity – No classes in August	Main Hall	Yes

Wednesday	Activity	Note	Room	Charge
10am - 11.45am	Stay and Play Drop-in	Term time only – restarts on 9th September	Main Hall	DW
10am-4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10am - 12noon	ESOL – Learn English – Adult Camden Learning	Term time only – No classes in August – restarts on 11th Sept	Belsize Room	
10am - 12.30pm	Camden Job Hub	First Wednesday of the month – 7th August	Room 4	
10am - 12 noon	Reflexology with Theresa	By appointment Third Wed of month – No session in August	P.Pod	DW
10.30 - 11.30am	Fitness for Men over 50 with Daniel	7th, 14th, 21st August	Garden Room	DW
11am – 1pm	Learn My Way – Free Digital Skills Learning	By appointment only – Second & Fourth Wednesday of the month – 13th, 20th August	Room 4	DW
1pm - 3pm	Creche	Term time only – restarts on 9th September	Children’s Room	Yes
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – No classes in August, restarts on 11th Sept	Belsize Room	
1.45pm – 2.45pm	Seated Yoga with Anna – Adult Camden Learning	Term Time only – No sessions in August, restarts on 11th Sept	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 7th, 14th, 21st August	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - No classes in August, restarts on 11th Sept	Belsize Room	
3pm - 4.30pm	Bryony’s Book Club	Around every 8 weeks – No session in August	Room 4	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	7th, 14th, 21st August	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 1st, 8th, 15th, 22nd August	Room 4	Yes
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10am - 11.45am	Stay and Play Drop-in (term time only)	Term time only – restarts on 9th September	Main Hall	DW
11.30am - 12.30pm	NHS – Sleep Disorders workshop – Book in advance!	15th August	Belsize room	
11am - 12 noon	Abbey staff meeting	1st, 8th, 15th, 22nd August	Priory Room	
11am – 3pm	London Trip with Jason – BAPS Shri Swaminarayan Mandir - Neasden Temple	22nd August		DW
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	1st, 8th, 15th, 22nd August	Foyer	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	1st, 8th, 15th, 22nd August	Priory Room	DW
1pm - 3pm	Eating Well with Lydia	No session in August	Priory Room	DW
1pm - 3pm	Creche	Term time only – restarts on 9th September	Children’s Room	Yes
2pm - 3pm	Crochet & Knitting Club with Romana	15th, 22nd August	Foyer	DW
2.15pm – 3.15pm	Strength and Balance Class with Sharon	1st, 8th, 15th, 22nd August	Main Hall	DW
3.45pm - 4.45pm	Karaoke with Rosamund	No session in August	Main Hall	DW

Friday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	2nd, 9th, 16th, 23rd August	Garden	DW
10.30am - 12.30pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – No sessions in August, restarts on 13th September	Room 4	
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	2nd, 9th, 16th, 23rd August	Foyer	DW
11.30pm - 1pm	Table Tennis with Jason	2nd, 9th, 16th, 23rd August	Main Hall	DW
12.30pm - 1.30pm	Over 60s Bingo with Danielle	2nd, 9th, 16th, 23rd August	Belsize Room	
1.30pm - 2.30pm	Gentle Dance with Emma	2nd, 9th, 16th, 23rd August	Main Hall	DW
2.30pm - 3.30pm	Recycle Plastic Art	2nd, 9th, 16th, 23rd August	Belsize Room	DW
2.15pm - 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – No sessions in August, restarts on 13th September	Room 4	

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – Sat 3rd August	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - Sat 3rd August	Belsize Room	DW
11am - 12noon	Camden Council Councillors Surgery	No surgery in August	Room 4	
11.30am - 12.30pm	Tea & Coffee with Jason	Sat 3rd August	Foyer	DW
12.30pm - 1.30pm	Community Lunch	Booking required - Sat 3rd August	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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