



February 2025

Community Activities Timetable

- **Half Term:** from Mon 17th to Fri 21st February
- **DW – Donations Welcome:** 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 😊.

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 3rd, 10th, 17th, 24th Feb	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 (half term from 17th to 20th February)	Main Hall	DW
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) 24th February	P. Pod	DW
10.30am - 11.30am	Meditation with Sunny	3rd, 10th, 17th, 24th Feb	Garden Room	DW
10.30am - 1.30pm	Henna Asian Women's Group – Cooking class	Last Monday of the month – 24th February	Priory room	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity – 24th February	Main Hall	Yes
1pm - 3pm	Creche	Term time only (half term from 17th to 20th February)	Children's Room	Yes
1pm – 2pm	Arsenal – Strength & Balance (1 st session)	3rd, 10th, 17th, 24th Feb	Garden Room	
2-m – 3pm	Arsenal – Strength & Balance (2 nd session)	3rd, 10th, 17th, 24th Feb	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	3rd, 10th, 17th, 24th Feb	Belsize Room	
2pm - 4pm	Digital Improvers Stage 2 – Adult Camden Learning	Term time only – from 13th Jan to 31st Mar (no class on 17th Feb)	Priory Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	3rd, 10th, 17th, 24th Feb	Main Hall	DW
6pm - 8pm	Table Tennis with Jason	17th, 24th Feb (no sessions on 3rd, 10th Feb)	Main Hall	PAYG £1
5.30pm - 8pm	Bridge with Paul	17th, 24th Feb (no sessions on 3rd, 10th Feb)	Foyer	DW

Tuesday	Activity	Note	Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 4th, 11th, 18th, 25th Feb	Room 4	Yes
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity – 4th, 11th, 18th, 25th Feb	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 (half term from 17th to 20th February)	Main Hall	DW
10.45am Departure	Love where you live - Local trip	Second Tuesday of the month – No trip in Feb	Off site	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 11th Feb	P. Pod	DW
1pm - 3pm	Creche	Term time only (half term from 17th to 20th February)	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	4th, 11th, 18th, 25th Feb	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	Term Time only 4th, 11th, 25th Feb (no session on 18th Feb)	Belsize Room/Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 5 th , 12 th , 19 th , 26 th Feb	Room 4	Yes
10am - 11.45am	Stay and Play Drop-in	Term time only (half term from 17th to 20th February)	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 – Sophie Cooke	Independently run activity – Term time only From 15th Jan to 26th Mar (No session on 19th Feb)	Priory room	
10am – 2pm	Debt Advice North Camden – Citizen Advice Camden	Second and fourth Wednesday every month – 5 th and 26 th Feb	P. Pod	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	5 th , 12 th , 19 th , 26 th Feb	Garden Room	DW
11am Departure	London Trip with Jason	First Wednesday of every month - No trip in Feb - Next trip on 5th March to the House Museum	Off site	
12.30pm-1.30pm	New! Therapeutic Dance with Kata	5 th , 12 th , 19 th , 26 th Feb	Garden Room	DW
1pm - 3pm	Creche	Term time only (half term from 17th to 20th February)	Children’s Room	Yes
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – from 15th Jan to 2nd Apr (no class on 19th Feb)	Belsize Room	
1.45pm – 3pm	Seated Yoga with Anna – Adult Camden Learning	Term Time only – from 15th Jan to 2nd Apr (no class on 19th Feb)	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 5 th , 12 th , 19 th , 26 th Feb	Foyer	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month – 5 th and 26 th Feb	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – from 15th Jan to 2nd Apr (no class on 19th Feb)	Belsize Room	
3pm - 4.30pm	Abbey Book Club	Around every 8 weeks. Next club 5 th March	Belsize room	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	Term time only 5 th , 12 th , 26 th Feb (no class on 19 th Feb)	Main Hall	DW
5.30pm-7pm	Kilburn Neighbourhood Safety Session – Camden Giving	26th February	Main Hall	

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 6 th , 13 th , 20 th , 27 th Feb	Room 4	Yes
9.30am – 1pm	South Sudan Women Association – Cookery class	Third Thursday of every month – 20 th February	Priory Room	DW
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 (half term from 17th to 20th February)	Main Hall	DW
10am – 12.00	Digital Photography Project – Adult Camden Learning	Term time only - from 16th Jan to 3rd April (no class on 20th Feb)	Belsize Room	
11am - 12 noon	Abbey staff meeting	6 th , 13 th , 20 th , 27 th Feb	Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	6 th , 13 th , 20 th , 27 th Feb	Foyer	DW
12.30pm- - 2pm	New! Boccia	20th, 27th Feb (Starts from 20th Feb)	Main Hall	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	6 th , 13 th , 20 th Feb (No session on 27 th Feb)	Priory Room	DW
1pm - 3pm	Creche	Term time only (half term from 17th to 20th February)	Children’s Room	Yes
2pm - 4pm	Eating & Living Well with Lydia	27th February	Priory Room	DW
2.15pm – 3.15pm	Strength and Balance Class with Sharon	6 th , 13 th , 20 th , 27 th Feb	Main Hall	DW

Friday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 7 th , 14 th , 21 st , 28 th Feb	Room 4	Yes
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10am – 11am	Tai chi – Qigong - Adult Camden Learning	Term time only - from 17th Jan to 4th Apr (no class on 21st Feb)	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	7th, 14th, 21st, 28th Feb	Garden Off site	DW
10.30am - 12.30pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – from 17th Jan to 4th Apr (no class on 21st Feb)	Garden Room	
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	7th, 14th, 21st, 28th Feb	Foyer	DW
11.30pm - 1pm	Fun & Friendly Friday Table Tennis with Jason	21st, 28th Feb (No sessions on 7th and 14th Feb)	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	7th, 14th, 21st, 28th Feb	Main Hall	DW
2.15pm - 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – from 17th Jan to 4th Apr (no class on 21st Feb)	Garden Room	
2.30pm - 3.30pm	Recycle Plastic Art	Term time only 7th, 14th, 28th Feb (no class on 21st Feb)	Belsize Room	DW

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 1st Feb	Main Hall	DW
10am -12.00	Tech Buddies	By appointment – 1st Feb	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	1st Feb	Belsize Room	
11.30am - 12.30pm	Tea & Coffee with Jason	1st Feb	Foyer	DW
12.30pm - 1.30pm	Community Lunch	Booking required – No lunch in Jan – 1st Feb	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

