



December 2025

Community Activities Timetable

*Polling station on Thu 11th December in Main Hall

*Centre is closed on Thu 18th December (Staff away day)

*Centre last day in 2025: Fri 19th December 2025 - closing at 3pm

*Centre reopens in 2026: Mon 5th January 2026 (Administration Day only)

Activities restart: Tue 6th January 2026

*Children's services last Drop-in and Creche:

Wednesday 17th December 2025

*Children's services first day Drop-in and Creche:

Tuesday 6th January 2026

*DW – Donations Welcome:

Most of our directly delivered activities are free or low cost.

Your donations are very welcome and essential to support, making them accessible to everyone 😊.

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 1 st , 8 th , 15 th Dec	Room 4	Yes
9.45am – 11.45	More Life – Adult Weight Management	Independently run activity – 1 st , 8 th , 15 th 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 – Last day in 2025 Wed 17 th Dec / Restarts on 6 th Jan 2026	Main Hall	DW
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) – No session in Dec / Next session on Mon 26 Jan 2026	P. Pod	DW
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 1 st , 8 th , 15 th Dec / Restart on 12 th Jan 2026	Main Hall	Yes
1pm - 3pm	Creche	Term time only – Last day in 2025 Wed 17 th Dec / Restarts on 6 th Jan 2026	Children's Room	Yes
1pm - 2pm	Arsenal – Strength & Balance (1 st session)	Independently run activity - 1 st , 8 th , 15 th Dec Restarts on 12 th Jan 2026	Garden Room	
2pm – 3pm	Arsenal – Strength & Balance (2 nd session)	Independently run activity 1 st , 8 th , 15 th Dec Restarts on 12 th Jan 2026	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	1 st , 8 th , 15 th Dec	Belsize Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	1 st , 8 th , 15 th Dec / Restarts on 12 th Jan 2026	Main Hall	DW
5.30pm - 8pm	Abbey's Bridge Club with Paul	1 st , 8 th , 15 th Dec / Restarts on 12 th Jan 2026	Foyer	DW
6pm - 8pm	Table Tennis with Jason	1 st , 8 th , 15 th Dec / Restarts on 12 th Jan 2026	Main Hall	PAY £1
6.30pm - 8.30pm	Quilt Makers – Quilting Company	Independently run activity – No session in December	Belsize Room	

