



March 2024

Community Activities Timetable

- Centre will be closed on Friday 29th March and Monday 1st April – Easter break
- Good news! All Abbey run day-time activities are now 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 4th, 11th, 18th, 25th Mar	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 – No session in March	Priory Room	DW
10.30am – 11.30am	Meditation with Sunny	4th, 11th, 18th, 25th Mar	Garden Room	DW
10.45am-1:45pm	Henna Asian Cooking class	4th, 11th, 18th Mar	Priory Room	
12.00-2.30pm	Henna Asian – International Women’s Day	4th Mar	Garden room	
Please see notes	Henna Asian Women’s Group	11am-3.30pm on 4th Mar 1.30pm-3.30pm on 11th & 18th Mar 12.00-3.30pm on 25th Mar	Belsize Room	
12.30pm-1.30pm	Yoga with Ros	Independently run activity - 4th, 11th, 18th, 25th Mar	Main Hall	Yes
1pm – 3pm	Creche	Term time only	Children’s Room	Yes
2pm – 3.30pm	Seated Yoga with Anna – Adult Camden Learning	Term time only - From 15th Jan to 18th Mar	Main Hall	
2pm-4pm	Digital Basic Stage 2 Course – Adult Camden Learning	Term time only - From 15th Jan to 25th Mar	Priory Room	
2.45pm-5.05pm	Monkey Music classes for children	4th, 11th, 18th, 25th Mar	Garden Room	Yes
6pm – 8pm	Table Tennis with Jason	4th, 11th, 18th, 25th Mar	Main Hall	PAYG £1
	New! Active for Life Campaign sign up sessions	Starting in March - Ask Reception		
	New! Abbey’s Community Singing for Fun Group	Starting in March - Ask Reception		

Tuesday	Activity	Note	Room	Charge
9.45am -11.45am	More Life – Adult Weight Management	Independently run activity – 5th, 12th, 19th, 26th Mar	Belsize Room	
10am-4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10am-2pm	HSBC scam advice Pop up	5th Mar	Foyer	
10am – 11.45am	Stay and Play Drop-in	Term time only	Main Hall	DW
10.45am Departure	Love where you live - Local trip - Paddington Rec	Second Tuesday of month - 12th Mar	trip out	DW
11am-1pm	Save Money on your Energy Bills with Roger	By appointment only (Second & Fourth Monday of month) - 12th & 26th Mar	Priory Room	DW

Tuesday	Activity	Note	Room	Charge
11am - 1pm	New! Learn My Way – Free Digital Skills Learning	By appointment only - First & Third Tuesday of the month – 5th & 19th Mar	Priory Room	DW
11.45am-2.30pm	Bumble Bee Physio for children	Independently run activity - 5th, 12th, 19th, 26th Mar	Room 4	Yes
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	5th, 12th, 19th, 26th Mar - Currently full – see Strength & Balance on Thursdays instead	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	5th, 12th, 19th, 26th Mar	Belsize Room/Zoom	DW
3.25pm-5.50pm	Regal Ballet	Independently run activity - 5th, 12th, 19th, 26th Mar	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 – From Wed 17th Jan to 10th Apr	Belsize Room	
10am - 12.30pm	Camden Job Hub	First Wednesday of the month - 6th Mar	Room 4	
10am – 12 noon	Reflexology with Theresa	By appointment Second Wed of month – No session in March		DW
10.30 - 11.30am	Fitness for Men over 50 with Daniel	6th, 13th, 20st, 27th Mar	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 17th Jan to 20th Mar	Belsize Room	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 6th, 13th, 20st, 27th Mar	Foyer	DW
3pm – 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - From 17th Jan to 20th Mar (No class on 14th Feb)		
3pm - 4.30pm	Bryony's Book Club	Around every 8 weeks – 20th Mar	Room 4	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	Term Time only - 6th, 13th, 20st, 27th Mar	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity - 7th, 14th, 21st, 28th Mar	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	Term Time only – From 18th Jan to 21st Mar	Garden Room	
11am -4pm	London Trip with Jason to the National Gallery	28th Mar	trip out	DW
11.30am - 12.30pm	Tai Chi – Qigong with Jennie – Adult Camden Learning	Term Time only – From 18th Jan to 21st Mar	Garden Room	
11am - 12 noon	Abbey staff meeting	7th, 14th, 21st, 28th Mar	Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	7th, 14th, 21st, 28th Mar	Foyer	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	7th, 14th, 21st Mar – no session on 28th Mar	Priory Room	DW
1pm - 3pm	Eating Well with Lydia	28th Mar	Priory Room	DW
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm-3pm	Crochet & Knitting Club with Romana	7th, 14th, 21st, 28th Mar	Foyer	DW
2pm-3pm	Strength and Balance Class with Sharon	7th, 14th, 21st, 28th Mar	Main Hall	DW
3pm - 4pm	Arts and Crafts Club with Simone	No sessions – returns in July	Belsize Room	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	Garden	DW
10.30am - 12.30pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – No session (returns on 19th April)	Room 4	
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	1st, 15th, 22nd Mar (No session on 29th Mar)	Foyer	DW
10.30am – 12noon	Internation Women's Day Celebration – Friday Coffee morning – All welcome!	8th Mar	Foyer	DW
11.30pm - 1pm	Table Tennis with Jason	1st, 8th, 15th, 22nd Mar (No session on 29th Mar)	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	1st, 8th, 15th, 22nd Mar (No session on 29th Mar)	Main Hall	DW
2pm - 3pm	Over 60s Bingo with Claudia	1st, 8th, 15th, 22nd Mar (No session on 29th Mar)	Belsize Room	DW
2.15pm – 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only - No session (returns on 19th April)	Room 4	

Saturday	Activity	Note	Room	Charge
9am – 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – Sat 2nd Mar	Main Hall	DW
10am-12.00	Tech Buddies	By appointment - Sat 2nd Mar	Garden Room	DW
11am-12noon	Camden Council Councillors Surgery	Sat 2nd Mar	Room 4	
11.30am-12.30pm	Tea & Coffee with Jason	Sat 2nd Mar	Foyer	DW
12.30pm-1.30pm	Community Lunch	Booking required - Sat 2nd 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 befriending and community support for local over 60s

Please call **020 7604 4823** or email **kgn@abbeycc-kilburn.org.uk**



Abbey Community Centre

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