



January 2025

Community Activities Timetable

- Children's Services DROP-IN resumes on Tue 7th January
- Children's Services CRECHE resumes on Mon 13th January
- ACTIVITIES resume on Wed 8th January
- 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 – 6 th , 13 th , 20 th , 27 th Jan	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 from Mon 7th Jan	Main Hall	DW
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) NO session in January – Next session on 28th February	P. Pod	DW
10.30am - 11.30am	Meditation with Sunny	20th, 27th January (No sessions on 13th Jan)	Garden Room	DW
10.30am - 1.30pm	Henna Asian Women's Group – Cooking class	Last Monday of the month – 27th January	Priory room	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity – 20 th , 27 th Jan (no class on 6 th & 13 th Jan)	Main Hall	Yes
1pm - 3pm	Creche	Term time only from Mon 13th Jan	Children's Room	Yes
1pm – 2pm	Arsenal – Strength & Balance (1 st session)	13th, 20th, 27th Jan (No session on 6th Jan)	Garden Room	
2-m – 3pm	Arsenal – Strength & Balance (2 nd session)	13th, 20th, 27th Jan (No session on 6th Jan)	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	6th, 13th, 20th, 27th Jan	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	13th, 20th, 27th Jan	Main Hall	DW
6pm - 8pm	Table Tennis with Jason	13th, 20th, 27th Jan	Main Hall	PAYG £1
5.30pm - 8pm	Bridge with Paul	13th, 20th, 27th Jan	Foyer	DW

Tuesday	Activity	Note	Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 7 th , 14 th , 21 st , 28 th Jan	Room 4	Yes
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity – 7 th , 14 th , 21 st , 28 th Jan	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 - from 7th January	Main Hall	DW
10.45am Departure	Love where you live - Local trip	Second Tuesday of the month – No trip in Jan	Off site	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 14th Jan	P. Pod	DW
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	14th, 21st, 28th Jan (No session on 7th Jan)	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	14th and 28th January (No session on 7th and 21st January)	Belsize Room/Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 8 th , 15 th , 22 nd , 29 th Jan	Room 4	Yes
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-2pm	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 – 8 th and 22 nd Jan	P. Pod	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	8 th , 15 th , 22 nd , 29 th Jan	Garden Room	DW
11am Departure	London Trip with Jason	First Wednesday of every month - No trip in Jan–and Feb - Next trip on 5th March	Off site	
12.30pm-1.30pm	New! Therapeutic Dance with Kata	8 th , 15 th , 22 nd , 29 th Jan	Garden Room	DW
1pm - 3pm	Creche	Term time only	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 – 2.45pm	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 - 8 th , 15 th , 22 nd , 29 th Jan	Foyer	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month – 8 th and 29 th Jan	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 – 8 th Jan	Belsize room	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	8 th , 15 th , 22 nd , 29 th Jan	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 9 th , 16 th , 23 rd , 30 th Jan	Room 4	Yes
9.30am – 1pm	South Sudan Women Association – Cookery class	Third Thursday of every month – No class in January. Next class on 20th 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	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	9 th , 16 th , 23 rd , 30 th Jan	Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	9 th , 16 th , 23 rd , 30 th Jan	Foyer	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	9 th , 16 th , 23 rd Jan (No session on 30 th Jan)	Priory Room	DW
1pm - 3pm	Creche	Term time only	Children’s Room	Yes
2pm - 4pm	Eating & Living Well with Lydia	No class in January – Next class on 27th February	Priory Room	DW
2.15pm – 3.15pm	Strength and Balance Class with Sharon	9 th , 16 th , 23 rd , 30 th Jan	Main Hall	DW

Friday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 10th, 17th, 24th, 31st Jan	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	No sessions in Jan – returns from mid 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	10th, 17th, 24th, 31st Jan	Foyer	DW
11.30pm - 1pm	Table Tennis with Jason	10th, 17th, 24th, 31st Jan	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	10th, 17th, 24th, 31st Jan	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	10th and 31st January (no class on 17th and 24th Jan)	Belsize Room	DW

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – Not in Jan	Main Hall	DW
10am -12.00	Tech Buddies	By appointment – No session in Jan – Next on 1st Feb	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	No session in Jan	Belsize Room	
11.30am - 12.30pm	Tea & Coffee with Jason	Not in Jan – Next on 1st Feb	Foyer	DW
12.30pm - 1.30pm	Community Lunch	Booking required – No lunch in Jan – Next on 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

