

Community Activities Timetable

- Centre will be closed on Monday 6th and 27th May – Bank Holiday
- All activities & Children Services won't run on Thu 2nd May. The centre will be running as a Polling Station.
- All Abbey run day-time activities are FREE to access. However, your donations are very welcome 😊 Your support will help keep our activities free of charge for everyone.

PAYG= Pay as you go

DW = Donations Welcome

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity 13th, 20th May	Room 4	Yes
10am-4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer		DW
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 – No session in May – Next session on Mon 24th June	Priory Room	DW
10.30am – 11.30am	Meditation with Sunny	13th, 20th May	Garden Room	DW
10.30am-1.30pm	Henna Asian Women's Group – Cooking class	13th, 20th May	Kitchen/Priory Room	
12.30pm-1.30pm	Yoga with Ros	Independently run activity - 13th, 20thMay	Main Hall	Yes
1pm – 3pm	Creche	Term time only	Children's Room	Yes
1.30pm-3pm	Henna Asian Women's Group – Chai with Henna	13th, 20th May	Belsize Room	
2pm – 3.30pm	Seated Yoga with Anna – Adult Camden Learning	Term time only - From 15th April to 8th July (Half term 27th May – no class)	Main Hall	
2pm-4pm	Digital Basic Stage 3 Course – Adult Camden Learning	Term time only - From 22nd April to 8th July (Half Term 27th May – no class)	Priory Room	
2pm-4pm	Active for Life Campaign sign up sessions	13th, 20th May	Foyer	
2.45pm-5.05pm	Monkey Music classes for children	13th, 20th May	Garden Room	Yes
4pm-5.30pm	New! Abbey's Community Singing for Fun Group	13th, 20th May	Main Hall	DW
6pm – 8pm	Table Tennis with Jason	13th, 20th May	Main Hall	PAYG £1

Tuesday	Activity	Note	Room	Charge
9.45am -11.45am	More Life – Adult Weight Management	Independently run activity – 7th, 14th, 21st, 28th May	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 – Paddington Recreation	Second Tuesday of month – 14th May (Weather depending)	trip out	DW
11am-12noon	Active for Life Taster session: Fitness for over 60s	7th May	Garden Room	DW

Tuesday	Activity	Note	Room	Charge
11am-1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 14th May	Garden Room	DW
11am - 1pm	Learn My Way – Free Digital Skills Learning	By appointment only - First & Third Tuesday of the month – 7th and 21st May	Priory Room	DW
11.45am-4.15pm	Bumble Bee Physio for children	Independently run activity - 7th, 14th, 21st, 28th May	Room 4	Yes
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	7th, 14th, 21st, 28th May	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	7th, 14th, 21st May (No session on 28th May)	Belsize Room/Zoom	DW
3.25pm-5.50pm	Regal Ballet	Independently run activity - 7th, 14th, 21st, 28th May	Main Hall	Yes

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	DW
10am – 12noon	ESOL – Learn English – Adult Camden Learning	Term time only – From 17th April to 24th July (Half Term 29th May - no class)	Belsize Room	
10am - 12.30pm	Camden Job Hub	First Wednesday of the month – 1st May	Room 4	
10am – 12 noon	Reflexology with Theresa	By appointment Second Wed of month – 8th May		DW
10.30 - 11.30am	Fitness for Men over 50 with Daniel	1st, 8th, 15th, 22nd, 29th May	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 17th April to 3rd July (Half Term 29th May – no class)	Belsize Room	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 1st, 8th, 15th, 22nd, 29th May	Foyer	DW
3pm – 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - From 17th April to 3rd July (Half Term 29th May – no class)		
3pm - 4.30pm	Bryony's Book Club	Around every 8 weeks – 29th May	Room 4	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	Term Time only - 1st, 8th, 15th, 22nd May (No class on 29th May – Half Term)	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 9th, 16th, 23rd, 30th May	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	Main Hall	DW
10am - 11am	Tai Chi – Qigong with Jennie – Adult Camden Learning	From 9th May to 11th July (no half term break)	Garden Room	
10.30am-3.30pm	London Trip with Jason to Kew Gardens	16th May	trip out	DW
11.30am - 12.30pm	Tai Chi – Qigong with Jennie – Adult Camden Learning	From 9th May to 11th July (no half term break)	Garden Room	
11am - 12 noon	Abbey staff meeting	9th, 16th, 23rd, 30th May	Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	9th, 16th, 23rd, 30th May	Foyer	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	9th, 16th, 23rd May (no session on 30th May)	Priory Room	DW
1pm - 3pm	Eating Well with Lydia	No session in May	Priory Room	DW

Thursday	Activity	Note	Room	Charge
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm-3pm	Crochet & Knitting Club with Romana	9th, 16th, 23rd, 30th May	Foyer	DW
2pm-3pm	Strength and Balance Class with Sharon	9th, 16th, 23rd, 30th May	Main Hall	DW
3pm - 4pm	Arts and Crafts Club with Simone	No sessions – returns in July	Belsize Room	DW
3.45pm-4.45pm	Karaoke with Rosamund	30th May	Main Hall	DW

Friday	Activity	Note	Room	Charge
10am-4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10.30am-11.20am	Active for Life – Seated Tai Chi Taster session	10th May	Garden Room	DW
10.30am-11.20am	Active for Life – Standing Tai Chi Taster session	17th May		
10.30am-12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	3rd, 10th, 17th, 24th, 31st May	Garden	DW
10.30am - 12.30pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – From 19th April to 5th July (Half term on 31st May – no class)	Room 4	
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	3rd, 10th, 17th, 24th, 31st May	Foyer	DW
11.30pm - 1pm	Table Tennis with Jason	3rd, 10th, 17th, 24th, 31st May	Main Hall	DW
1pm-2pm	Active for Life – Boccia Taster session	10th May	Garden Room	DW
1.30pm - 2.30pm	Gentle Dance with Emma	3rd, 10th, 17th, 24th, 31st May	Main Hall	DW
2pm - 3pm	Over 60s Bingo with Claudia	3rd, 10th, 17th, 24th, 31st May	Belsize Room	DW
2.15pm – 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only - From 19th April to 5th July (Half term on 31st May – no class)	Room 4	
2.45pm-3.30pm	Active for Life – Seated Dance Taster session	17th May	Main Hall	DW

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