



# February 2026

## Community Activities Timetable

\* **Restart Party (electrical devices repair):**  
Drop-in on Saturday 7<sup>th</sup> February  
11am to 2pm (Please arrive by 1pm)

\***Souper Tuesday:**  
Free soup every Tuesday from 17<sup>th</sup> February –  
from 12.00

\***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 😊.

| 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 – <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 - 11.45am   | Stay and Play Drop-in (under 5 years)                       | Term time only – <b>Not on 12<sup>th</sup>, 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 –<br>Debt Advice North Camden Project | Appointment only – (first and third Monday of the month) –<br><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 <b>from 16<sup>th</sup> February</b>  | 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 – 2.45pm     | Best Start Creche (6 months - 3 years)                      | Term time only – <b>Not on 12<sup>th</sup>, 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    |        |

| 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 – <b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> Feb</b>              | Room 4                | Yes |
| 10am - 11.45am  | Stay and Play Drop-ins (under 5 years)                     | Term time only – <b>Not on 12<sup>th</sup>, 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  | Independently run activity - <b>17<sup>th</sup> Feb</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 – 2.45pm    | Best Start Creche (6 months - 3 years)                     | Term time only - <b>Not on 12<sup>th</sup>, 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/<br>Zoom | 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 – <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 Community Banking Hub                                | 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-ins (under 5 years)                         | Term time only – <b>Not on 12<sup>th</sup>, 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 –<br><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    |        |
| 10.30am - 2.30pm | Home Education – Tom Rosenthal                                 | Independently run activity – Term time only –<br><b>From 14<sup>th</sup> Jan to 18<sup>th</sup> Mar (Half Term 18<sup>th</sup> Feb)</b> | Priory room     |        |
| 10.30 - 11.30am  | Fitness for Men over 60 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 – 2.45pm | 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        | Best Start Creche (6 months - 3 years)                         | Term time only – <b>Not on 12<sup>th</sup>, 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 –<br><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 –<br><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 –<br><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 |
|------------------|--|--|-----------------|--------|
| 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 – <b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Feb</b>              | Room 4          | Yes    |
| 10am - 11.45am   | Stay and Play Drop-ins (under 5 years)                             | Term time only – <b>Not on 12<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> Feb</b> | Main Hall       | DW     |
| 11am Departure   | London Trip with Jason   | <b>No trip in February / Next trip in March – Date TBC</b>   | Off site        | DW     |
| 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> Feb (No class on 19<sup>th</sup> and 26<sup>th</sup> Feb)</b>                       | Priory Room     | DW     |
| 1pm – 2.45pm     | Best Start Creche (6 months - 3 years)                             | Term time only – <b>Not on 12<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> Feb</b> | Children’s Room | Yes    |
| 1pm -3pm         | ESOL -English Conversation Group with Anna – Adult Camden Learning | Term time only –<br><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 |
|-------------------|--|---|--------------|--------|
| 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 – <b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Feb</b>                         | Room 4       | Yes    |
| 10am – 12.00      | NHS – Diabetes Prevention Programme                                | Independently run activity (First and Third Friday of every month) -<br><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 –<br><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<br>(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)



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