



# June 2026

## Community Activities Timetable

Monday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity - <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June</b>	Room 4	Yes
10am – 7pm	Kilburn Library Pop-up	Independently run - <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June</b>	Garden Room	
9.45am – 11.45	More Life – Adult Weight Management	Independently run activity - <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June</b>	Belsize Room	
10am - 11.45am	Stay and Play Drop-in (under 5 years)	Term time only - <b>(Not on 1<sup>st</sup> and 8<sup>th</sup> June)</b>	Main Hall	DW
10am – 1pm	Citizen Advice Camden – Debt Advice North Camden Project	Appointment only (first and third Monday of the month) - <b>1<sup>st</sup> &amp; 15<sup>th</sup> June</b>	P. Pod	
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - <b>29<sup>th</sup> June</b>	P. Pod	DW
From 11am	Camden Health Bus – Vaccinations & Health checks	<b>8<sup>th</sup> June</b>	Front of Abbey	
12.00 – 2pm	Sanctuary Project – Volunteer Cooking Group	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June</b>	Priory Room	
12.15pm - 1.15pm	Yoga with Ros	Independently run activity - <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June</b>	Main Hall	Yes
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only – <b>(Not on 1<sup>st</sup> and 8<sup>th</sup> June)</b>	Children’s Room	Yes
1.15pm – 2.15pm	Arsenal – Strength & Balance (1 <sup>st</sup> session)	Independently run activity - <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June</b>	Main Hall	
2.15pm – 3.15pm	Arsenal – Strength & Balance (2 <sup>nd</sup> session)	Independently run activity - <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June</b>	Main Hall	
1pm – 3.30pm	Henna Asian Women’s Group – Chai with Henna	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June</b>	Belsize Room	
4pm - 5.30pm	Abbey’s Community Singing for Fun Group	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June</b>	Main Hall	DW
5.30pm - 8pm	Abbey’s Bridge Club with Paul	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June</b>	Foyer	DW
6pm - 8pm	Table Tennis with Jason	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June</b>	Main Hall	PAY £1
6.15pm – 9.15pm	Quilt Makers – Quilting Company	Independently run activity – <b>15<sup>th</sup> June</b>	Belsize Room	

### \*Active for Life campaign - Tasters sessions:

Tue 2<sup>nd</sup> June 11am-12.30pm- Rise & Shine and Before I sleep

Tue 30<sup>th</sup> June 11am-12.30pm- Gentle Fitness

Tue 4<sup>th</sup> Aug 11am-12.30pm – Strength & Balance

\*Camden Health Bus on Mon 8<sup>th</sup> June from 11am (in front of the building)

\*Carers Week celebration on Tue 9<sup>th</sup> June from 4.30pm to 6pm

\*Pampering Day for 60+ on Thu 18<sup>th</sup> June from 4.30pm to 6pm

\*Souper Tuesday: Free soup every Tuesday from 12.00

\*Saturday Community Lunch: Saturday 6<sup>th</sup> June

\*Chess Club: Please let Reception know if you would like us to run a Chess Club on Monday evenings

### \*DW – Donations Welcome:

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

Your donations are very welcome and essential to support running costs, making sessions accessible to everyone 😊.

