



- 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 😊.

October 2024

Community Activities Timetable

DW = Donations Welcome

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 7 th , 14 th , 21 st , 28 th Oct	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 - 1pm	Debt, Money & Scam Prevention Advice with Anne-Marie	Appointment only - Last Monday of the month – 28 th Oct	P. Pod	DW
10.30am - 11.30am	Meditation with Sunny	7 th , 14 th , 21 st , 28 th Oct	Garden Room	DW
10.30am - 1.30pm	Henna Asian Women's Group – Cooking class	Last Monday of the month – 28 th Oct	Kitchen/Priory Room	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 7 th , 14 th , 21 st , 28 th Oct	Main Hall	Yes
1pm - 3pm	Creche	Term time only	Children's Room	Yes
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	7 th , 14 th , 21 st , 28 th Oct	Belsize Room	
2pm - 4pm	Digital Improvers Course – Adult Camden Learning	Term time only – from 23 rd Sep to 9 th Dec (half term 28 th Oct)	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	7 th , 14 th , 21 st , 28 th Oct	Main Hall	DW
6pm - 8pm	Table Tennis with Jason	7 th , 14 th , 21 st , 28 th Oct	Main Hall	PAYG £1

Tuesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 1 st , 8 th , 15 th , 22 nd , 29 th Oct	Room 4	Yes
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity – 1 st , 8 th , 15 th , 22 nd , 29 th Oct	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 – 8 th Oct	Off site	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 8 th Oct	P. Pod	DW
11am – 3.30pm	UCLH – Health Hub and Vaccinations	29 th Oct	Garden Room	
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	1 st , 8 th , 15 th , 22 nd , 29 th Oct	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	1 st , 8 th , 15 th (No session on 22 nd and 29 th Oct)	Belsize Room/Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 2nd, 9th, 16th, 23rd, 30th Oct	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 – from 6th Nov to 12th Dec (No half term)	Belsize Room	
10am - 12.30pm	Camden Job Hub	First Wednesday of the month – 2nd Oct	P.Pod	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	2nd, 9th, 16th, 23rd, 30th Oct	Garden Room	DW
			Foyer	DW
12.00-2pm	Health Watchers Camden	2nd Oct	Foyer	
1pm - 3pm	Creche	Term time only	Children's Room	Yes
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – from 11th Sep to 4th Dec (half term: 30th Oct)	Belsize Room	
1.45pm – 2.45pm	Seated Yoga with Anna – Adult Camden Learning	Term Time only – from 11th Sep to 4th Dec (half term: 30th Oct)	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 11th, 18th, 25th Sep	Foyer	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month – 8th and 22nd Oct	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – from 11th Sep to 4th Dec (half term: 30th Oct)	Belsize Room	
3pm - 4.30pm	Bryony's Book Club	Around every 8 weeks – 2nd Oct	Garden room	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	2nd, 9th, 16th, 23rd Oct – (No class on 30th Oct)	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 3rd, 10th, 17th, 24th, 31st Oct	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 - from 26th Sep to 12th Dec (half term: 31st Oct)	Belsize Room	
11am - 12 noon	Abbey staff meeting	3rd, 10th, 17th, 24th, 31st Oct	Priory Room	
11am Departure	London Trip with Jason – Victoria & Albert Museum	17th Oct	Off site	DW
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	3rd, 10th, 17th, 24th, 31st Oct	Foyer	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	3rd, 10th, 17th, 24th Oct (no session on 31st Oct)	Priory Room	DW
1pm-2.30pm	Pumpkin carving workshop with Jordan – Bring your own pumpkin	31st Oct – Booking required	Belsize Room	DW
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm - 4pm	Eating & Living Well with Lydia	31st Oct	Priory Room	DW
2.15pm – 3.15pm	Strength and Balance Class with Sharon	3rd, 10th, 17th, 24th, 31st Oct	Main Hall	DW
3.45pm - 4.45pm	Karaoke with Rosamund	31st Oct	Main Hall	DW

Friday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 4 th , 11 th , 18 th , 25 th Oct	Room 4	Yes
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
TBC	Tai chi – Adult Camden Learning	Starting date to be confirmed	Main Hall	
10.30am-12.30pm	Tea & Tech	18 th Oct	Foyer	DW
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	4 th , 18 th , 25 th Oct (on 11 th Oct – off site activity)	Garden Off site	DW
10.30am - 12.30pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – from 13 th Sep to 6 th Dec (half term: 1 st Nov)	Garden Room	
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	4 th , 11 th , 18 th , 25 th Oct	Foyer	DW
11.30pm - 1pm	Table Tennis with Jason	4 th , 11 th , 18 th , 25 th Oct	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	4 th , 11 th , 18 th , 25 th Oct	Main Hall	DW
2.15pm - 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – from 13 th Sep to 6 th Dec (half term: 1 st Nov)	Garden Room	
2.30pm - 3.30pm	Recycle Plastic Art	4 th , 11 th , 18 th Oct (No session on 25 th Oct)		

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – Sat 5 th Oct	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - Sat 5 th Oct	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	Sat 5 th Oct	Belsize Room	
11.30am - 12.30pm	Tea & Coffee with Jason	Sat 5 th Oct	Foyer	DW
11am-2pm	RESTART party	Sat 5 th Oct	Belsize room	
12.30pm - 1.30pm	Community Lunch	Booking required - Sat 5 th Oct	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

