

# November 2024

## Community Activities Timetable



- 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 them accessible to everyone 😊.

DW = Donations Welcome

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – <b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Nov</b>	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	Main Hall	DW
10am - 4pm	Debt, Money & Scam Prevention Advice with Anne-Marie	Appointment only - Last Monday of the month – <b>25<sup>th</sup> Nov</b>	P. Pod	DW
10.30am - 11.30am	Meditation with Sunny	<b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Nov</b>	Garden Room	DW
10.30am - 1.30pm	Henna Asian Women's Group – Cooking class	Last Monday of the month – <b>25<sup>th</sup> Nov</b>	Kitchen/Priory Room	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - <b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Nov</b>	Main Hall	Yes
1pm - 3pm	Creche	Term time only	Children's Room	Yes
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	<b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Nov</b>	Belsize Room	
2pm - 4pm	Digital Improvers Course – Adult Camden Learning	Term time only – <b>from 23<sup>rd</sup> Sep to 9<sup>th</sup> Dec (half term 28<sup>th</sup> Oct)</b>	Priory Room	
2.45pm - 5.05pm	Monkey Music classes for children	Independently run activity	Garden Room	Yes
4pm - 5.30pm	Abbey's Community Singing for Fun Group	<b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Nov</b>	Main Hall	DW
6pm - 8pm	Table Tennis with Jason	<b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Nov</b>	Main Hall	PAYG £1

Tuesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – <b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Nov</b>	Room 4	Yes
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity – <b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Nov</b>	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 – Little Venice	Second Tuesday of the month – <b>12<sup>th</sup> Nov (weather depending)</b>	Off site	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – <b>12<sup>th</sup> Nov</b>	P. Pod	DW
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	<b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Nov</b>	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	<b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Nov</b>	Belsize Room/Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – <b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Nov</b>	Room 4	Yes
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-12.00	ESOL – Learn English – Adult Camden Learning	Term time only – <b>from 6<sup>th</sup> Nov to 12<sup>th</sup> Dec (No half term)</b>	Belsize Room	
10am - 12.30pm	Camden Job Hub	First Wednesday of the month – <b>13<sup>th</sup> Nov</b>	P.Pod	
10am-2pm	Home Education – Sophie Cooke	Independently run activity – Term time only	Priory room	
10am – 2pm	Debit Advice North Camden – Citizen Advice Camden	Second and fourth Wednesday every month – <b>13<sup>th</sup> &amp; 27<sup>th</sup> Nov</b>	P.Pod	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	<b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Nov</b>	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 – <b>from 11<sup>th</sup> Sep to 4<sup>th</sup> Dec (half term: 30<sup>th</sup> Oct)</b>	Belsize Room	
1.45pm – 2.45pm	Seated Yoga with Anna – Adult Camden Learning	Term Time only – <b>from 11<sup>th</sup> Sep to 4<sup>th</sup> Dec (half term: 30<sup>th</sup> Oct)</b>	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - <b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Nov</b>	Foyer	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month – <b>13<sup>th</sup> &amp; 27<sup>th</sup> Nov</b>	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – <b>from 11<sup>th</sup> Sep to 4<sup>th</sup> Dec (half term: 30<sup>th</sup> Oct)</b>	Belsize Room	
3pm - 4.30pm	Bryony’s Book Club	Around every 8 weeks	Garden room	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	<b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Nov</b>	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – <b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Nov</b>	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 – 12.00	Digital Photography Project – Adult Camden Learning	Term time only - <b>from 26<sup>th</sup> Sep to 12<sup>th</sup> Dec (half term: 31<sup>st</sup> Oct)</b>	Belsize Room	
10am – 3pm	Introduction to Mindfulness – Recovery College	<b>21<sup>st</sup> Nov</b>	Garden Room	
	<b>UCLH Health talk - TBC</b>			
11am - 12 noon	Abbey staff meeting	<b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Nov</b>	Priory Room	
11am Departure	London Trip with Jason – Wallace Collection	<b>21<sup>st</sup> Nov</b>	Off site	DW
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	<b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Nov</b>	Foyer	DW
From 12:30pm	Soup-er Thursday – FREE SOUP and sweet treat	<b>14<sup>th</sup></b>	Foyer	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	<b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> Nov (no session on 28<sup>th</sup> Nov)</b>	Priory Room	DW
1pm - 3pm	Creche	Term time only	Children’s Room	Yes
2pm - 4pm	Eating & Living Well with Lydia	<b>28<sup>th</sup> Nov</b>	Priory Room	DW
2.15pm – 3.15pm	Strength and Balance Class with Sharon	<b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Nov</b>	Main Hall	DW
3.45pm - 4.45pm	Karaoke with Rosamund	<b>28<sup>th</sup> Nov</b>	Main Hall	DW

Friday	Activity	Note	Room	Charge
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> Nov</b>	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	<b>from 8<sup>th</sup> Nov to 6<sup>th</sup> Dec (No half term)</b>	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	<b>1<sup>st</sup>, 8<sup>th</sup>, last session of the year 15<sup>th</sup></b>	Garden Off site	DW
10.30am - 12.30pm	Wreath Making Workshop with Maria Elena	<b>22<sup>nd</sup> &amp; 29<sup>th</sup> – Booking required – limited spaces</b>	Priory Room	
10.30am - 12.30pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – <b>from 13<sup>th</sup> Sep to 6<sup>th</sup> Dec (half term: 1<sup>st</sup> Nov)</b>	Garden Room	
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Nov</b>	Foyer	DW
11.30pm - 1pm	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> Nov</b>	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Nov</b>	Main Hall	DW
2.15pm - 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – <b>from 13<sup>th</sup> Sep to 6<sup>th</sup> Dec (half term: 1<sup>st</sup> Nov)</b>	Garden Room	
2.30pm - 3.30pm	Recycle Plastic Art	<b>8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Nov (No session on 8<sup>th</sup> Nov)</b>		

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – <b>Sat 2<sup>nd</sup> Nov</b>	Main Hall	DW
10am -12.00	Tech Buddies	<b>By appointment - Sat 2<sup>nd</sup> Nov</b>	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	<b>Sat 2<sup>nd</sup> Nov</b>	Belsize Room	
11.30am - 12.30pm	Tea & Coffee with Jason	<b>Sat 2<sup>nd</sup> Nov</b>	Foyer	DW
12.30pm - 1.30pm	Community Lunch	<b>Booking required - Sat 2<sup>nd</sup> Nov</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)