<b>Tuesday</b>	<b>Activity</b>	<b>Note</b>	<b>Room</b>	
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – <b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> June</b>	Room 4	Yes
10am - 5pm	Kilburn Library Pop-up	Independently run	Garden Room	
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – <b>(Not on 1<sup>st</sup> and 8<sup>th</sup> June)</b>	Main Hall	DW
10am - 1pm	South Sudan Women - Cooking Class	Independently run activity - <b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> June</b>	Kitchen/Priory	
10.30am – 12.30pm	ESOL Advice session - Adeeabah	<b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> June</b>	P.Pod	
11am – 12.30pm	Active for Life: Gentle Fitness	<b>30<sup>th</sup> June</b>	Belsize Room	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – <b>9<sup>th</sup> June</b>	P.Pod	DW
11am – 12.30pm	Active for Life Taster: Rise & Shine and Before I go to Sleep	<b>2<sup>nd</sup> June</b>	Belsize Room	
From 12.00	Soup-er Tuesday (free soup every Tuesday)	<b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> June</b>	Foyer	
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only – <b>(Not on 1<sup>st</sup> and 8<sup>th</sup> June)</b>	Children’s Room	Yes
1pm – 4pm	Borough of Sanctuary support session with Good Work Camden	Drop-in sessions: First & third Tuesday of every month – <b>2<sup>nd</sup> &amp; 15<sup>th</sup> June</b>	P.Pod	
1pm -2pm	Bingo- self led group	<b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> June</b>	Belsize Room	DW
2pm - 3pm	Seated Exercise with Cheryl	<b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> June</b>	Main Hall	DW
2.30pm – 4.30pm	Henna Asian Women’s Group – Arts & Crafts	Independent run activity – <b>2<sup>nd</sup> &amp; 30<sup>th</sup> June</b>	The Nook	
2.30pm - 3.30pm	Colouring Calm with Simone	<b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> June</b>	Belsize Room	DW
4.30pm – 6pm	Carers Week celebration: Colouring Calm session	<b>9<sup>th</sup> June (Carers only)</b>	Belsize Room	

<b>Wednesday</b>	<b>Activity</b>	<b>Note</b>	<b>Room</b>	<b>Charge</b>
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – <b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> June</b>	Room 4	Yes
10am - 5pm	Kilburn Library Pop up	Independently run	Garden Room	
9.30am - 4.30pm	Santander Community Banking Hub	Independently run – <b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> June</b>	P.Pod	
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – <b>(Not on 1<sup>st</sup> and 8<sup>th</sup> June)</b>	Main Hall	DW
10am - 12.00	Digital Improvers Stage 2 with Mohamed – More Creating & Editing - Adult Camden Learning	Term time only – <b>From 22<sup>nd</sup> April to 8<sup>th</sup> July (Half Term: 27<sup>th</sup> May)</b>	The Nook	
10.30am - 2.30pm	Home Education – Tom Rosenthal	Independently run activity- Term time only- <b>From 22<sup>nd</sup> April to 8<sup>th</sup> July</b>	Priory room	
10am - 11am	Fitness for Men over 60 with Daniel	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> June</b>	Belsize Room	DW
12am – 12.50	Henna Asian Women’s Group - Yoga	Independent run activity - <b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> June</b>	Belsize Room	
1pm -3.30pm	Postcards of courage – Borough Sanctuary Project	<b>17<sup>th</sup> June</b>	The Nook	
1pm - 3pm	Best Start Creche (6 months - 3 years)	Term time only - <b>(Not on 1<sup>st</sup> and 8<sup>th</sup> June)</b>	Children’s Room	Yes
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - <b>From 22<sup>nd</sup> April to 8<sup>th</sup> July (Half term: 27<sup>th</sup> May)</b>	Belsize Room	
1.30pm – 3pm	Active for Life – Social drop-in	<b>10<sup>th</sup> June</b>	Foyer	
2.30pm – 3.30pm	Seated Yoga with Alice – Adult Camden Learning	Term Time only - <b>From 22<sup>nd</sup> April to 8<sup>th</sup> July (Half term: 27<sup>th</sup> May)</b>	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - <b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> June</b>	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - <b>From 22<sup>nd</sup> April to 8<sup>th</sup> July (Half term: 27<sup>th</sup> May)</b>	Belsize Room	
3pm - 4.30pm	Abbey Book Club – Self-led	<b>Next on Wed 1<sup>st</sup> July</b>	Children’s Room	DW
3.45pm - 4.45pm	Zumba Gold with Tissy	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> June</b>	Main Hall	DW

