



October 2025

Community Activities Timetable

***GET ONLINE WEEK:** Mon 20th Oct to Fri 24th Oct

***Children's Services:** No Drop-in or creche during half term (from Mon 27th to Thu 30th October)

***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 - 6th, 13th, 20th, 27th 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 - 6th, 13th, 20th Oct (Half Term from 27th to 30th Oct)	Main Hall	DW
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) - 27th Oct	P. Pod	DW
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 6th, 13th, 20th, 27th Oct	Main Hall	Yes
1pm - 3pm	Creche	Term time only - 6th, 13th, 20th Oct (Half Term 27th Oct)	Children's Room	Yes
1pm - 2pm	Arsenal – Strength & Balance (1 st session)	Independently run activity 6th, 13th, 20th, 27th Oct	Garden Room	
2pm – 3pm	Arsenal – Strength & Balance (2 nd session)	Independently run activity 6th, 13th, 20th, 27th Oct	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	6th, 13th, 20th, 27th Oct	Belsize Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	6th, 13th, 20th, 27th Oct	Main Hall	DW
5.30pm - 8pm	Bridge Club with Paul	6th, 13th, 20th, 27th Oct	Foyer	DW
6pm - 8pm	Table Tennis with Jason	6th, 13th, 20th, 27th Oct	Main Hall	PAY £1
6.30pm - 8.30pm	Quilt Makers – Quilting Company	Independently run activity - 20th Oct	Belsize Room	

Tuesday	Activity	Note	Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 7th, 14th, 21st, 28th Oct	Room 4	Yes
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity - 7th, 14th, 21st, 28th 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 - 7th, 14th, 21st Oct (Half Term from 27th to 30th Oct)	Main Hall	DW
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 14th Oct	P. Pod	DW
1pm - 3pm	Creche	Term time only - 7th, 14th, 21st Oct (Half Term from 27th to 30th Oct)	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	7th, 14th, 21st, 28th Oct	Main Hall	DW
1pm -2pm	Bingo- self led group	7th, 14th, 21st, 28th Oct	Belsize Room	
2.30pm - 3.30pm	Colouring Calm with Simone	7th, 28th Oct with Simone (Self-led sessions on 14th & 21st Oct – Colouring only)	Belsize Room/Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 1st, 8th, 15th, 22nd, 29th Oct	Room 4	Yes
9.30am-4.30pm	Santander	Independently run - 1st, 8th, 15th, 22nd, 29th Oct	P.Pod	
10am - 11.45am	Stay and Play Drop-in	Term time only - 1st, 8th, 15th, 22nd Oct (Half Term from 27th to 30th Oct)	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 – Next Term: From 17th Sept to 10th Dec (Half term: 29th Oct)	Priory room	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	1st, 8th, 15th, 22nd, 29th Oct	Garden Room	DW
10.45 Departure	Love Where You Live – To be confirmed	To be confirmed	Off site	DW
12 noon – 2.30pm	Henna Asian Women's Group - Dance	Independent run activity – 1st, 8th, 15th, 22nd, 29th Oct	Garden Room	
1pm - 3pm	Spooktacular Pumpkin Carving Workshop – ALL AGES!	29th Oct (limited availability- Book in advance)	Priory Room	DW
1pm - 3pm	Creche	Term time only - 1st, 8th, 15th, 22nd Oct (Half Term from 27th to 30th Oct)	Children's Room	Yes
1pm – 2.30pm	Henna Asian Women's Group - Sisters Connect	Independent run activity – 1st, 15th, 29th Oct	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	
1.30pm – 2.30pm	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 - 1st, 8th, 15th, 22nd, 29th Oct	Foyer	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month – 8th & 22nd Oct	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
3.30pm - 4.30pm	Zumba Gold with Tissy	1st, 8th, 15th, 22nd Oct (No class on 29th Oct)	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 2 nd , 9 th , 16 th , 23 rd , 30 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)	Term time only - 2 nd , 9 th , 16 th , 23 rd Oct (Half Term from 27 th to 30 th Oct)	Main Hall	DW
11am Departure	London Trip with Jason – Science Museum (Brain Health)	9 th Oct	Off site	DW
11am - 12 noon	Abbey staff meeting		Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	2 nd , 9 th , 16 th , 23 rd , 30 th Oct	Foyer	DW
1pm-2pm	Henna Asian Women's Group - Yoga	Independently run activity - 2 nd , 9 th , 16 th , 23 rd , 30 th Oct	Garden Room	
1pm - 3.30pm	Low-Cost Cooking with Jordan	2 nd , 9 th , 16 th Oct (No session on 23 rd & 30 th Oct)	Priory Room	DW
1pm - 3pm	Creche	Term time only - 2 nd , 9 th , 16 th , 23 rd Oct (Half Term from 27 th to 30 th Oct)	Children's Room	Yes
1.30pm -3.30pm	ESOL -English Conversation Group – Adult Camden Learning	Term time only – From 18 th Sept to 11 th Dec (Half term 30 th 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	2 nd , 9 th , 16 th , 23 rd , 30 th Oct	Main Hall	DW

Friday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 3 rd , 10 th , 17 th , 24 th , 31 st Oct	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 12 th Dec (Half Term 31 st Oct)	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	3 rd , 10 th , 17 th , 24 th , 31 st Oct	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	3 rd , 10 th , 17 th , 24 th , 31 st Oct	Foyer	DW
10.30am – 12noon	Tech Buddies available @Friday Coffee Morning	24 th Oct	Foyer	DW
11am – 1pm	Creative Writing – Self led	3 rd , 10 th , 17 th , 24 th , 31 st Oct	Belsize Room	DW
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	3 rd , 10 th , 17 th , 24 th , 31 st Oct	Main Hall	DW
12.00-1.30pm	Spooktacular Halloween Baking Master Class	31 st Oct	Kitchen/Priory	DW
1.30pm - 2.30pm	Gentle Dance with Emma	3 rd , 10 th , 17 th , 24 th , 31 st Oct	Main Hall	DW
2.30pm - 3.30pm	Recycle Art	3 rd & 31 st Oct (No sessions on 10 th , 17 th & 24 th Oct)	Belsize Room	DW

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 4th Oct (next on 1st Nov)	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - 4th Oct (next on 1st Nov)	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	4th Oct (next on 1st Nov)	Children's Room	
11.30am - 12.30pm	Tea & Coffee	4th Oct (next on 1st Nov)	Foyer	DW
12.30pm - 1.30pm	Community Lunch	Booking required - 4th Oct (next on 1st Nov)	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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