November 2026 timetable

Regularly during the week

Warm Welcome Space
10 am - 4 pm
Foyer
Enjoy a cuppa and some company
Donations welcome

Kilburn Library Pop-Up
Mon 10am - 7pm
Tue-Fri 10am - 5pm
Garden Room

Children's Services
Monday to Thursday
during term time
Stay and Play: 10am - 11:45am
Creche: 1pm - 2:45 pm
By invitation only

Notes for November

No Saturday Community Lunch or Saturday Tech buddies in November

Next on Saturday 5 December:
Christmas & 50th Anniversary celebration

Based at Abbey

Henna Asian Women's Group



02073729860
info@hennaorg.co.uk

South Sudan Women's Skills Development



sudanwomen@hotmail.co.uk

Kilburn Good Neighbors

Kilburn Good Neighbours
home befriending for over 60s

020 7604 4823

Bumble Bee Physio for Children

Bumble Bee Physio
Specialist paediatric physiotherapy in the heart of London
Buzzing with fun

07551 241 521

Abbey Community Centre

TIME	ACTIVITY	DATES / NOTES	ROOM	BOOKING REQUIRED	COST
Monday 2, 9, 16, 23, 30 Nov					
10am-1pm	**Citizens Advice Camden - Debt Advice North Camden Project**	First and Third Monday: 2 & 16 Nov	P. Pod	Yes	
10am-11am	**Yoga with Ros**	Independent activity: Every Tuesday	Belsize Room		
10am-4pm	**Debt, Money & Scam Prevention Advice - Anne-Marie**	Last Monday: Not in Nov & Dec	P. Pod	Yes	
12pm-1pm	**Sanctuary Project - Volunteer Cooking Group**	Every Monday	Priory Room	Yes	
1pm-3:30pm	**ESOL - English Entry 2 Award (Reading) with Anna – ACL**	From 24 Sep to 10 Dec	Priory Room	Yes	
1:15pm-2:15pm	**Arsenal - Strength & Balance - session 1**	Every Monday	Main Hall	Yes	
2:15pm-3:15pm	**Arsenal - Strength & Balance - session 2**	Every Monday	Main Hall	Yes	
12pm-1pm	**Henna Asian Women's Group - Chair Yoga - session 1**	Every Monday (2 Nov: 1pm-2pm)	Belsize Room	Yes	
1pm-2pm	**Henna Asian Women's Group - Chair Yoga - session 2**	Every Monday (2 Nov: 1pm-2pm)	Belsize Room	Yes	
2pm-2:45pm	**Henna Asian Women's Group - Chai with Henna**	Every Monday (2 Nov: 2pm-3pm)	Belsize Room	Yes	
4pm-5:30pm	**Abbey's Community Singing for Fun Group**	Every Monday	Main Hall	Yes	Donations welcome
5:30pm-8pm	**Abbey's Bridge Club with Paul**	Every Monday	Foyer	Drop in	Donations welcome
5:30pm-8pm	**Chess Club with Sandy**	Every Monday	Foyer	Drop in	Donations welcome
6pm-8pm	**Table Tennis with Jason**	Every Monday	Main Hall	Drop in	£1
6:30pm-8:30pm	**Quilt Makers – Quilting Company**	Independent activity: 16 Nov	Belsize Room		
Tuesday 3, 10, 17, 24 Nov					
10am-1pm	**South Sudan Women - Cooking Class**	Independent activity: Every Tuesday	Priory Room	Yes	
11am-1pm	**Save Money on Your Energy Bills with Roger**	Second Tuesday: 10 Nov	P. Pod	Yes	Donations welcome
From 12pm	**Souper Tuesdays - free soup**	Every Tuesday	Foyer	Drop-in	Donations welcome
1pm-4pm	**Borough of Sanctuary support session with Good Work Camden**	First & Third Tuesday: 3 & 17 Nov	P. Pod		
1pm-2pm	**Bingo - self-led group**	Every Tuesday	Belsize Room	No	Donations welcome
2pm-3pm	**Seated Exercise with Cheryl**	Every Tuesday	Main Hall	Yes	Donations welcome
2:30pm-4pm	**Henna Asian Women's Group – Arts & Crafts**	Last Tuesday: 24 Nov, 15 Dec	The Nook		
3:30pm-4:30pm	**Tai Chi with Volunteer Helen**	Second & Fourth Tuesday: 10 & 24 Nov	Main Hall	Yes	Donations welcome
2:30pm-3:30pm	**Colouring Calm with Simone**	Every Tuesday- Not on 17 & 24 Nov	Belsize Room	Yes	Donations welcome

For booking or enquires call 0207 624 8378 or email reception@abbeycc-kilburn.org.uk

