



# February 2026

## Community Activities Timetable



Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – <b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> Feb</b>	Room 4	Yes
9.45am – 11.45	More Life – Adult Weight Management	Independently run activity – <b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> Feb</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>Not on 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> Feb</b>	Main Hall	DW
10am – 4.30pm	Citizen Advice Camden – Debt Advice North Camden Project	Appointment only – (first and third Monday of the month) – <b>2<sup>nd</sup> &amp; 16<sup>th</sup> Feb</b>	P. Pod	
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) – <b>23<sup>rd</sup> Feb</b>	P. Pod	DW
12.00 – 2pm	Sanctuary Project – Volunteer Cooking Group	Every Monday from 16 <sup>th</sup> February	Priory Room	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - <b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> Feb</b>	Main Hall	Yes
1pm - 3pm	Creche	Term time only – <b>Not on 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> Feb</b>	Children's Room	Yes
1pm - 2pm	Arsenal – Strength & Balance (1 <sup>st</sup> session)	Independently run activity - <b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> Feb</b>	Garden Room	
2pm - 3pm	Arsenal – Strength & Balance (2 <sup>nd</sup> session)	Independently run activity - <b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> Feb</b>	Garden Room	
1pm - 3.30pm	Henna Asian Women's Group – Chai with Henna	<b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> Feb (on 23<sup>rd</sup> Feb from 1pm-2pm)</b>	Belsize Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	<b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> Feb</b>	Main Hall	DW
5.30pm - 8pm	Abbey's Bridge Club with Paul	<b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> Feb</b>	Foyer	DW
6pm - 8pm	Table Tennis with Jason	<b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> Feb</b>	Main Hall	PAY £1
6.30pm - 8.30pm	Quilt Makers – Quilting Company	Independently run activity – <b>Next session on 16<sup>th</sup> March</b>	Belsize Room	

\* Restart Party (electrical devices repair):

Drop-in on Saturday 7<sup>th</sup> February

11am to 2pm (Please arrive by 1pm)

\*Souper Tuesdays:

Free soup every Tuesday from 17<sup>th</sup> February – from 12pm

\*Half Term from Mon 16<sup>th</sup> to Fri 20<sup>th</sup> February

\*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 😊.

Tuesday	Activity	Note	Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – <b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> Feb</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>Not on 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> Feb</b>	Main Hall	DW
10am - 1pm	South Sudan Women – Cooking class	<b>TBC</b>	Kitchen/Priory	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – <b>10<sup>th</sup> Feb</b>	P.Pod	DW
From 12.00	Soup-er Tuesday (free soup every Tuesday)	<b>From Tuesday 17<sup>th</sup> February</b>	Foyer	
1pm - 3pm	Creche	Term time only - <b>Not on 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> Feb</b>	Children's Room	Yes
1pm – 4pm	Borough of Sanctuary support session with Good Work Camden	Drop-in sessions: First & third Tuesday of every month – <b>3<sup>rd</sup>, 17<sup>th</sup> Feb</b>	P.Pod	
2pm - 3pm	Seated Exercise with Cheryl	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> Feb</b>	Main Hall	DW
1pm -2pm	Bingo- self led group	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> Feb</b>	Belsize Room	
2.30pm - 3.30pm	Colouring Calm with Simone	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> Feb</b>	Belsize Room/ Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – <b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Feb</b>	Room 4	Yes
9.30am-4.30pm	Santander	Independently run - <b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Feb</b>	P.Pod	
10am - 11.45am	Stay and Play Drop-in	Term time only – <b>Not on 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> Feb</b>	Main Hall	DW
10am – 12.00	Digital Improvers Stage 1 with Mohamed – Adult Camden Learning	Term time only – <b>From 14<sup>th</sup> Jan 2026 to 25<sup>th</sup> Mar 2026 (Half Term 17<sup>th</sup> Feb)</b>	Belsize room	
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>From 14<sup>th</sup> Jan to 18<sup>th</sup> Mar (Half Term 18th Feb)</b>	Priory room	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	<b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Feb</b>	Garden Room	DW
12 noon – 1 pm	Henna Asian Women's Group - Dance	Independent run activity – <b>4<sup>th</sup>, 11<sup>th</sup> Feb (No class on 18<sup>th</sup> &amp; 25<sup>th</sup> Feb)</b>	Garden Room	
1pm - 3pm	Creche	Term time only – <b>Not on 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> Feb</b>	Children's Room	Yes
1pm – 4pm	Henna Asian Women's Group - Sisters Connect	Independent run activity – <b>11<sup>th</sup>, 25<sup>th</sup> Feb</b>	Garden Room	
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning – SESSION 1	Term Time only – <b>From 7<sup>th</sup> Jan 2026 to 25<sup>th</sup> Mar 2026 (No half term)</b>	Belsize Room	
2.30pm – 3.30pm	Seated Yoga with Alice – Adult Camden Learning	Term Time only – <b>From 14<sup>th</sup> Jan 2026 to 25<sup>th</sup> Mar 2026 (Half term 18<sup>th</sup> Feb)</b>	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - <b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Feb</b>	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning – SESSION 2	Term Time only – <b>From 7<sup>th</sup> Jan 2026 to 25<sup>th</sup> Mar 2026 (No half term)</b>	Belsize Room	
3pm - 4.30pm	Abbey Book Club	Around every 8 weeks – <b>Next session TBC</b>	Garden room	DW
3.45pm - 4.45pm	Zumba Gold with Tissy	<b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Feb</b>	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – <b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Feb</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)	Term time only – <b>Not on 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> Feb</b>	Main Hall	DW
10.30am – 12.00	South Sudan Women – Wellbeing session	<b>TBC</b>	Garden Room	
11am Departure	London Trip with Jason	<b>No trip in February / Next trip in March – Date TBC</b>	Off site	DW
11am - 12 noon	Abbey staff meeting	<b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Feb</b>	Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	<b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Feb</b>	Foyer	DW
1pm-2pm	Henna Asian Women's Group - Yoga	Independently run activity – <b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Feb</b>	Garden Room	
1pm - 3.30pm	Low-Cost Cooking - Community Cooking Group	<b>5<sup>th</sup>, 12<sup>th</sup>, 26<sup>th</sup> Feb (No class on 19<sup>th</sup> Feb)</b>	Priory Room	DW
1pm - 3pm	Creche	Term time only – <b>Not on 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> Feb</b>	Children's Room	Yes
1.30pm -3.30pm	ESOL -English Conversation Group with Anna – Adult Camden Learning	Term time only – <b>From 15<sup>th</sup> Jan 2026 to 26<sup>th</sup> Mar 2026 (Half term 18<sup>th</sup> Feb)</b>	Belsize Room	
1pm – 3.30pm	Eating and Living Well with Lydia	<b>26<sup>th</sup> Feb</b>	Priory Room	DW
1.30pm - 2.15pm	Strength and Balance Class with Sharon - SESSION 1	<b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Feb</b>	Main Hall	DW
2.45pm – 3.30pm	Strength and Balance Class with Sharon - SESSION 2	<b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Feb</b>	Main Hall	DW

