



July 2026

Community Activities Timetable

*Active for Life campaign – Sign up, Taster session and Social Drop-in:

Wed 8th July 1.30pm – 3pm: Social Drop-in

Wed 29th July 11am – 12.30pm: Sign up

Tue 4th Aug 11am-12.30pm: Gentle Fitness with Daniel (Book in advance!)

*Digital Card Making on Wed 1st July 1pm-3pm

*Pampering Day for 60+ on Thu 16th July from 4.30pm to 6pm (by appointment only)

*Summer Salad Tuesdays: Free salad every Tuesday from 12.00

*Saturday Community Lunch: Saturday 11th July. Bookings only!

*NEW! Chess Club: From 20th July Mondays 5.30pm-8pm.

Please book your name at the reception

*DW – Donations Welcome:

Most of our directly delivered activities are free or low cost.

Your donations are very welcome and essential to support running costs, making sessions 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 – 6 th , 13 th , 20 th , 27 th July	Room 4	Yes
10am – 7pm	Kilburn Library Pop-up	Independently run - 6 th , 13 th , 20 th , 27 th July	Garden Room	
10am - 11.45am	Stay and Play Drop-in (under 5 years)	Term time only – from 1 st to 22 nd July	Main Hall	DW
10am – 1pm	Citizen Advice Camden – Debt Advice North Camden Project	Appointment only (first and third Monday of the month) – 6 th & 13 th July	P. Pod	
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only – 27 th July	P. Pod	DW
12.00 – 2pm	Sanctuary Project – Volunteer Cooking Group	6 th , 13 th , 20 th , 27 th July	Priory Room	
12.15pm - 1.15pm	Yoga with Ros	Independently run activity - 6 th , 13 th July (Not on 20 th & 27 th July)	Main Hall	Yes
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only – from 1 st to 22 nd July	Children's Room	Yes
1.15pm – 2.15pm	Arsenal – Strength & Balance (1 st session)	Independently run activity - 6 th , 13 th July (No class on 20 th & 27 th July)	Main Hall	
2.15pm – 3.15pm	Arsenal – Strength & Balance (2 nd session)	Independently run activity - 6 th , 13 th July (No class on 20 th & 27 th July)	Main Hall	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	6 th , 13 th , 20 th , 27 th July	Belsize Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	6 th , 13 th July (Main Hall) and 20 th July (Belsize room) (No class on 27 th July & 3 rd Aug)	Main Hall	DW
5.30pm - 8pm	Abbey's Bridge Club with Paul	6 th , 13 th , 20 th , 27 th July	Foyer	DW
5.30pm – 8pm	New! Chess Club with Ali	From 20 th , 27 th July	Foyer	
6pm - 8pm	Table Tennis with Jason	6 th , 13 th July (Main Hall) and 20 th , 27 th July (Belsize room)	Main Hall	PAY £1
6.15pm – 9.15pm	Quilt Makers – Quilting Company	Independently run activity – 20 th July	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 – 7th, 14th, 21st, 28th July	Room 4	Yes
10am - 5pm	Kilburn Library Pop-up	Independently run	Garden Room	
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – from 1st to 22nd July	Main Hall	DW
10am - 1pm	South Sudan Women - Cooking Class	Independently run activity - 7th, 14th, 21st, 28th July	Kitchen/Priory	
10.30am –12.30pm	ESOL Advice session - Adeebah	7th, 14th, 21st, 28th July	P.Pod	
11am – 12.30pm	Active for Life Taster: Gentle Fitness with Daniel	4th August – Book in advance!	Belsize Room	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 14th July	P.Pod	DW
From 12.00	Summer Salad Tuesdays (free salad every Tuesday)	7th, 14th, 21st, 28th July	Foyer	
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only – from 1st to 22nd July	Children's Room	Yes
1pm – 4pm	Borough of Sanctuary support session with Good Work Camden	Drop-in sessions: First & third Tuesday of every month – 7th & 21st July	P.Pod	
1pm -2pm	Bingo- self led group	7th, 14th, 21st, 28th July	Belsize Room	DW
2pm - 3pm	Seated Exercise with Cheryl	7th, 14th (Main Hall) 21st, 28th July (Belsize room)	Main Hall	DW
2.30pm – 4.30pm	Henna Asian Women's Group – Arts & Crafts	Independent run activity – 28th July	The Nook	
2.30pm - 3.30pm	Colouring Calm with Simone	7th, 14th (Belsize room) 21st, 28th from 11.30am to 12.30pm	Belsize Room	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 – 1st, 8th, 15th, 22nd, 29th July	Room 4	Yes
10am - 5pm	Kilburn Library Pop up	Independently run	Garden Room	
9.30am - 4.30pm	Santander Community Banking Hub	Independently run – 1st, 8th, 15th, 22nd, 29th July	P.Pod	
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – from 1st to 22nd July	Main Hall	DW
10am - 12.00	Digital Improvers Stage 2 with Mohamed – More Creating & Editing - Adult Camden Learning	Term time only – From 22nd April to 8th July (Half Term: 27th May)	The Nook	
10.30am - 2.30pm	Home Education – Tom Rosenthal	Independently run activity- Term time only- From 22nd April to 8th July	Priory room	
10am - 11am	Fitness for Men over 60 with Daniel	1st, 8th, 15th, 22nd, 29th July	Belsize Room	DW
Departure 10.45am	Love Where You Live – Destination TBC	15th & 22nd July		
11am – 12.30pm	Active for Life: Sign up	29th July	Reception	
12am – 12.50	Henna Asian Women's Group - Yoga	Independent run activity - 1st, 8th, 15th, 22nd, 29th July	Belsize Room	
1pm - 3pm	Best Start Creche (6 months - 3 years)	Term time only - from 1st to 22nd July	Children's Room	Yes
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - From 22nd April to 8th July (Half term: 27th May)	Belsize Room	
1pm – 3pm	Digital Card Workshop	1st July	The Nook	DW
1.30pm – 3pm	Active for Life – Social drop-in	8th July	Foyer	
2.30pm – 3.30pm	Seated Yoga with Alice – Adult Camden Learning	Term Time only - From 22nd April to 8th July (Half term: 27th May)	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 1st, 8th, 15th, 22nd, 29th July	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - From 22nd April to 8th July (Half term: 27th May)	Belsize Room	
3pm - 4.30pm	Abbey Book Club – Self-led	1st July	Children's Room	DW
3.45pm - 4.45pm	Zumba Gold with Tissy	8th, 15th (Main Hall) 22nd (Belsize room) July - (No class on 29th July)	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 – 2nd, 9th, 16th, 23rd, 30th July	Room 4	Yes
10am - 5pm	Kilburn Library Pop-Up	Independently run	Garden Room	
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – from 1st to 22nd July	Main Hall	DW
10.30am – 3pm	Good Work Camden – Kilburn Job Hub	2nd, 9th, 16th, 23rd, 30th July Registering new members into GWC Portal for 1-2-1 support	P.Pod	
11.30am - 1.30pm	Henna Asian Women’s Group – Bollywood Dance	Independently run activity – 2nd, 9th, 16th (Main Hall) 23rd, 30th (Belsize room) July	Main Hall	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	2nd, 9th, 16th, 23rd, 30th July	Foyer	DW
1pm - 3.30pm	Low-Cost Cooking - Community Cooking Group	2nd, 9th, 16th, 23rd July (Not on 30th July)	Priory Room	DW
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only – from 1st to 22nd July	Children’s Room	Yes
1pm -3pm	ESOL -English Conversation Group with Anna – ACL	Term time only – From 16th April to 9 July (Half term: 28th May)	The Nook	
1pm – 3.30pm	Eating and Living Well with Lydia	30th July	Priory Room	DW
1.45pm - 2.30pm	Strength and Balance Class with Sharon - SESSION 1	2nd, 9th, 16th (Main Hall) 23rd, 30th (Belsize room) July	Main Hall	DW
2.45pm – 3.30pm	Strength and Balance Class with Sharon - SESSION 2	2nd, 9th, 16th (Main Hall) 23rd, 30th (Belsize room) July	Main Hall	DW
4.30pm – 6pm	Pampering Day for 60+ by Home Instead	16th July – By appointment only - £3 refundable deposit	Belsize room	

