



Hello May

May 2026

Community Activities Timetable

***Bank Holiday:**

Monday 4th May (CENTRE CLOSED)

Monday 25th May (CENTRE CLOSED)

***Polling Station:**

Thursday 7th May (No activities in the Main Hall and Kitchen/Priory room)

***Half Term:**

From 25th May to Fri 29th May

***Souper Tuesday:**

Free soup every Tuesday from 12.00

***Saturday Community Lunch:**

Saturday 9th May

***Digital Card Making Workshop: Date TBC**

***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 😊.

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 – 4th, 11th, 18th, 25th May	Room 4	Yes
9.45am – 11.45	More Life – Adult Weight Management	Independently run activity – 11th, 18th May (Not on 4th & 25th May)	Belsize Room	
10am - 11.45am	Stay and Play Drop-in (under 5 years)	Term time only – (Not on 4th, 7th, 25th, 26th, 27th, 28th May)	Main Hall	DW
10am – 1pm	Citizen Advice Camden – Debt Advice North Camden Project	Appointment only (first and third Monday of the month) – 18th May (Not on 4th May)	P. Pod	
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - Not in May (Next on 29th June)	P. Pod	DW
12.00 – 2pm	Sanctuary Project – Volunteer Cooking Group	11th, 18th May (Not on 4th & 25th May)	Priory Room	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 11th, 18th May (Not on 4th & 25th May)	Main Hall	Yes
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only – (Not on 4th, 7th, 25th, 26th, 27th, 28th May)	Children’s Room	Yes
1pm - 2pm	Arsenal – Strength & Balance (1 st session)	Independently run activity - 11th, 18th May (Not on 4th & 25th May)	Garden Room	
2pm – 3pm	Arsenal – Strength & Balance (2 nd session)	Independently run activity - 11th, 18th May (Not on 4th & 25th May)	Garden Room	
1pm – 3.30pm	Henna Asian Women’s Group – Chai with Henna	11th, 18th May (Not on 4th & 25th May)	Belsize Room	
4pm - 5.30pm	Abbey’s Community Singing for Fun Group	11th, 18th May (Not on 4th & 25th May)	Main Hall	DW
5.30pm - 8pm	Abbey’s Bridge Club with Paul	11th, 18th May (Not on 4th & 25th May)	Foyer	DW
6pm - 8pm	Table Tennis with Jason	11th, 18th May (Not on 4th & 25th May)	Main Hall	PAY £1
6.30pm - 8.30pm	Quilt Makers – Quilting Company	Independently run activity – 18th May	Belsize Room	

Tuesday	Activity	Note	Room	
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 th , 12 th , 19 th , 26 th May	Room 4	Yes
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – (Not on 4 th , 7 th , 25 th , 26 th , 27 th , 28 th May)	Main Hall	DW
10am - 1pm	South Sudan Women - Cooking Class	Independently run activity - 5 th , 12 th , 19 th , 26 th May	Kitchen/Priory	
10am - 4pm	Henna Asian Women's Group – Private session	12 th & 19 th May	Garden room	
10.30am –12.30pm	ESOL Advice session - Adeebah	5 th , 12 th , 19 th , 26 th May	P.Pod	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 12 th May	P.Pod	DW
12noon – 2pm	AI workshop & Digital Support	5 th May	Garden Room	DW
From 12.00	Soup-er Tuesday (free soup every Tuesday)	5 th , 12 th , 19 th , 26 th May	Foyer	
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only – (Not on 4 th , 7 th , 25 th , 26 th , 27 th , 28 th May)	Children's Room	Yes
1pm – 4pm	Borough of Sanctuary support session with Good Work Camden	Drop-in sessions: First & third Tuesday of every month – 5 th & 19 th May	P.Pod	
1pm -2pm	Bingo- self led group	5 th , 12 th , 19 th , 26 th May	Belsize Room	DW
2pm - 3pm	Seated Exercise with Cheryl	5 th , 12 th , 19 th , 26 th May	Main Hall	DW
2.30pm – 4.30pm	Henna Asian Women's Group – Arts & Crafts	Independent run activity – 26 th May	Garden Room	
2.30pm - 3.30pm	Colouring Calm with Simone	5 th , 12 th , 19 th , 26 th May	Belsize Room	DW