Friday	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> Feb</b>	Room 4	Yes
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10am – 12.00	NHS – Diabetes Prevention Programme	Independently run activity (First and Third Friday of every month) - <b>6<sup>th</sup> &amp; 20<sup>th</sup> February 2026</b>	Garden Room	
10am - 11am	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – <b>From 16<sup>th</sup> Jan 2026 to 27<sup>th</sup> Mar 2026 (Half Term 20<sup>th</sup> Feb)</b>	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	<b>From 13<sup>th</sup> Feb</b>	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	<b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Feb</b>	Foyer	DW
11am – 1pm	Creative Writing – Self led	<b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Feb</b>	Belsize Room	DW
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	<b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Feb</b>	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	<b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Feb</b>	Main Hall	DW
2pm - 4pm	Met Engage Advice Session	<b>13<sup>th</sup> Feb (Next session 13<sup>th</sup> Mar)</b>	Priory Room	
2.30pm – 3.30pm	Creative Collage with Simone	First Friday of every month - <b>6<sup>th</sup> Feb</b>	Belsize Room	DW
2.30pm - 3.30pm	Recycle Art with Simone	<b>13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Feb</b>	Belsize Room	DW

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – <b>7<sup>th</sup> Feb (next on 7<sup>th</sup> Mar)</b>	Main Hall	DW
10am -12.00	Tech Buddies	<b>By appointment - 7<sup>th</sup> Feb (next on 7<sup>th</sup> Mar)</b>	Garden Room	DW
11am – 2pm (Please arrive by 1pm)	Restart Party (electrical devices repair) Drop-in	<b>7<sup>th</sup> Feb</b>	Belsize Room	DW
11am - 12noon	Camden Council Councillors Surgery	<b>7<sup>th</sup> Feb (next on 7<sup>th</sup> Mar)</b>	Children's Room	
11.30am - 12.30pm	Tea & Coffee	<b>7<sup>th</sup> Feb (next on 7<sup>th</sup> Mar))</b>	Foyer	DW
12.30pm - 1.30pm	Community Lunch	<b>7<sup>th</sup> Feb (next on 7<sup>th</sup> Mar)</b>	Main Hall	DW

### Abbey's community activity sessions

Please book in advance on **020 7624 8378** or email [reception@abbeycc-kilburn.org.uk](mailto: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](mailto:kgn@abbeycc-kilburn.org.uk)



**Abbey Community Centre** 172 Belsize Road, London, NW6 4BJ – Tel. 020 7624 8378  
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