



August 2026

Community Activities Timetable

Special summer dates

***Active for Life campaign – Sign up, Taster session and Social Drop-in:**

Tue 4th Aug 11am-12.30pm: Gentle Fitness with Daniel (Book in advance!)

Wed 12th Aug 1:30pm – 3:00pm – social drop in

***Summer Salad Tuesdays:** Free salad every Tuesday from 12.00 except Tuesday 25th Aug

***Saturday Community Lunch:** Saturday 1st August. Bookings only!

***Restart project (electrical repairs):** Saturday 1st August 11:00am – 2:00pm

Classes not running and Bank Holiday

Children's services resume on 7th September

ACL and term time classes resume in September

Bank Holiday Closure – 31st August

DW – Donations Welcome:

Most of our directly delivered activities are free or low cost.

Your donations are very welcome and essential to support running costs, making sessions accessible to everyone .

Monday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity	Room 4	Yes
10am – 7pm	Kilburn Library Pop-up	Independently run	Garden Room	
10am – 1pm	Citizen Advice Camden – Debt Advice North Camden Project	Appointment only (first and third Monday of the month) – 3rd and 7th August	P. Pod	
12.00 – 2pm	Sanctuary Project – Volunteer Cooking Group	3rd 10th 17th August Not 24 th , 31 st August	Priory Room	
1pm – 3.30pm	ESOL -English Entry 2 Award (Reading) with Anna – ACL	Term time only – from 24th Sept – 10th Dec (half term 29th Oct)	The Nook	
1.15pm – 2.15pm	Arsenal – Strength & Balance (1 st session)	Independently run activity – 10th, 17th, 24th August	Main Hall	
2.15pm – 3.15pm	Arsenal – Strength & Balance (2 nd session)	Independently run activity - 10th, 17th, 24th August	Main Hall	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	3rd 10th, 17th, 24th August Not 31 st August	Belsize Room	
5.30pm - 8pm	Abbey's Bridge Club with Paul	3rd, 10th, 17th August Not 24 th , 31 st August	Foyer	DW
5.30pm – 8pm	Chess Club with Ali	3rd, 10th, 17th August Not 24 th , 31 st August	Foyer	
6pm - 8pm	Table Tennis with Jason	3rd 10th, 17th August Not 24 th , 31 st August	Main Hall	PAY £1

Tuesday	Activity	Note	Room	
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity	Room 4	Yes
10am - 5pm	Kilburn Library Pop-up	Independently run	Garden Room	
10am - 1pm	South Sudan Women - Cooking Class	Independently run activity – 4th, 11th August not 18 th , 25 th August	Kitchen/Priory	

11am – 12.30pm	Active for Life Taster: Gentle Fitness with Daniel	4th August	Belsize Room	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 11th August	P.Pod	DW
From 12.00	Summer Salad Tuesdays (free salad every Tuesday)	4th, 11th, 18th August not 25 th August	Foyer	
1pm – 4pm	Borough of Sanctuary support session with Good Work Camden	Drop-in sessions: First & third Tuesday of every month – 4th, 18th August	P.Pod	
1pm -2pm	Bingo- self led group	4th 11th, 18th August not 25 th August	Belsize Room	DW
2pm - 3pm	Seated Exercise with Cheryl	11th, 18th August not 4 th , 25 th August	Main Hall	DW
2.30pm - 3.30pm	Colouring Calm with Simone	4th, 11th, 18th August not 25 th August	Belsize Room	DW

Wednesday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity	Room 4	Yes
10am - 5pm	Kilburn Library Pop up	Independently run	Garden Room	
9.30am - 4.30pm	Santander Community Banking Hub	Independently run	P.Pod	
10am – 12noon	Digital Improvers Stage 1 with Mohamed - ACL	Term time only – from 23rd Sep – 9th Dec (half term 28th Oct)		
10am - 11am	Fitness for Men over 60 with Daniel	5th, 12th, 19th August not 26 th August	Belsize Room	DW
12am – 12.50	Henna Asian Women’s Group - Yoga	Independent run activity – 5th, 12th, 19th August	Belsize Room	
1pm – 3pm	Sewing class with Prabhat - ACL	Term time only – from 23rd Sep – 16th Dec (half term 28th Oct)		
1.30pm – 3pm	Active for Life – Social drop-in	12th August	Foyer	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 5th, 12th, 19th August not 26 th August	Foyer	DW
2.30pm – 3.45pm	Seated Yoga with Alice - ACL	Term time only – from 16th Sep – 9th Dec (half term on 28th Oct)		
3.45pm - 4.45pm	Zumba Gold with Tissy	12th, 19th August not 5 th , 26 th August	Main Hall	DW

