



February 2026

Community Activities Timetable

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

***Souper Mondays:**
Free soup every Monday from 16th February –
from 12.00

***Half Term from Mon 16th to Fri 20th 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
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 2nd, 9th, 16th, 23rd Feb	Room 4	Yes
9.45am – 11.45	More Life – Adult Weight Management	Independently run activity – 2nd, 9th, 16th, 23rd 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 – Not on 16th, 17th, 18th, 19th Feb	Main Hall	DW
10am – 4.30pm	Citizen Advice Camden – Debt Advice North Camden Project	Appointment only – (first and third Monday of the month) – 2nd & 16th Feb	P. Pod	
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) – 23rd Feb	P. Pod	DW
12.00 – 2pm	Sanctuary Project – Volunteer Cooking Group	Every Monday from 16 th February	Priory Room	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 2nd, 9th, 16th, 23rd Feb	Main Hall	Yes
1pm - 3pm	Creche	Term time only – Not on 16th, 17th, 18th, 19th Feb	Children's Room	Yes
1pm - 2pm	Arsenal – Strength & Balance (1 st session)	Independently run activity - 2nd, 9th, 16th, 23rd Feb	Garden Room	
2pm – 3pm	Arsenal – Strength & Balance (2 nd session)	Independently run activity - 2nd, 9th, 16th, 23rd Feb	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	2nd, 9th, 16th, 23rd Feb (on 23rd Feb from 1pm-2pm)	Belsize Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	2nd, 9th, 16th, 23rd Feb	Main Hall	DW
5.30pm - 8pm	Abbey's Bridge Club with Paul	2nd, 9th, 16th, 23rd Feb	Foyer	DW
6pm - 8pm	Table Tennis with Jason	2nd, 9th, 16th, 23rd Feb	Main Hall	PAY £1
6.30pm - 8.30pm	Quilt Makers – Quilting Company	Independently run activity – Next session on 16th March	Belsize Room	

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

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

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

Friday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 6th, 13th, 20th, 27th Feb	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) - 6th & 20th February 2026	Garden Room	
10am - 11am	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – From 16th Jan 2026 to 27th Mar 2026 (Half Term 20th Feb)	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	From 13th Feb	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	6th, 13th, 20th, 27th Feb	Foyer	DW
11am – 1pm	Creative Writing – Self led	6th, 13th, 20th, 27th Feb	Belsize Room	DW
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	6th, 13th, 20th, 27th Feb	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	6th, 13th, 20th, 27th Feb	Main Hall	DW
2pm - 4pm	Met Engage Advice Session	13th Feb (Next session 13th Mar)	Priory Room	
2.30pm – 3.30pm	Creative Collage with Simone	First Friday of every month - 6th Feb	Belsize Room	DW
2.30pm - 3.30pm	Recycle Art with Simone	13th, 20th, 27th Feb	Belsize Room	DW

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