Tuesday	Activity	Note	Room	
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 – Last day in 2025 Wed 17th Dec / Restarts on 6th Jan 2026	Main Hall	DW
10.45am Departure	Love Where You Live	No walk in December	Off site	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 9th Dec	P.Pod	DW
11.30am – 1pm	Mince Pies Baking Masterclass with Jordan	16th Dec	Priory room	
1pm - 3pm	Creche	Term time only – Last day in 2025 Wed 17th Dec / Restarts on 6th Jan 2026	Children's Room	Yes
1pm – 4pm	Borough of Sanctuary support session with Good Work Camden	Drop-in sessions: First & third Tuesday of every month – 16th Dec (No session on 2nd Dec) / Restarts on 6th Jan 2026	P.Pod	
2pm - 3pm	Seated Exercise with Cheryl	2nd, 9th, 16th Dec	Main Hall	DW
1pm -2pm	Bingo- self led group	2nd, 9th, 16th Dec	Belsize Room	
2.30pm - 3.30pm	Colouring Calm with Simone / Daniela	2nd, 9th, 16th Dec	Belsize Room/ Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 3rd, 10th, 17th Dec	Room 4	Yes
9.30am-4.30pm	Santander	Independently run - 3rd, 10th, 17th Dec	P.Pod	
10am - 11.45am	Stay and Play Drop-in	Term time only – Last day in 2025 Wed 17th Dec / Restarts on 6th Jan 2026	Main Hall	DW
10am – 12.00	Digital Improvers Stage 1 with Mohamed – Adult Camden Learning	Next Term: From 14th Jan 2026 to 25th Mar 2026 (Half Term 17th Feb) Book in advance!	Belsize room	
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10.30am - 2.30pm	Home Education – Tom Rosenthal	Independently run activity – Term time only – From 17th Sept to 10th Dec	Priory room	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	3rd, 10th, 17th Dec / Restarts on 7th Jan 2026	Garden Room	DW
12 noon – 1 pm	Henna Asian Women's Group - Dance	Independent run activity – 3rd, 10th, 17th Dec	Garden Room	
From 12.00	Soup-er Wednesday	14th January 2026 - Book in advance!		
1pm - 3pm	Creche	Term time only – Last day in 2025 Wed 17th Dec / Restarts on 6th Jan 2026	Children's Room	Yes
1pm – 2.30pm	Henna Asian Women's Group - Sisters Connect	Independent run activity – 10th Dec	Garden Room	
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – No class in Dec Next term: From 7th Jan 2026 to 25th Mar 2026 (No half term)	Belsize Room	
2.30pm – 3.30pm	Seated Yoga with Alice – Adult Camden Learning	Term Time only – From 8th Oct to 17th Dec Next Term: From 14th Jan 2026 to 25th Mar 2026 (Half term 18th Feb)	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 3rd, 10th, 17th Dec / Restarts on 7th Jan 2026	Foyer	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month – 10th Dec / Restarts on 14th Jan 2026	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – No class in Dec Next term: From 7th Jan 2026 to 25th Mar 2026 (No half term)	Belsize Room	
3pm - 4.30pm	Abbey Book Club	Around every 8 weeks – Next session on 17th Dec	Garden room	DW
3.45pm - 4.45pm	Zumba Gold with Tissy	3rd, 10th, 17th Dec / Restarts on 7th Jan 2026	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 4th, 11th 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)	Term time only – Last day in 2025 Wed 17th Dec / Restarts on 6th Jan 2026	Main Hall	DW
11am Departure	London Trip with Jason	No trip in December	Off site	DW
11am - 12 noon	Abbey staff meeting	4th, 11th Dec (No meeting on 18th Dec)	Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	4th Dec (No session on 11th & 18th Dec) / Restarts on 8th Jan 2026	Foyer	DW
1pm-2pm	Henna Asian Women's Group - Yoga	Independently run activity – 4th, 11th Dec Session in the Belsize room on 11th Dec	Garden Room	
1pm - 3.30pm	Low-Cost Cooking – Community Cooking Group	Prep for Xmas Community lunch – 4th Dec (No session on 11th & 18th Dec) / Restarts on 8th Jan 2026	Priory Room	DW
1pm - 3pm	Creche	Term time only – Last day in 2025 Wed 17th Dec / Restarts on 6th Jan 2026	Children's Room	Yes
1.30pm -3.30pm	ESOL -English Conversation Group with Anna – Adult Camden Learning	Term time only – From 18th Sept to 11th Dec Class in the Garden Room on 11th Dec Next Term: From 15th Jan 2026 to 26th Mar 2026 (Half term 18th Feb)	Belsize Room	
2pm - 4pm	Eating and Living Well with Lydia	No session in December	Priory Room	DW
2.15pm - 3.15pm	Strength and Balance Class with Sharon	4th, 11th Dec (No session on 18th Dec) Session in the Belsize Room on 11th Dec Restarts on 8th Jan 2026 (2 sessions)	Main Hall	DW

Friday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 5th, 12th, 19th 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 with Sheryl - Adult Camden Learning	Term time only – From 12 Sept to 12th Dec Next term: 16th Jan 2026 to 27th Mar 2026 (Half Term 20th Feb)	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	5th Dec (No Gardening on 12th & 19th Dec) / Restarts in February or March depending on the weather	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	5th, 12th, 19th Dec / Restarts on 9th Jan 2026	Foyer	DW
11am – 1pm	Creative Writing – Self led	5th, 12th, 19th Dec / Restarts on 9th Jan 2026	Belsize Room	DW
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	5th, 12th, 19th Dec / Restarts on 9th Jan 2026	Main Hall	DW
1.30pm – 3.30pm	Tech Buddies Festive Extravaganza	12th Dec – Booking required	Foyer	DW
1.30pm - 2.30pm	Gentle Dance with Emma	5th, 12th Dec (No class on 19th Dec) / Restarts on 16th Jan 2026	Main Hall	DW
2.30pm - 3.30pm	Recycle Art	No class on 5th Dec (classes on 12th & 19th Dec are still to be confirmed) Restarts on 9th Jan 2026	Belsize Room	DW

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 6th Dec (next on 6th Feb 2026)	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - 6th Dec (next on 6th Feb 2026)	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	6th Dec (next on 6th Feb 2026)	Children's Room	
11.30am - 12.30pm	Tea & Coffee	6th Dec (next on 6th Feb 2026)	Foyer	DW
12.30pm - 1.30pm	Community Lunch	6th Dec: FULLY BOOKED (next on 6th Feb 2026)	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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