



## October 2025

### Community Activities Timetable

**\*GET ONLINE WEEK:** Mon 20<sup>th</sup> Oct to Fri 24<sup>th</sup> Oct

**\*Children's Services:** No Drop-in or creche during half term (from Mon 27<sup>th</sup> to Thu 30<sup>th</sup> 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 - <b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Oct</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 - <b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> Oct (Half Term from 27<sup>th</sup> to 30<sup>th</sup> Oct)</b>	Main Hall	DW
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) - <b>27<sup>th</sup> Oct</b>	P. Pod	DW
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - <b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Oct</b>	Main Hall	Yes
1pm - 3pm	Creche	Term time only - <b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> Oct (Half Term 27<sup>th</sup> Oct)</b>	Children's Room	Yes
1pm - 2pm	Arsenal – Strength & Balance (1 <sup>st</sup> session)	Independently run activity <b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Oct</b>	Garden Room	
2pm – 3pm	Arsenal – Strength & Balance (2 <sup>nd</sup> session)	Independently run activity <b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Oct</b>	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	<b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Oct</b>	Belsize Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	<b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Oct</b>	Main Hall	DW
5.30pm - 8pm	Bridge Club with Paul	<b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Oct</b>	Foyer	DW
6pm - 8pm	Table Tennis with Jason	<b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Oct</b>	Main Hall	PAY £1
6.30pm - 8.30pm	Quilt Makers – Quilting Company	Independently run activity - <b>20<sup>th</sup> Oct</b>	Belsize Room	

<b>Tuesday</b>	<b>Activity</b>	<b>Note</b>	<b>Room</b>	
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> Oct</b>	Room 4	Yes
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity - <b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Oct</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 - <b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> Oct (Half Term from 27<sup>th</sup> to 30<sup>th</sup> Oct)</b>	Main Hall	DW
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – <b>14<sup>th</sup> Oct</b>	P. Pod	DW
1pm - 3pm	Creche	Term time only - <b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> Oct (Half Term from 27<sup>th</sup> to 30<sup>th</sup> Oct)</b>	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	<b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Oct</b>	Main Hall	DW
1pm -2pm	Bingo- self led group	<b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Oct</b>	Belsize Room	
2.30pm - 3.30pm	Colouring Calm with Simone	<b>7<sup>th</sup>, 28<sup>th</sup> Oct (No sessions on 14<sup>th</sup> &amp; 21<sup>st</sup> Oct)</b>	Belsize Room/Zoom	DW

<b>Wednesday</b>	<b>Activity</b>	<b>Note</b>	<b>Room</b>	<b>Charge</b>
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> Oct</b>	Room 4	Yes
9.30am-4.30pm	Santander	Independently run - <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Oct</b>	P.Pod	
10am - 11.45am	Stay and Play Drop-in	Term time only - <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> Oct (Half Term from 27<sup>th</sup> to 30<sup>th</sup> Oct)</b>	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 – <b>Next Term: From 17<sup>th</sup> Sept to 10<sup>th</sup> Dec (Half term: 29<sup>th</sup> Oct)</b>	Priory room	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Oct</b>	Garden Room	DW
10.45 Departure	Love Where You Live – To be confirmed	<b>To be confirmed</b>	Off site	DW
12 noon – 2.30pm	Henna Asian Women's Group - Dance	Independent run activity – <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Oct</b>	Garden Room	
1pm - 3pm	Spooktacular Pumpkin Carving Workshop – ALL AGES!	<b>29<sup>th</sup> Oct (limited availability- Book in advance)</b>	Priory Room	DW
1pm - 3pm	Creche	Term time only - <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> Oct (Half Term from 27<sup>th</sup> to 30<sup>th</sup> Oct)</b>	Children's Room	Yes
1pm – 2.30pm	Henna Asian Women's Group - Sisters Connect	Independent run activity – <b>1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup> Oct</b>	Garden Room	
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – <b>From 10<sup>th</sup> Sept to 5<sup>th</sup> Dec (No Half Term)</b>	Belsize Room	
1.30pm – 2.30pm	Seated Yoga with Alice – Adult Camden Learning	Term Time only - <b>From 8<sup>th</sup> Oct to 17<sup>th</sup> Dec (Half Term: 29<sup>th</sup> Oct)</b>	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Oct</b>	Foyer	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month – <b>8<sup>th</sup> &amp; 22<sup>nd</sup> Oct</b>	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – <b>From 10<sup>th</sup> Sept to 5<sup>th</sup> Dec (No Half Term)</b>	Belsize Room	
3pm - 4.30pm	Abbey Book Club	Around every 8 weeks – <b>12<sup>th</sup> Nov</b>	Garden room	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Oct</b>	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> 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 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> Oct (Half Term from 27 <sup>th</sup> to 30 <sup>th</sup> Oct)	Main Hall	DW
11am Departure	London Trip with Jason – Science Museum (Brain Health)	First Wednesday of every month – 9 <sup>th</sup> 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 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> Oct	Foyer	DW
1pm-2pm	Henna Asian Women’s Group - Yoga	Independently run activity - 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> Oct	Garden Room	
1pm - 3.30pm	Low-Cost Cooking with Jordan	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> Oct (No session on 23 <sup>rd</sup> & 30 <sup>th</sup> Oct)	Priory Room	DW
1pm - 3pm	Creche	Term time only - 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> Oct (Half Term from 27 <sup>th</sup> to 30 <sup>th</sup> Oct)	Children’s Room	Yes
1.30pm -3.30pm	ESOL -English Conversation Group – Adult Camden Learning	Term time only – From 18 <sup>th</sup> Sept to 11 <sup>th</sup> Dec (Half term 30 <sup>th</sup> 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 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> Oct	Main Hall	DW

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

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



**Abbey Community Centre** 172 Belsize Road, London, NW6 4BJ – Tel. 020 7624 8378  
[www.abbeycc-kilburn.org.uk](http://www.abbeycc-kilburn.org.uk) / Charity no.295191 Company no.2028600