



# July 2024

## Community Activities Timetable

- No activities and Children's Services on Thu 4<sup>th</sup> July (Polling station)
- No activities and Children's Services Thu 25<sup>th</sup> July (staff training day)
- Children's Services last session is on Wed 24<sup>th</sup> July.
- UCLH Health Hub with medical professionals from University College London Hospital (UCLH) - Tuesday 30<sup>th</sup> July – Book in advance!
- All Abbey run day-time activities are FREE to access. However, your donations are very welcome 😊 Your support will help keep our activities free of charge for everyone.

PAYG= Pay as you go    DW = Donations Welcome

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity - <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> July</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	Main Hall	DW
10am - 1pm	Debt, Money & Scam Prevention Advice with Anne-Marie	Appointment only - Last Monday of the month – <b>29<sup>th</sup> July</b>	Priory Room	DW
10.30am - 11.30am	Meditation with Sunny	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> July</b>	Garden Room	DW
10.30am - 1.30pm	Henna Asian Women's Group – Cooking class	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> July</b>	Kitchen/Priory Room	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - <b>8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> July</b>	Main Hall	Yes
1pm - 3pm	Creche	Term time only	Children's Room	Yes
1.30pm - 3pm	Henna Asian Women's Group – Chai with Henna	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> July</b>	Belsize Room	
2pm - 3.30pm	Seated Yoga with Anna – Adult Camden Learning	Term time only - <b>From 15<sup>th</sup> April to 8<sup>th</sup> July</b>	Main Hall	
2pm - 4pm	Digital Basic Stage 3 Course – Adult Camden Learning	Term time only - <b>From 22<sup>nd</sup> April to 8<sup>th</sup> July</b>	Priory Room	
2.45pm - 5.05pm	Monkey Music classes for children	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> July</b>	Garden Room	Yes
4pm - 5.30pm	Abbey's Community Singing for Fun Group	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 29<sup>th</sup> July (No session on 22<sup>nd</sup> July)</b>	Main Hall	DW
6pm - 8pm	Table Tennis with Jason	<b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> July</b>	Main Hall	PAYG £1

Tuesday	Activity	Note	Room	Charge
9.45am - 11.45am	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>, 30<sup>th</sup> July</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	Main Hall	DW
11am - 3pm	UCLH Health Hub – Health advice & Vaccinations	<b>Tuesday 30<sup>th</sup> July</b>	Belsize room	DW
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – <b>9<sup>th</sup> July</b>	Garden Room	DW
12.45pm - 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>, 30<sup>th</sup> July</b>	Room 4	Yes
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	<b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> July</b>	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	<b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> July</b>	Belsize Room/Zoom	DW
3.25pm - 5.50pm	Regal Ballet	Independently run activity - <b>2<sup>nd</sup>, 9<sup>th</sup> July</b>	Main Hall	Yes

Wednesday	Activity	Note	Room	Charge
10am - 11.45am	Stay and Play Drop-in	Term time only	Main Hall	DW
10am-4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10am - 12noon	ESOL – Learn English – Adult Camden Learning	Term time only - <b>From 17<sup>th</sup> April to 24<sup>th</sup> July</b>	Belsize Room	
10am - 12.30pm	Camden Job Hub	First Wednesday of the month – <b>3<sup>rd</sup> July</b>	Room 4	
10am - 12 noon	Reflexology with Theresa	By appointment Third Wed of month – <b>17<sup>th</sup> July</b>		DW
10.30 - 11.30am	Fitness for Men over 50 with Daniel	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> July</b>	Garden Room	DW
10.45am Departure	Love where you live - Local trip – Swiss Cottage Farmers Market	<b>10<sup>th</sup> July (Weather depending)</b>	Trip out	DW
11am – 1pm	Learn My Way – Free Digital Skills Learning	By appointment only – Second & Fourth Wednesday of the month – <b>24<sup>th</sup> July (No session on 10<sup>th</sup> July)</b>	Room 4	DW
1pm - 3pm	Creche	Term time only	Children's Room	Yes
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - <b>From 17<sup>th</sup> April to 3<sup>rd</sup> July</b>	Belsize Room	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - <b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> July</b>	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - <b>From 17<sup>th</sup> April to 10<sup>th</sup> July</b>		
3pm - 4.30pm	Bryony's Book Club	Around every 8 weeks – <b>31<sup>st</sup> July</b>	Room 4	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	Term Time only - <b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> July (No session on 31<sup>st</sup> July)</b>	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity –	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	Main Hall	DW
10am - 11am	Tai Chi – Qigong with Jennie – Adult Camden Learning	<b>From 9<sup>th</sup> May to 18<sup>th</sup> July (no half term break)</b>	Garden Room	
10.30am - 3.30pm	London Trip with Jason to Princess Diana Memorial Fountain	<b>18<sup>th</sup> July</b>	trip out	DW
11.30am - 12.30pm	Tai Chi – Qigong with Jennie – Adult Camden Learning	<b>From 9<sup>th</sup> May to 18<sup>th</sup> July (no half term break)</b>	Garden Room	
11am - 12 noon	Abbey staff meeting	<b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> July</b>	Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	<b>11<sup>th</sup>, 18<sup>th</sup> July</b>	Foyer	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	<b>11<sup>th</sup> July (no sessions on 4<sup>th</sup>, 18<sup>th</sup> &amp; 25<sup>th</sup> July )</b>	Priory Room	DW
1pm - 3pm	Eating Well with Lydia	<b>Nos session on 25<sup>th</sup> July</b>	Priory Room	DW
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm - 3pm	Crochet & Knitting Club with Romana	<b>11<sup>th</sup>, 18<sup>th</sup> July (no session on 4<sup>th</sup> &amp; 25<sup>th</sup> July)</b>	Foyer	DW
2.15pm – 3.15pm	Strength and Balance Class with Sharon	<b>11<sup>th</sup>, 18<sup>th</sup> July (no session on 4<sup>th</sup> &amp; 25<sup>th</sup> July)</b>	Main Hall	DW
3.45pm - 4.45pm	Karaoke with Rosamund	<b>18<sup>th</sup> July</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
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	<b>12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> July (No session on 5<sup>th</sup> July)</b>	Garden	DW
10.30am - 12.30pm	Creative Writing with Bryony – Adult Camden Learning	Term time only - <b>From 19<sup>th</sup> April to 5<sup>th</sup> July</b>	Room 4	
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	<b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> July</b>	Foyer	DW
11.30pm - 1pm	Table Tennis with Jason	<b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> July</b>	Main Hall	DW
12.30pm - 1.30pm	Over 60s Bingo with Claudia	<b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> July</b>	Belsize Room	
1.30pm - 2.30pm	Gentle Dance with Emma	<b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> July</b>	Main Hall	DW
2.30pm - 3.30pm	NEW! Recycle Plastic Art	<b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> July</b>	Belsize Room	DW
2.15pm - 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only - <b>From 19<sup>th</sup> April to 5<sup>th</sup> July</b>	Room 4	

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – <b>Sat 6<sup>th</sup> July</b>	Main Hall	DW
10am -12.00	Tech Buddies	<b>By appointment - Sat 6<sup>th</sup> July</b>	Belsize Room	DW
11am - 12noon	Camden Council Councillors Surgery	<b>Sat 6<sup>th</sup> July</b>	Room 4	
11.30am - 12.30pm	Tea & Coffee with Jason	<b>Sat 6<sup>th</sup> July</b>	Foyer	DW
12.30pm - 1.30pm	Community Lunch	<b>Booking required - Sat 6<sup>th</sup> July</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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