



- **Centre closure:**
On Thursday 19th December (Staff Training)
From Mon 23rd December to Sun 5th January
- **Children Services resume** on Tue 7th January
- **Activities resume** on Wed 8th January
- **DW – Donations Welcome:**
Most of our directly delivered activities are free or low cost. Your donations are very welcome and essential to support these free and low-cost activities, making them accessible to everyone 😊.

December 2024

Community Activities Timetable

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 2nd, 9th, 16th Dec	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	Main Hall	DW
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - No session in Dec	P. Pod	DW
10.30am - 11.30am	Meditation with Sunny	No session in Dec – Next session on 20th January	Garden Room	DW
10.30am - 1.30pm	Henna Asian Women’s Group – Cooking class	Last Monday of the month – 2nd Dec	Priory room	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 2nd, 9th, 16th Dec	Main Hall	Yes
1pm - 3pm	Creche	Term time only	Children’s Room	Yes
1pm – 3.30pm	Henna Asian Women’s Group – Chai with Henna	2nd, 9th, 16th Dec	Belsize Room	
2pm - 4pm	Digital Improvers Course – Adult Camden Learning	Term time only – from 23rd Sep to 9th Dec	Priory Room	
2.45pm - 5.05pm	Monkey Music classes for children	Independently run activity	Garden Room	Yes
4pm - 5.30pm	Abbey’s Community Singing for Fun Group	2nd, 9th, 16th Dec	Main Hall	DW
6pm - 8pm	Table Tennis with Jason	2nd, 9th, 16th Dec	Main Hall	PAYG £1
6pm - 8pm	Bridge with Paul	2nd, 9th, 16th Dec	Foyer	DW

Tuesday	Activity	Note	Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 3rd, 10th, 17th Dec	Room 4	Yes
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity – 3rd, 10th, 17th Dec	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	Main Hall	DW
10.45am Departure	Love where you live - Local trip	Second Tuesday of the month – No trip in Dec	Off site	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 10th Dec	P. Pod	DW
11am -1pm	Mince pie masterclass with Jordan	10th Dec	Priory room	DW
1pm - 3pm	Creche	Term time only	Children’s Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	3rd, 10th, 17th Dec	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	3rd, 10th, 17th Dec	Belsize Room/Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 4th, 11th, 18th Dec	Room 4	Yes
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	DW
10am-2pm	Home Education – Sophie Cooke	Independently run activity – Term time only	Priory room	
10am – 2pm	Debt Advice North Camden – Citizen Advice Camden	Second and fourth Wednesday every month – 11th Dec	P. Pod	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	4th, 11th, 18th Dec	Garden Room	DW
1pm - 3pm	Creche	Term time only	Children's Room	Yes
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – from 11th Sep to 4th Dec	Belsize Room	
1.45pm – 2.45pm	Seated Yoga with Anna – Adult Camden Learning	Term Time only – from 11th Sep to 4th Dec	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 4th, 11th, 18th Dec	Garden Room	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month – 11th Dec	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – from 11th Sep to 4th Dec	Belsize Room	
3pm - 4.30pm	Abbey Book Club	Around every 8 weeks – Next Book Club on 8th Jan	Garden room	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	4th, 11th, 18th Dec	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 5th, 12th Dec – No session on 19th Dec	Room 4	Yes
9.30am – 1pm	Sudan Women Association – Cookery class	Second Thursday of every month – 12th Dec	Priory Room	DW
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	Main Hall	DW
10am – 12.00	Digital Photography Project – Adult Camden Learning	Term time only - from 26th Sep to 12th Dec	Belsize Room	
11am - 12 noon	Abbey staff meeting	5th, 12th Dec – No meeting on 19th Dec	Priory Room	
11am Departure	London Trip with Jason	No Trip in December– Next trip on 20th February	Off site	DW
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	5th, 12th Dec – No session on 19th Dec	Foyer	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	5th, 12th Dec – No session on 19th Dec	Priory Room	DW
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm - 4pm	Eating & Living Well with Lydia	No session in Dec	Priory Room	DW
2.15pm – 3.15pm	Strength and Balance Class with Sharon	5th, 12th Dec – No session on 19th Dec	Main Hall	DW

Friday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 6 th , 13 th , 20 th Dec	Room 4	Yes
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10am – 11am	Tai chi – Qigong - Adult Camden Learning	from 8th Nov to 6th Dec (No half term)	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	No sessions in Dec	Garden Off site	DW
10.30am - 12.30pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – from 13th Sep to 6th Dec	Garden Room	
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	6th, 13th, 20th Dec	Foyer	DW
11.30pm - 1pm	Table Tennis with Jason	6th, 13th, 20th Dec	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	6th, 13th, 20th Dec	Main Hall	DW
2.15pm - 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – from 13th Sep to 6th Dec	Garden Room	
2.30pm - 3.30pm	Recycle Plastic Art	6th, 13th, 20th Dec		

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – Sat 7th Dec	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - Sat 7th Dec	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	Sat 7th Dec	Belsize Room	
11.30am - 12.30pm	Tea & Coffee with Jason	Sat 7th Dec	Foyer	DW
12.30pm - 1.30pm	Community Lunch	Booking required - Sat 7th Dec	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

