

September 2024

- All activities and Children's Services will restart from Mon 9th September
- Saturday Community Lunch on Sat 7th September
- 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 😊.

Community Activities Timetable

DW = Donations Welcome

Monday	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 Sep	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 – 30 th Sep	P. Pod	DW
10.30am - 11.30am	Meditation with Sunny	9 th , 16 th , 23 rd , 30 th Sep	Garden Room	DW
10.30am - 1.30pm	Henna Asian Women's Group – Cooking class	Last Monday of the month - 30 th Sep	Kitchen/Priory Room	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 9 th , 16 th , 23 rd , 30 th Sep	Main Hall	Yes
1pm - 3pm	Creche	Term time only	Children's Room	Yes
1.30pm - 3pm	Henna Asian Women's Group – Chai with Henna	9 th , 16 th , 23 rd , 30 th Sep	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	
TBC	Tai chi – Adult Camden Learning	To be confirmed either Monday afternoon or Friday morning	Main Hall	
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	9 th , 16 th , 23 rd , 30 th Sep	Main Hall	DW
6pm - 8pm	Table Tennis with Jason	9 th , 16 th , 23 rd , 30 th Sep	Main Hall	PAYG £1

Tuesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 3 rd , 10 th , 17 th , 24 th Sep	Room 4	Yes
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity – 3 rd , 10 th , 17 th , 24 th Sep	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 – Primrose Hill	Second Tuesday of the month – 10 th Sep	Off site	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 10 th Sep	P.Pod	DW
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	10 th , 17 th , 24 th Sep	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	10 th , 17 th , 24 th Sep	Belsize Room/Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 4th, 11th, 18th, 25th Sep	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 – No session in September	P.Pod	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	11th, 18th, 25th Sep	Garden Room	DW
11am – 1pm	Learn My Way – Free Digital Skills Learning	By appointment only – Second & Fourth Wednesday of the month – 11th and 25th Sep	P.Pod	DW
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
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 – Next session 2nd October	Garden room	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	11th, 18th, 25th Sep	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 5th, 12th, 19th, 26th Sep	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	5th, 12th, 19th, 26th Sep	Priory Room	
11am Departure	London Trip with Jason – Guildhall Art Gallery	19th Sep	Off site	DW
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	12th, 19th, 26th Sep	Foyer	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	5th, 12th, 19th Sep (no session on 26th Sep)	Priory Room	DW
1pm - 3pm	Eating Well with Lydia	26th Sep	Priory Room	DW
1pm - 3pm	Creche	Term time only	Children’s Room	Yes
2pm - 3pm	Crochet & Knitting Club with Romana	12th, 19th, 26th Sep	Foyer	DW
2.15pm – 3.15pm	Strength and Balance Class with Sharon	12th, 19th, 26th Sep	Main Hall	DW
3.45pm - 4.45pm	Karaoke with Rosamund	26th Sep	Main Hall	DW

Friday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 6th, 13th, 20th, 27th Sep	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	To be confirmed either Monday afternoon or Friday morning	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	13th, 20th, 27th Sep	Garden	DW
10.30am - 12.30pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – from 13th Sep to 6th Dec (half term: 1st Nov)	Garden Room	
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	13th, 20th, 27th Sep	Foyer	DW
11.30pm - 1pm	Table Tennis with Jason	13th, 20th, 27th Sep	Main Hall	DW
12.30pm - 1.30pm	Over 60s Bingo	13th, 20th, 27th Sep	Belsize Room	
1.30pm - 2.30pm	Gentle Dance with Emma	13th, 20th, 27th Sep	Main Hall	DW
2.15pm - 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – from 13th Sep to 6th Dec (half term: 1st Nov)	Garden Room	
2.30pm - 3.30pm	Recycle Plastic Art	13th, 20th, 27th Sep		

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – Sat 7th September	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - Sat 7th September	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	Sat 7th September	Belsize Room	
11.30am - 12.30pm	Tea & Coffee with Jason	Sat 7th September	Foyer	DW
12.30pm - 1.30pm	Community Lunch	Booking required - Sat 7th September	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 / Charity no.295191 Company no.2028600