Wednesday	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 – 6 th , 13 th , 20 th , 27 th May	Room 4	Yes
9.30am-4.30pm	Santander Community Banking Hub	Independently run – 6 th , 13 th , 20 th , 27 th May	P.Pod	
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – (Not on 4 th , 7 th , 25 th , 26 th , 27 th , 28 th May)	Main Hall	DW
10am – 12.00	Digital Improvers Stage 2 with Mohamed – More Creating & Editing - Adult Camden Learning	Term time only – From 22 nd April to 8 th July (Half Term: 27 th May)	Belsize room	
10.30am - 2.30pm	Home Education – Tom Rosenthal	Independently run activity – Term time only – From 22 nd April to 8 th July (Half term: 27 th May)	Priory room	
10.30 - 11.30am	Fitness for Men over 60 with Daniel	6 th , 13 th , 20 th , 27 th May	Garden Room	DW
11am – 12.30pm	Active for Life – Sign up	27 th May	Foyer	
12noon – 1pm	Henna Asian Women's Group - Yoga	Independent run activity - 6 th , 13 th , 20 th , 27 th May	Garden Room	
1pm - 3pm	Best Start Creche (6 months - 3 years)	Term time only - (Not on 4 th , 7 th , 25 th , 26 th , 27 th , 28 th May)	Children's Room	Yes
1pm – 2pm	Henna Asian Women's Group - Sisters Connect	Independent run activity – 6 th May	Garden Room	
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning – SESSION 1	Term Time only – From 22 nd April to 8 th July (Half term: 27 th May)	Belsize Room	
2.30pm – 3.30pm	Seated Yoga with Alice – Adult Camden Learning	Term Time only – From 22 nd April to 8 th July (Half term: 27 th May)	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 6 th , 13 th , 20 th , 27 th May	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning – SESSION 2	Term Time only – From 22 nd April to 8 th July (Half term: 27 th May)	Belsize Room	
3pm - 4.30pm	Abbey Book Club – Self-led	Next on Wed 1 st July	Breakout Area	DW
3.45pm - 4.45pm	Zumba Gold with Tissy	6 th , 13 th , 20 th , 27 th May	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 – 7 th , 14 th , 21 st , 28 th May	Room 4	Yes
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – (Not on 4 th , 7 th , 25 th , 26 th , 27 th , 28 th May)	Main Hall	DW
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	14 th , 21 st , 28 th May (Not on 7 th May)	Foyer	DW
1pm-2pm	Henna Asian Women’s Group – Bollywood Dance	Independently run activity – 7 th , 14 th , 21 st May 28 th May- class time/room change to 11.30am-12.30pm in Belsize room	Garden Room	
1pm - 3.30pm	Low-Cost Cooking - Community Cooking Group	14 th May (Not on 7 th , 21 st , 28 th May)	Priory Room	DW
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only – (Not on 4 th , 7 th , 25 th , 26 th , 27 th , 28 th May)	Children’s Room	Yes
1pm -3pm	ESOL -English Conversation Group with Anna – Adult Camden Learning	Term time only – From 16 th April to 9 July (Half term: 28 th May)	Belsize Room	
1pm – 3.30pm	Eating and Living Well with Lydia	No class in May – Next class on 25 th June	Priory Room	DW
1.30pm - 2.15pm	Strength and Balance Class with Sharon - SESSION 1	14 th , 21 st , 28 th May (Not on 7 th May)	Main Hall	DW
2.45pm – 3.30pm	Strength and Balance Class with Sharon - SESSION 2	14 th , 21 st , 28 th May (Not on 7 th 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
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 1 st , 8 th , 15 th , 22 nd , 29 th May	Room 4	Yes
10am – 12.00	NHS – Diabetes Prevention Programme	Independently run activity- 22 nd May	Garden Room	
10am - 11am	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – From 24 th April to 10 th July (Half term: 29 th May)	Main Hall	
10.30am - 12.30pm	Abbey’s Green Guardians - Drop-in gardening group with Maria Elena	1 st , 8 th , 15 th , 22 nd , 29 th May	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	1 st , 8 th , 15 th , 22 nd , 29 th May	Foyer	DW
10.30am -12noon	Help for Heroes	Independently run activity - First Friday of every month – 1 st May	Foyer	
11am – 1pm	Creative Writing – Self led	1 st , 8 th , 15 th , 22 nd , 29 th May	Belsize Room	DW
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	1 st , 8 th , 15 th , 22 nd , 29 th May	Main Hall	DW
11am – 2pm	Borough of Sanctuary support session - Anthony	1 st , 8 th , 15 th , 22 nd , 29 th May	P.Pod	
11am – 3.30pm	Borough of Sanctuary support session - Parul	1 st , 8 th , 15 th May (Not on 22 nd & 29 th May)		
1.30pm - 2.30pm	Gentle Dance with Emma	24 th April (Not on 3 rd , 10 th , 17 th April)	Main Hall	DW
2pm – 4pm	NHS - Social Prescriber Service with Denise	First Friday of every month – 1 st May		
2pm – 4.30pm	Massage Therapy & Reflexology with Anne Power	By appointment only - 22 nd , 29 th May and 5 th , 12 th , 19 th , 26 th Jun	P.Pod	DW £5-£7
2pm - 4pm	Met Engage Advice Session	8 th May	Priory Room	
2.30pm – 3.30pm	Creative Collage with Simone	First Friday of every month – 1 st May	Belsize Room	DW
2.30pm - 3.30pm	Recycle Art with Simone	8 th , 15 th , 22 nd , 29 th May	Belsize Room	DW
3.15pm-4.15pm	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – From 24 th April to 10 th July (Half term: 29 th May)	Main Hall	

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