

July 2025

Community Activities Timetable



*The centre will be closed on Wednesday 30th July (Staff training day)

*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

Monday	Activity	Note	Room	Charge
9am - 3pm	Rebel School	Independently run activity – from 23rd June to 4th July (3rd July in Belsize room)	Garden Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 7th, 14th, 21st, 28th July	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 - 7th, 14th, 21st, 28th July	Main Hall	DW
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) – 28th July	P. Pod	DW
10am - 12.00	Reflexology with Teresa	Appointment only – (first Monday of the Month) – 7th July	P. Pod	DW
10.30am - 11.30am	Outdoor Meditation with Sunny	7th, 14th, 21st, 28th July	Garden - Courtyard	DW
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 28th July (no sessions on 7th, 14th & 21st July)	Main Hall	Yes
1pm - 3pm	Creche	Term time only - 7th, 14th, 21st, 28th July	Children's Room	Yes
1pm - 2pm	Arsenal – Strength & Balance (1 st session)	7th, 14th, 21st, 28th July	Garden Room	
2pm – 3pm	Arsenal – Strength & Balance (2 nd session)	7th, 14th, 21st, 28th July	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	7th, 14th, 21st, 28th July	Belsize Room	
2pm - 4pm	Digital Improvers Stage 3 – Online accounts & Digital safety - Adult Camden Learning	Term time only – from 28th April to 8th July	Priory Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	7th, 14th, 28th July (no session on 21st July)	Main Hall	DW
5.30pm - 8pm	Bridge Club with Paul	7th, 14th, 21st, 28th July	Foyer	DW
6pm - 8pm	Table Tennis with Jason	7th, 14th, 21st, 28th July	Main Hall	PAY £1
6.30pm - 8.30pm	Quilt Makers – Quilting Company	Independently run activity – 21st July	Belsize Room	

Tuesday	Activity	Note	Room	
9am - 3pm	Rebel School	Independently run activity – from 23rd June to 4th July (3rd July in Belsize room)	Garden Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 1st, 8th, 15th, 22nd, 29th July	Room 4	Yes
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity – 1st, 8th, 15th, 22nd, 29th July	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 - 1st, 8th, 15th, 22nd, 29th July	Main Hall	DW
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 8th July	P. Pod	DW
1pm - 3pm	Creche	Term time only 1st, 8th, 15th, 22nd, 29th July	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	1st, 8th, 15th, 22nd, 29th July	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	Term Time only - 8th, 15th, 22nd, 29th July (no session on 1st July)	Belsize Room/Zoom	DW

Wednesday	Activity	Note	Room	Charge
9am - 3pm	Rebel School	Independently run activity – from 23rd June to 4th July (3rd July in Belsize room)	Garden Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 2nd, 9th, 16th, 23rd, 30th July	Room 4	Yes
9.30am-4.30pm	Santander	2nd, 9th, 16th, 23rd July (no session on 30th July)	P.Pod	
10am - 11.45am	Stay and Play Drop-in	Term time only - 2nd, 9th, 16th, 23rd July (no session on 30th July)	Main Hall	DW
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 30th April to 9th July	Priory room	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	2nd, 9th, 16th, 23rd July (2nd July in Belsize Room) (no session on 30th July)	Garden Room	DW
11am Departure	London Trip with Jason – Queen Mary's Rose Garden/Regents Park	First Wednesday of every month - 2nd July	Off site	Yes £3
11am Departure	Love Where You Live – Local Trip (destination TBC)		Off site	DW
12 noon – 2.30pm	Henna Dance	2nd, 9th, 16th, 23rd (2nd July in Belsize Room) (no session on 30th July)	Garden Room	
1pm - 3pm	Creche	Term time only - 2nd, 9th, 16th, 23rd July (no creche on 30th July)	Children's Room	Yes
1pm – 2.30pm	Henna Sisters Connect	Independent run activity – 9th & 23rd July	Garden Room	
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - from 30th April to 16th July	Belsize Room	
1.45pm - 3pm	Seated Yoga with Virginia – Adult Camden Learning	Term Time only - from 30th April to 16th July (no session on 9th July)	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 2nd, 9th, 16th, 23rd July (no session on 30th July)	Foyer	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month - 9th & 23rd July	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - from 30th April to 16th July	Belsize Room	
3pm - 4.30pm	Abbey Book Club	Around every 8 weeks – next session on 2nd July	Garden room	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	Term time only - 2nd, 9th, 16th, 23rd July (no class on 30th July)	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9am - 3pm	Rebel School	Independently run activity – from 23rd June to 4th July (3rd July in Belsize room)	Garden Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 3rd, 10th, 17th, 24th, 31st July	Room 4	Yes
9.30am - 1pm	South Sudan Women Association – Cookery class	Third Thursday of every month – 17th July	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 - 3rd, 10th, 17th, 24th, 31st July	Main Hall	DW
10am - 12 noon	Digital Photography Project – Adult Camden Learning	Term time only – from 1st May to 10th July (3rd July in Priory Room)	Belsize Room	
11am - 12 noon	Abbey staff meeting	3rd, 10th, 17th, 24th, 31st July	Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	3rd, 10th, 17th, 24th, 31st July	Foyer	DW
1pm-2pm	Henna Yoga	Independently run activity – 3rd, 10th, 17th, 24th, 31st July (3rd July in Main Hall)	Garden Room	
1pm - 3.30pm	Low-Cost Cooking with Jordan	3rd, 10th, 17th, 24th July (no session on 31st July)	Priory Room	DW
1pm - 3pm	Creche	Term time only - 3rd, 10th, 17th, 24th, 31st July	Children's Room	Yes
1.15pm-2.15pm	Bingo	3rd, 10th, 17th, 24th, 31st July	Belsize Room	
2pm - 4pm	Nutrition for Brain Health with Lydia	31st July	Priory Room	DW
2.15pm - 3.15pm	Strength and Balance Class with Sharon	3rd, 17th, 24th, 31st July (no session on 10th July)	Main Hall	DW

Friday	Activity	Note	Room	Charge
9am – 3pm	Rebel School	Independently run activity – from 23rd June to 4th July (3rd July in Belsize room)	Garden Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 4th, 11th, 18th, 25th July	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	Term time only - from 2nd May to 11th July	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	4th, 11th, 18th, 25th July	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	4th, 11th, 18th, 25th July	Foyer	DW
11am – 1pm	Creative Writing – Self led	4th, 11th, 18th, 25th July	Belsize Room	
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	4th, 11th, 18th, 25th July	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	4th, 11th, 18th, 25th July (no session on 18th July)	Main Hall	DW
2.30pm - 3.30pm	Recycle Art	11th, 25th July (no session on 4th & 18th July)	Belsize Room	DW

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 5th July (next on 2nd August)	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - 5th July (next on 2nd August)	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	5th July (next on 2nd August)	Children's Room	
11.30am - 12.30pm	Tea & Coffee	5th July (next on 2nd August)	Foyer	DW
12.30pm - 1.30pm	Community Lunch	Booking required - 5th July (next on 2nd 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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