



March 2026

Community Activities Timetable

*Museum of Youth Culture Show & Tell:

Drop-in on Wednesday 11th March
11.30am – 3.30pm

*Souper Tuesday:

Free soup every Tuesday from 12.00

*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 – 2nd, 9th, 16th, 23rd, 30th March	Room 4	Yes
9.45am – 11.45	More Life – Adult Weight Management	Independently run activity – 2nd, 9th, 16th, 23rd, 30th March	Belsize Room	
10am - 11.45am	Stay and Play Drop-in (under 5 years)	Term time only – 2nd, 9th, 16th, 23rd, 30th March	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 March	P. Pod	
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) – 30th March	P. Pod	DW
12.00 – 2pm	Sanctuary Project – Volunteer Cooking Group	2nd, 9th, 16th, 23rd, 30th March	Priory Room	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 2nd, 9th, 16th, 23rd, 30th March	Main Hall	Yes
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only – 2nd, 9th, 16th, 23rd, 30th March	Children's Room	Yes
1pm - 2pm	Arsenal – Strength & Balance (1 st session)	Independently run activity - 2nd, 9th, 16th, 23rd, 30th March	Garden Room	
2pm – 3pm	Arsenal – Strength & Balance (2 nd session)	Independently run activity - 2nd, 9th, 16th, 23rd, 30th March	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	2nd, 9th, 16th, 23rd, 30th March	Belsize Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	2nd, 9th, 16th, 23rd, 30th March	Main Hall	DW
5.30pm - 8pm	Abbey's Bridge Club with Paul	2nd, 9th, 16th, 23rd, 30th March	Foyer	DW
6pm - 8pm	Table Tennis with Jason	2nd, 9th, 16th, 23rd, 30th March	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	
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 March	Room 4	Yes
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – 3rd, 10th, 17th, 24th, 31st March	Main Hall	DW
10am - 1pm	South Sudan Women - Cooking Class	Independently run activity - TBC	Kitchen/Priory	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 10th March	P.Pod	DW
From 12.00	Soup-er Tuesday (free soup every Tuesday)	3rd, 10th, 17th, 24th, 31st March	Foyer	
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only - 3rd, 10th, 17th, 24th, 31st March	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 March	P.Pod	
2pm - 3pm	Seated Exercise with Cheryl	3rd, 10th, 17th, 24th, 31st March	Main Hall	DW
1pm -2pm	Bingo- self led group	3rd, 10th, 17th, 24th, 31st March	Belsize Room	
2.30pm - 3.30pm	Colouring Calm with Simone	3rd TBC, 10th, 17th, 24th, 31st March	Belsize Room/ Zoom	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 – 4th, 11th, 18th, 25th March	Room 4	Yes
9.30am-4.30pm	Santander Community Banking Hub	Independently run - 4th, 11th, 18th, 25th March	P.Pod	
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – 4th, 11th, 18th, 25th March	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	Belsize room	
10.30am - 2.30pm	Home Education – Tom Rosenthal	Independently run activity – Term time only – From 14th Jan to 18th March	Priory room	
10.30 - 11.30am	Fitness for Men over 60 with Daniel	4th, 11th, 18th, 25th March	Garden Room	DW
11.30am-3.30pm	Museum of Youth Culture Drop-in	Show & Tell event – 11th March	Foyer	
12 noon – 1pm	Henna Asian Women’s Group - Dance	Independent run activity – 4th, 11th March (No class on 18th & 25th March)	Garden Room	
1pm - 3pm	Best Start Creche (6 months - 3 years)	Term time only – 4th, 11th, 18th, 25th March	Children’s Room	Yes
1pm – 4pm	Henna Asian Women’s Group - Sisters Connect	Independent run activity – 11th, 25th March	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	
1.30pm-3pm	Wills and LPA Workshop	4th March	Garden Room	
2.30pm – 3.30pm	Seated Yoga with Alice – Adult Camden Learning	Term Time only – From 14th Jan 2026 to 25th Mar 2026	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 4th, 11th, 18th, 25th March	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning – SESSION 2	Term Time only – From 7th Jan 2026 to 25th March 2026 (No half term)	Belsize Room	
3pm - 4.30pm	Abbey Book Club – Self-led	18th March	Garden room	DW
3.45pm - 4.45pm	Zumba Gold with Tissy	4th, 11th, 18th, 25th March	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 – 5th, 12th, 19th, 26th March	Room 4	Yes
10am - 11.45am	Stay and Play Drop-ins (under 5 years)	Term time only – 5th, 12th, 19th, 26th March	Main Hall	DW
10.30am-12pm	South Sudan Women – Wellbeing Session	Independently run activity - TBC		
11am Departure	London Trip with Jason	Kensington Palace, meet 11am at Abbey – 26th March	Off site	DW
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	5th, 12th, 19th, 26th March	Foyer	DW
1pm-2pm	Henna Asian Women’s Group - Yoga	Independently run activity – 5th, 12th, 19th, 26th March	Garden Room	
1pm - 3.30pm	Low-Cost Cooking - Community Cooking Group	5th, 12th, 19th March (No class on 26th March)	Priory Room	DW
1pm – 2.45pm	Best Start Creche (6 months - 3 years)	Term time only – 5th, 12th, 19th, 26th March	Children’s Room	Yes
1pm -3pm	ESOL -English Conversation Group with Anna – Adult Camden Learning	Term time only – From 15th Jan 2026 to 26th Mar 2026	Belsize Room	
1pm – 3.30pm	Eating and Living Well with Lydia	26th March	Priory Room	DW
1.30pm - 2.15pm	Strength and Balance Class with Sharon - SESSION 1	5th, 12th, 19th, 26th March	Main Hall	DW
2.45pm – 3.30pm	Strength and Balance Class with Sharon - SESSION 2	5th, 12th, 19th, 26th March	Main Hall	DW

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 – 6th, 13th, 20th, 27th March	Room 4	Yes
10am – 12.00	NHS – Diabetes Prevention Programme	Independently run activity (First and Third Friday of every month) - 6th & 20th March 2026	Garden Room	
10am - 11am	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – From 16th Jan 2026 to 27th March 2026	Main Hall	
10.30am - 12.30pm	Abbey’s Green Guardians - Drop-in gardening group with Maria Elena	6th, 13th, 20th, 27th March	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	6th, 13th, 20th, 27th March	Foyer	DW
11am – 1pm	Creative Writing – Self led	6th, 13th, 20th, 27th March	Belsize Room	DW
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	6th, 13th, 20th, 27th March	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	6th, 13th, 20th, 27th March	Main Hall	DW
2pm - 4pm	Met Engage Advice Session	13th March	Priory Room	
2.30pm – 3.30pm	Creative Collage with Simone	First Friday of every month - 6th March	Belsize Room	DW
2.30pm - 3.30pm	Recycle Art with Simone	6th, 13th, 20th, 27th March	Belsize Room	DW

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 7th March (next on 11th April)	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - 7th March (next on 11th April)	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	7th March (next on 11th April)	Children's Room	
11.30am - 12.30pm	Tea & Coffee	7th March (next on 11th April)	Foyer	DW
12.30pm - 1.30pm	Community Lunch	7th March (next on 11th April)	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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