Thursday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> June	Room 4	Yes
10am - 5pm	Kilburn Library Pop-Up	Independently run	Garden Room	
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – (Not on 1 <sup>st</sup> and 8 <sup>th</sup> June)	Main Hall	DW
11.30am - 1.30pm	Henna Asian Women's Group – Bollywood Dance	Independently run activity – 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> June	Main Hall	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> June	Foyer	DW
1pm - 3.30pm	Low-Cost Cooking - Community Cooking Group	11 <sup>th</sup> , 18 <sup>th</sup> June (Not on 4 <sup>th</sup> & 25 <sup>th</sup> June)	Priory Room	DW
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only – (Not on 1 <sup>st</sup> and 8 <sup>th</sup> June)	Children's Room	Yes
1pm -3pm	ESOL -English Conversation Group with Anna – Adult Camden Learning	Term time only – From 16 <sup>th</sup> April to 9 July (Half term: 28 <sup>th</sup> May)	The Nook	
1pm – 3.30pm	Eating and Living Well with Lydia	25 <sup>th</sup> June	Priory Room	DW
1.45pm - 2.30pm	Strength and Balance Class with Sharon - SESSION 1	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> June	Main Hall	DW
2.45pm – 3.30pm	Strength and Balance Class with Sharon - SESSION 2	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> June	Main Hall	DW
4.30pm – 6pm	<b>New!</b> Pampering Day for 60+ by Home Instead	18 <sup>th</sup> June – BOOKINGS REQUIRED	Belsize room	

Friday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> June	Room 4	Yes
10am - 5pm	Kilburn Library Pop-Up	Independently run	Garden Room	
10am – 12.00	NHS – Diabetes Prevention Programme	Independently run activity- 5 <sup>th</sup> & 19 <sup>th</sup> June	Belsize Room	
10am - 11am	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only - From 24 <sup>th</sup> April to 17 <sup>th</sup> July (Not on 5 <sup>th</sup> June)	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> June	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> June	Foyer	DW
10.30am -12noon	Help for Heroes	Independently run activity - First Friday of every month – 5 <sup>th</sup> June	Foyer	
11am - 12.30am	Active for Life – Sign up	26 <sup>th</sup> June	Foyer	
11am - 1pm	Creative Writing – Self led	5 <sup>th</sup> & 19 <sup>th</sup> June (Priory Room), 12 <sup>th</sup> & 26 <sup>th</sup> June (Belsize Room)		DW
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> June	Main Hall	DW
11am - 2pm	Borough of Sanctuary support session - Anthony	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> June	P.Pod	
11am - 3.30pm	Borough of Sanctuary support session - Parul	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> June	Children's Room	
1.30pm - 2.30pm	Gentle Dance with Emma	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> June	Main Hall	DW
2pm - 4pm	NHS - Social Prescriber Service with Denise	First Friday of every month – 5 <sup>th</sup> June	Foyer	
2pm – 4.30pm	Massage Therapy & Reflexology with Anne Power	By appointment only - 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> Jun	P.Pod	DW £5-£7
2pm - 4pm	Met Engage Advice Session	12 <sup>th</sup> June	Priory Room	
2.30pm – 3.30pm	Creative Collage with Simone	First Friday of every month – 5 <sup>th</sup> June	Belsize Room	DW
2.30pm - 3.30pm	Recycle Art with Simone	12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> June	Belsize Room	DW
3.15pm-4.15pm	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – From 24 <sup>th</sup> April to 17 <sup>th</sup> July (Not on 5 <sup>th</sup> June)	Main Hall	

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – <b>6<sup>th</sup> June (next on 11<sup>th</sup> July)</b>	Main Hall	DW
10am -12.00	Tech Buddies	<b>By appointment - 6<sup>th</sup> June (next on 11<sup>th</sup> July)</b>	Belsize Room	DW
11am - 12noon	Camden Council Councillors Surgery	<b>6<sup>th</sup> June (next on 11<sup>th</sup> July)</b>	Children's Room	
11.30am - 12.30pm	Tea & Coffee	<b>6<sup>th</sup> June (next on 11<sup>th</sup> July)</b>	Foyer	DW
12.30pm - 1.30pm	Community Lunch	<b>6<sup>th</sup> June (next on 11<sup>th</sup> July)</b>	Main Hall	DW

### Abbey's community activity sessions

Please book in advance on **020 7624 8378** or email [reception@abbeycc-kilburn.org.uk](mailto: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](mailto:kgn@abbeycc-kilburn.org.uk)



**Abbey Community Centre** 172 Belsize Road, London, NW6 4BJ – Tel. 020 7624 8378  
[www.abbeycc-kilburn.org.uk](http://www.abbeycc-kilburn.org.uk) / Charity no.295191 Company no.2028600