Abbey Community Centre

TIME	ACTIVITY	DATES / NOTES	ROOM	BOOKING REQUIRED	COST
Wednesday 4, 11, 18, 25 Nov					
9:30am-4:30pm	**Santander Community Banking Hub**	Every Wednesday; independent activity	P. Pod		
10am-12pm	**Digital Improvers Stage 1 with Mohamed - ACL**	From 23 Sep to 9 Dec	The Nook	Yes	
10am-11am	**Fitness for Men over 60 with Daniel**	Every Wednesday	Belsize Room	Yes	Donations welcome
12pm-12:50pm	**Henna Asian Women's Group – Mat Yoga**	Independent activity: Every Wednesday	Belsize Room		
1pm-3pm	**Sewing Class with Prabhat - Adult Camden Learning**	From 23 Sep to 16 Dec	Belsize Room	Yes	
2pm-4pm	**1:1 Tech Buddies - Develop Your Digital Skills**	Every Wednesday	Foyer	Yes	Donations welcome
2pm-4pm	**Digital Card Creation with Esi - Drop-In**	Every Wednesday	Foyer	Drop-in	Donations welcome
2:30pm-3:45pm	**Seated Yoga with Alice - Adult Camden Learning**	From 16 Sep to 9 Dec	Main Hall	Yes	
3:45pm-4:45pm	**Zumba Gold with Tissy**	Every Wednesday	Main Hall	Yes	Donations welcome
3pm-5pm	**Sewing Class with Prabhat - Adult Camden Learning**	From 23 Sep to 16 Dec	Belsize Room	Yes	
3pm-4:30pm	**Abbey Book Club**	Not in Nov. / Next on 2 Dec.	The Nook	Yes	Donations welcome
Thursday 5, 12, 19, 26 Nov					
10:30am-3pm	**Good Work Camden - Kilburn Job Hub**	Every Thursday; Register new members into GWC Portal for 1-2-1 support	P. Pod		
12pm-4pm	**BoS activity session – Barbering & Hairdressing FREE**	Every Thursday	The Nook	Yes	
12:30pm-1:30pm	**Henna Asian Women's Group – Chair Bollywood Dance**	Independent activity: Every Thursday	Main Hall		
12:30pm-2:30pm	**Tech Buddies Drop-In for over 50s with Roger**	Every Thursday	Foyer	Drop-in	Donations welcome
1pm-3:30pm	**Low-Cost Cooking - Community Cooking Group**	Not on 19 & 26 Nov	Priory Room	Yes	Donations welcome
1pm-3pm	**ESOL - English Entry 2 Award (Reading) with Anna - ACL**	From 24 Sep to 10 Dec	Belsize Room	Yes	
1:45pm-2:30pm	**Strength and Balance with Sharon - session 1**	Every Thursday	Main Hall	Yes	Donations welcome
2:45pm-3:30pm	**Strength and Balance with Sharon - session 2**	Every Thursday	Main Hall	Yes	Donations welcome
4:30pm-6pm	**Pampering Day for 60+ by Home Instead**	Not in Nov / Next on 3 Dec	Belsize Room	Yes	£3 refundable deposit Donations Welcome

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TIME	ACTIVITY	DATES / NOTES	ROOM	BOOKING REQUIRED	COST
Friday 6, 13, 20, 27 Nov					
10am-12pm	**NHS - Diabetes Prevention Programme**	Independent activity: 6 & 27 Nov	Belsize Room	Drop-in	
10am-11am	**Tai Chi - Qigong with Sheryl - Adult Camden Learning**	From 18 Sep to 11 Dec	Main Hall	Yes	
10:30am-12:30pm	**Abbey's Green Guardians - Drop-In Gardening Group**	Every Friday	Garden	No	Donations welcome
10:30am-12pm	**Friday Coffee Morning for over 50s with Jason**	Every Friday	Foyer	Drop-in	Donations welcome
10:30am-12pm	**Help for Heroes**	Independent activity, first Friday: 6 Nov	Foyer		
11am-1pm	**Creative Writing - self-led**	Every Friday	Priory Room	No	Donations welcome
11:30am-1pm	**Fun & Friendly Friday Table Tennis with Jason**	Every Friday	Main Hall	Yes	Donations welcome
11am-2pm	**Borough of Sanctuary support session- Anthony**	Every Friday	P. Pod		
11am-3:30pm	**Borough of Sanctuary support session- Parul**	Every Friday	Children's Room		
1:30pm-2:30pm	**Gentle Dance with Emma**	Every Friday	Main Hall	Yes	Donations welcome
2pm-4pm	**NHS – Social Prescriber Service with Denise**	Independent activity, first Friday: 6 Nov	Foyer	Drop-in	
2pm-4pm	**MET Engage Advice Session**	Independent activity: 13 Nov,11 Dec	Priory Room		
2pm-4:30pm	**Massage Therapy & Reflexology with Anne Power**	Every Friday	P. Pod	Yes	£5-£7
2:30pm-3:30pm	**Creative Collage with Simone**	First Friday: 6 Nov	Belsize Room	Yes	Donations welcome
2:30pm-3:30pm	**Recycle Art with Simone**	Every Friday – Not on 13, 20, & 27 Nov	Belsize Room	Yes	Donations welcome
3:15pm-4:15pm	**Tai Chi - Qigong with Sheryl - Adult Camden Learning**	From 18 Sep to 11 Dec	Main Hall	Yes	

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