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 – 3rd, 10th, 17th, 24th, 31st July	Room 4	Yes
10am - 5pm	Kilburn Library Pop-Up	Independently run	Garden Room	
10am – 12.00	NHS – Diabetes Prevention Programme	Independently run activity- 17th July	Belsize Room	
10am - 11am	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only - From 24th April to 17th July (Not on 5th June)	Main Hall	
10.30am - 12.30pm	Abbey’s Green Guardians - Drop-in gardening group	3rd, 10th, 17th, 24th, 31st July	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	3rd, 10th, 17th, 24th, 31st July	Foyer	DW
10.30am -12noon	Help for Heroes	Independently run activity - First Friday of every month – 3rd July	Foyer	
11am - 1pm	Creative Writing – Self led	3rd, 10th, 24th, 31st (Belsize room) & 17th (The Nook) July		DW
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	3rd, 10th, 17th, 24th, 31st July	Main Hall	DW
11am - 2pm	Borough of Sanctuary support session - Anthony	3rd, 10th, 17th, 24th, 31st July	P.Pod	
11am - 3.30pm	Borough of Sanctuary support session - Parul	3rd, 10th, 17th, 24th, 31st July	Children’s Room	
1.30pm - 2.30pm	Gentle Dance with Emma	3rd, 10th, 17th July (No class from 24th July to 4th Sep. Class resumes on 11th Sep)	Main Hall	DW
2pm - 4pm	NHS - Social Prescriber Service with Denise	First Friday of every month – 3rd July	Foyer	
2pm – 4.30pm	Massage Therapy & Reflexology with Anne Power	3rd, 10th, 17th, 24th, 31st July – By appointment only	P.Pod	DW £5-£7
2pm - 4pm	Met Engage Advice Session	10th July	Priory Room	
2.30pm – 3.30pm	Creative Collage with Simone	First Friday of every month – 3rd July	Belsize Room	DW
2.30pm - 3.30pm	Recycle Art with Simone	10th, 17th, 24th, 31st July	Belsize Room	DW
3.15pm-4.15pm	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – From 24th April to 17th July (Not on 5th June)	Main Hall	

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 11th July (next on 1st Aug)	Main Hall	DW
10am -12.00	Tech Buddies	By appointment 11th July (next on 1st Aug)	Belsize Room	DW
11.30am - 12.30pm	Tea & Coffee	11th July (next on 1st Aug)	Foyer	DW
12.30pm - 1.30pm	Community Lunch	11th July (next on 1st Aug) BOOKINGS ONLY!	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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www.abbeycc-kilburn.org.uk / Charity no.295191 Company no.2028600