



November 2023 community activities timetable

Activity charges: LC = Limitless Card PAYG= Pay as you go DW = Donations Welcome

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity	Room 4	Yes
10am-4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	
10am - 11.45am	Stay and Play Drop-in	Term time only	Main Hall	DW
10am - 1pm	Debt, Money & Scam Prevention Advice with Anne-Marie	Appointment only - Last Monday of the month – 27th Nov	Priory Room	
10.30 - 11.30am	Meditation with Sunny		Garden Room	DW
11am-1pm	Save Money on your Energy Bills with Roger	Appointment only – 6th and 20th Nov	Priory Room	
12.30pm-1.30pm	Yoga with Ros	Independently run activity – 6th, 13th, 20th, 27th Nov	Main Hall	Yes
1pm - 3pm	Creche	Term time only	Children's Room	Yes
12noon - 3.30pm	Henna Asian Women's Group		Belsize Room	
2pm - 3.30pm	Seated Yoga with Anna – Adult Camden Learning	Term time only - From 11th Sept to 4th Dec	Main Hall	
2pm-4pm	Digital Basic Stage 1 Course – Adult Camden Learning	Term time only - From 11th Sept to 4th Dec	Priory Room	
2.45pm-5.05pm	Monkey Music classes for children	Independently run activity - 6th, 13th, 20th, 27th Nov	Garden Room	Yes
6pm - 8pm	Table Tennis with Jason		Main Hall	PAYG £1

Tuesday	Activity	Note	Room	Charge
9.30 -11.45am	Monkey Music classes for Children	Independently run activity – 7th, 14th, 21st, 28th Nov	Garden Room	Yes
9.45am -11.45am	More Life – Adult Weight Management	Independently run activity – 7th, 14th, 21st, 28th Nov	Belsize Room	
10am-4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	
10am - 11.45am	Stay and Play Drop-in	Term time only	Main Hall	DW
10.45am Departure	Love where you live-Local trip with Jordan - Queen's Park	Second Tuesday of month 14th Nov		
11am - 1pm	Great Abbey bake-off with Jordan	First & Third Tuesday of the month – 7th & 21st Nov	Priory Room	Yes: LC or PAYG
1pm - 3pm	Creche	Term time only	Children's Room	
1pm – 3pm	Bumble Bee Clinic	Independently run activity - 7th, 14th, 21st, 28th Nov	Garden Room	
2pm - 3pm	Seated Exercise with Cheryl	Currently full – see Thursday instead	Main Hall	Yes: LC or PAYG
2.15pm - 3.30pm	Colouring Calm with Simone		Belsize Room/Zoom	DW
3.30pm-6pm	Regal Ballet	Independently run activity – 7th, 14th, 21st, 28th Nov	Main Hall	

Wednesday	Activity	Note	Room	Charge
10am - 11.45am	Stay and Play Drop-in	Term time only	Main Hall	DW
10am-4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	
10am - 12.30pm	Camden Job Hub	First & Third Wednesday of the month - 1st & 15th Nov	Room 4	
10am - 12pm	Reflexology with Teresa	By appointment – 8th Nov	Room 4	DW
10.30 - 11.30am	Fitness for Men over 50 with Daniel		Garden Room	Yes: LC or PAYG
11am - 12pm	NHS Diabetes Prevention Programme	Independently run activity - 15th Nov	Belsize Room	
1pm - 3pm	Creche	Term time only	Children's Room	Yes
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - From 13th Sept to 6th Dec	Belsize Room	
2pm - 3pm	Crochet & Knitting Club with Romana		Foyer	DW
2pm - 4pm	1:1 Tech Buddies	By appointment	Priory Room/Foyer	DW
3pm – 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - From 13th Sept to 6th Dec		
3pm - 4.30pm	Bryony's Book Club	Around every 8 weeks - 22nd Nov	Room 4	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	Term Time only	Main Hall	Yes: LC or PAYG

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity	Room 4	Yes
10am-4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	
10am - 11.45am	Stay and Play Drop-in (term time only)	Term time only	Main Hall	DW
10am - 11am	Tai Chi – Qigong with Jennie – Adult Camden Learning	Term Time only - From 14th Sept to 7th Dec	Garden Room	
11.30am - 12.30pm	Tai Chi – Qigong with Jennie – Adult Camden Learning	Term Time only - From 14th Sept to 7th Dec	Garden Room	
11am -4pm	London Trip with Jason – Royal Academy of Arts	Third Thursday of the month - 16th Nov		
11am - 12 noon	Abbey staff meeting		Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger		Priory Room/Foyer	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	Not running on 30th Nov	Priory Room	Yes: LC or PAYG
1pm - 3pm	Eating Well with Lydia	Last Thursday of the month - 30th Nov	Priory Room	Yes: LC or PAYG
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm-3pm	Seated Exercise with Sharon		Main Hall	
3pm - 4pm	Arts and Crafts Club with Simone	Not running on 30th Nov	Belsize Room	DW
3pm - 4.30pm	Minds & Hearts Wellbeing with Bryony	Last Thursday of the month - 30th Nov	Belsize Room	DW

Friday	Activity	Note	Room	Charge
10am-4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	
10.30am-12.30pm	Gardening Group with Maria Elena		Garden	DW
10.30am - 12.30pm	Creative Writing with Bryony – Adult Camden Learning	Term time - 29th Sept to 15th Dec. No session 17th Nov.	Room 4	
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason		Foyer	DW
11.30pm - 1pm	Table Tennis with Jason		Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma		Main Hall	Yes: LC or PAYG
2pm - 3pm	Over 60s Bingo with Claudia		Belsize Room	DW
2.15pm – 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time - 29th Sept - 15th Dec. No session 17th Nov	Room 4	

Saturday	Activity	Note	Room	Charge
9am – 2.30pm	Community Cooking Group	Support our monthly Community Lunch – 4th Nov	Main Hall	
10am-12.00	Tech Buddies	By appointment – 4th Nov	Garden Room	DW
11am-12noon	Camden Council Councillors Surgery	4th Nov	Room 4	
11.30am-12.30pm	Tea & Coffee with Jason	4th Nov	Foyer	DW
12.30pm-1.30pm	Community Lunch	Booking required - 4th Nov	Main Hall	DW
12.30pm-2.30pm	KGN 25 th anniversary	25th Nov	Main Hall	

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 befriending and community support for local over 60s

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



Abbey Community Centre

172 Belsize Road, London, NW6 4BJ

020 7624 8378

www.abbeycc-kilburn.org.uk

Charity no.295191 Company no.2028600