Thursday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity	Room 4	Yes
10am - 5pm	Kilburn Library Pop-Up	Independently run	Garden Room	
10.30am – 3pm	Good Work Camden – Kilburn Job Hub	6th, 13th, 20th, 27th Aug Registering new members into GWC Portal for 1-2-1 support	P.Pod	
11.30am - 1.30pm	Henna Asian Women’s Group – Bollywood Dance	Independently run activity – 6th (Belsize), 13th (Main Hall), 20th (Belsize), 27th Aug (Main Hall)	Main Hall / Belsize Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	6th, 13th, 20th Aug	Foyer	DW
1pm -3pm	ESOL -English Entry 2 Award (Reading) with Anna – ACL	Term time only – from 24th Sept – 10th Dec (half term 29th Oct)	The Nook	
1.45pm - 2.30pm	Strength and Balance Class with Sharon - SESSION 1	6th (Belsize Room), 13th (Main Hall), 20th Aug (Belsize Room)	Main Hall / Belsize Room	DW
2.45pm – 3.30pm	Strength and Balance Class with Sharon - SESSION 2	6th (Belsize Room), 13th (Main Hall), 20th Aug (Belsize Room)	Main Hall / Belsize Room	DW
4.30pm – 6pm	Pampering Day for 60+ by Home Instead	No session in Aug, next on 10th Sept.	Belsize room	

Friday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity	Room 4	Yes
10am - 5pm	Kilburn Library Pop-Up	Independently run	Garden Room	
10am – 12.00	NHS – Diabetes Prevention Programme	Independently run activity- Not on in August	Belsize Room	
10am - 11am	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – from 18th Sept - 11th Dec (half term 30th Oct)	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group	7th, 14th, 21st Aug	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	7th, 14th, 21st Aug	Foyer	DW
10.30am -12noon	Help for Heroes	Independently run activity - First Friday of every month – 7th Aug	Foyer	
11am - 1pm	Creative Writing – Self led	7th, 14th, 21st Aug	Priory Room	DW
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	7th, 14th, 21st Aug	Main Hall	DW
11am - 2pm	Borough of Sanctuary support session - Anthony	7th, 14th, 21st, 28th Aug	P.Pod	
11am - 3.30pm	Borough of Sanctuary support session - Parul	7th, 14th, 21st, 28th Aug	Children's Room	
1.30pm - 2.30pm	Gentle Dance with Emma	No class from 24th July to 4th Sep. Class resumes on 11th Sep	Main Hall	DW
2pm - 4pm	NHS - Social Prescriber Service with Denise	First Friday of every month – 7th Aug	Foyer	
2pm – 4.30pm	Massage Therapy & Reflexology with Anne Power	7th, 14th, 21st Aug – By appointment only	P.Pod	DW £5-£7
2pm - 4pm	Met Engage Advice Session	21st Aug	Priory Room	
2.30pm – 3.30pm	Creative Collage with Simone	First Friday of every month – 7th Aug	Belsize Room	DW
2.30pm - 3.30pm	Recycle Art with Simone	14th, 21st Aug	Belsize Room	DW
3.15pm-4.15pm	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – from 18th Sept - 11th Dec (half term 30th Oct)	Main Hall	

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 1st Aug (next on 5th Sept)	Main Hall	DW
10am -12.00	Tech Buddies	By appointment 1st Aug (next on 5th Sept)	Belsize Room	DW
11am-2pm	Restart Project – Electrical repairs drop-in	1st Aug – no bookings necessary, first come first served.	Belsize Room	DW
11.30am - 12.30pm	Tea & Coffee	1st Aug (next on 5th Sept)	Foyer	DW
12.30pm - 1.30pm	Community Lunch	1st Aug (next on 5th Sept) BOOKINGS ONLY!	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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