



November 2025

Community Activities Timetable

*Children's Services:

No creche on 4th November

No Stay & Play and Creche on Wednesday 19th November

*DW – Donations Welcome:

Most of our directly delivered activities are free or low cost. Your donations are very welcome and essential to support, making them accessible to everyone 😊.

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 3rd, 10th, 17th, 24th Nov	Room 4	Yes
9.45am – 11.45	More Life – Adult Weight Management	Independently run activity – 3rd, 10th, 17th, 24th Nov	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 - No session on Wed 19th Nov	Main Hall	DW
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) – 24th Nov	P. Pod	DW
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 3rd, 10th, 17th, 24th Nov	Main Hall	Yes
1pm - 3pm	Creche	Term time only - No session on Wed 19th Nov	Children's Room	Yes
1pm - 2pm	Arsenal – Strength & Balance (1 st session)	Independently run activity 3rd, 10th, 17th, 24th Nov	Garden Room	
2pm – 3pm	Arsenal – Strength & Balance (2 nd session)	Independently run activity 3rd, 10th, 17th, 24th Nov	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	3rd, 10th, 17th, 24th Nov	Belsize Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	3rd, 17th, 24th Nov (No session on 10th Nov)	Main Hall	DW
5.30pm - 8pm	Bridge Club with Paul	3rd, 10th, 17th, 24th Nov	Foyer	DW
6pm - 8pm	Table Tennis with Jason	3rd, 10th, 17th, 24th Nov	Main Hall	PAY £1
6.30pm - 8.30pm	Quilt Makers – Quilting Company	Independently run activity – 17th Nov	Belsize Room	

Tuesday	Activity	Note	Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 4th, 11th, 18th, 25th Nov	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 - No session on Wed 19th Nov	Main Hall	DW
10.45am Departure	Love Where You Live – Local walk to Primrose Hill	18 th Nov	Off site	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 11th Nov	P.Pod	DW
From 12.00	Soup-er Tuesday	11th Nov	Foyer	DW
1pm - 3pm	Creche	Term time only - No session on Wed 19th Nov	Children's Room	Yes
1pm – 4pm	Borough of Sanctuary support session with Good Work Camden	Drop in sessions: First & third Tuesday of every month – 18th Nov	P.Pod	
2pm - 3pm	Seated Exercise with Cheryl	4th, 11th, 18th, 25th Nov	Main Hall	DW
1pm -2pm	Bingo- self led group	4th, 11th, 18th, 25th Nov	Belsize Room	
2.30pm - 3.30pm	Colouring Calm with Simone	4th, 11th, 18th, 25th Nov	Belsize Room/Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 5th, 12th, 19th, 26th Nov	Room 4	Yes
9.30am-4.30pm	Santander	Independently run - 5th, 12th, 19th, 26th Nov	P.Pod	
am - pm	Health Community Bus	12th Nov	Parked in front of Abbey's building	
10am - 11.45am	Stay and Play Drop-in	Term time only - No session on Wed 19th Nov	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 17th Sept to 10th Dec (Half term: 29th Oct)	Priory room	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	5th, 12th, 19th, 26th Nov	Garden Room	DW
12 noon – 1 pm	Henna Asian Women's Group - Dance	Independent run activity – 5th, 12th, 19th, 26th Nov	Garden Room	
1pm - 3pm	Creche	Term time only - No session on Wed 19th Nov	Children's Room	Yes
1pm – 2.30pm	Henna Asian Women's Group - Sisters Connect	Independent run activity – 12th, 26th Nov	Garden Room	
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – From 10th Sept to 5th Dec (No Half Term)	Belsize Room	
2.30pm – 3.30pm	Seated Yoga with Alice – Adult Camden Learning	Term Time only - From 8th Oct to 17th Dec (Half Term: 29th Oct)	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 5th, 12th, 19th, 26th Nov	Foyer	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month – 12th, 26th Nov	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – From 10th Sept to 5th Dec (No Half Term)	Belsize Room	
3pm - 4.30pm	Abbey Book Club	Around every 8 weeks – 12th Nov	Garden room	DW
3.45pm - 4.45pm	Zumba Gold with Tissy	5th, 12th, 26th Nov (No session on 19th Nov)	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 6th, 13th, 20th, 27th Nov	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 - No session on Wed 19th Nov	Main Hall	DW
11am Departure	London Trip with Jason – Science Museum	13th Nov – Book in advance	Off site	DW
11am - 12 noon	Abbey staff meeting	6th, 13th, 20th, 27th Nov	Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	6th, 27th Nov (No sessions on 13th and 20th Nov)	Foyer	DW
1pm-2pm	Henna Asian Women's Group - Yoga	Independently run activity - 6th, 13th, 20th, 27th Nov	Garden Room	
1pm - 3.30pm	Low-Cost Cooking with Jordan	6th, 13th Nov (No session on 20th & 27th Nov)	Priory Room	DW
1pm - 3pm	Creche	Term time only - No session on Wed 19th Nov	Children's Room	Yes
1.30pm -3.30pm	ESOL -English Conversation Group – Adult Camden Learning	Term time only – From 18th Sept to 11th Dec (Half term 30th Oct)	Belsize Room	
2pm - 4pm	Nutrition for Brain Health with Lydia	To be confirmed	Priory Room	DW
2.15pm - 3.15pm	Strength and Balance Class with Sharon	6th, 13th, 20th, 27th Nov	Main Hall	DW

Friday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 7th, 14th, 21st, 28th Nov	Room 4	Yes
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10am - 11am	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – From 12 Sept to 12th Dec (Half Term 31st Oct)	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	7th, 14th, 21st, 28th Nov	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	7th, 14th, 21st, 28th Nov	Foyer	DW
11am – 1pm	Creative Writing – Self led	7th, 14th, 21st, 28th Nov	Belsize Room	DW
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	7th, 14th, 21st, 28th Nov	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	7th, 14th, 21st, 28th Nov	Main Hall	DW
2.30pm - 3.30pm	Recycle Art	7th, 21st, 28th Nov	Belsize Room	DW
2.30pm - 4pm	Jewellery Making Workshop – Latin American House / Camden	14th Nov – Limited availability – Booking required	Belsize Room	DW

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 1st Nov (next on 6th Dec)	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - 1st Nov (next on 6th Dec)	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	1st Nov (next on 6th Dec)	Children's Room	
11.30am - 12.30pm	Tea & Coffee	1st Nov (next on 6th Dec)	Foyer	DW
12.30pm - 1.30pm	Community Lunch	Booking required - 1st Nov (next on 6th Dec)	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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