



April 2025

Community Activities Timetable

Abbey Community Centre closure dates:

The centre is closed to visitors from and including Monday 14th April, opening again on Tuesday 22nd April.

Children's services Easter break:

Children's Services' last day before Easter break is Thursday 3rd April, returning on Tuesday 22nd April.

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 - 7th, 14th, 28th April – Not on 21st April	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 - 28th April (No session on 7th, 14th, 21st April)	Main Hall	DW
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) - 28th April	P. Pod	DW
10am - 12.00	Reflexology with Teresa	Appointment only - 7th April & 9th April (fully booked)	P. Pod	DW
10.30am - 11.30am	Meditation with Sunny	28th April - Not on 7th, 14th and 21st April	Garden Room	DW
10.45am Departure	Love where you live - Local trip - The Kiln Theatre, via Kilburn Grange Park	7th April	Off site	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 7th, 14th, 28th April - Not on 21st April	Main Hall	Yes
1pm - 3pm	Creche	Term time only - 28th April (No session on 7th, 14th, 21st April)	Children's Room	Yes
1pm - 2pm	Arsenal – Strength & Balance (1 st session)	7th, 14th, 28th April - Not on 21st April	Garden Room	
2-m – 3pm	Arsenal – Strength & Balance (2 nd session)	7th, 14th, 28th April - Not on 21st April	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	7th, 28th April - Not on 14th & 21st April	Belsize Room	
2pm - 4pm	Digital Improvers Stage 3 – Online accounts & Digital safety - Adult Camden Learning	Term time only – from 28th April to 8th July – No class on 5th May (BH) and 26th May (Half Term)	Priory Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	7th, 28th April – Not on 14th and 21st April	Main Hall	DW
5.30pm - 8pm	Bridge Club with Paul	7th, 28th April – Not on 14th and 21st April	Foyer	DW
6pm - 8pm	Table Tennis with Jason	7th, 28th April – Not on 14th and 21st April	Main Hall	PAY £1
6.30pm - 8.30pm	Quilt Makers – Quilting Company	Independently run activity – 14th April	Belsize Room	

Tuesday	Activity	Note	Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 1st, 8th, 15th, 22nd, 29th April	Room 4	Yes
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity – 1st, 8th, 15th, 22nd, 29th April	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 - 1st, 22nd, 29th April (No session on 8th, 15th April)	Main Hall	DW
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month - 8th April	P. Pod	DW
1pm - 3pm	Creche	Term time only - 1st, 22nd, 29th April (No session on 8th, 15th April)	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	1st, 8th, 22nd, 29th April – Not on 15th April	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	Term Time only 1st, 8th, 22nd, 29th April – Not on 15th April	Belsize Room/Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 2nd, 9th, 16th, 23rd, 30th April	Room 4	Yes
10am - 11.45am	Stay and Play Drop-in	Term time only - 2nd, 23rd, 30th April (No session on 9th & 16th April)	Main Hall	DW
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10.30am - 2.30pm	Home Education – Tom Rosenthal	Independently run activity – Term time only – from 30th April to 9th July (No session on 28th May)	Priory room	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	2nd, 9th, 23rd, 30th April – Not on 16th April	Garden Room	DW
11am Departure	London Trip with Jason – Wellcome Collection	First Wednesday of every month – 2nd April	Off site	
12 noon - 1pm	Henna Dance	9th, 23rd, 30th April (No session on 16th April)	Garden Room	
1pm - 3pm	Creche	Term time only - 2nd, 23rd, 30th April (No session on 9th & 16th April)	Children's Room	Yes
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - from 15th Jan to 2nd Apr Next term: from 30th April to 9th July (No class on 28th May - Half Term)	Belsize Room	
1.45pm - 3pm	Seated Yoga with Anna – Adult Camden Learning	Term Time only - from 15th Jan to 2nd Apr Next term: from 30th April to 9th July (No class on 28th May - Half Term)	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 2nd, 9th, 23rd, 30th April - Not on 16th April	Foyer	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month - 9th & 23rd April	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – from 15th Jan to 2nd Apr Next term: from 30th April to 9th July (No class on 28th May - Half Term)	Belsize Room	
3pm - 4.30pm	Abbey Book Club	Around every 8 weeks – next session on 7th May	Garden room	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	Term time only 2nd, 9th, 23rd, 30th April – Not on 16th April	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity - 3rd, 10th, 17th, 24th April	Room 4	Yes
9.30am - 1pm	South Sudan Women Association – Cookery class	Third Thursday of every month - 17th April	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 - 3rd, 24th April (No session on 10th & 17th April)	Main Hall	DW
10am - 12 noon	Digital Photography Project – Adult Camden Learning	Term time only – from 16th Jan to 3rd April Next term: from 1st May to 10th July (No class on 29th May – Half Term)	Belsize Room	
11am - 12 noon	Abbey staff meeting	3rd, 10th, 17th, 24th April	Priory Room	
from 12.30pm	Soup-er Thursday – Free soup & cake	10th April	Foyer/Priory	DW
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	3rd, 10th, 24th April – Not on 17th April	Foyer	DW
12.30pm - 2pm	Boccia (8 sessions)	8 sessions: from 20 Feb to 10th Apr	Main Hall	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	3rd, 10th April - Not on 17th & 24th April	Priory Room	DW
1pm - 3pm	Creche	Term time only - 3rd, 24th April (No session on 10th & 17th April)	Children's Room	Yes
2pm - 4pm	Eating & Living Well with Lydia	24th April	Priory Room	DW
2.15pm - 3.15pm	Strength and Balance Class with Sharon	3rd, 10th, 24th April - Not on 17th April	Main Hall	DW

Friday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity - 4th, 11th, 25th April - Not on 18th April	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 - No session in April Next term: from 2nd May to 11th July (No class on 30th May – Half Term)	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	4th, 11th, 25th April - Not on 18th April	Garden	DW
10.30am - 4pm	Gardening day – Special event	11th April	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	4th, 11th, 25th April - Not on 18th April	Foyer	DW
10.30am - 12.30	Creative Writing with Bryony – Adult Camden Learning	Term time only - from 17th Jan to 4th Apr (No sessions next term)	Garden Room	
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	4th, 11th, 25th April - Not on 18th April	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	4th, 25th April - Not on 11th & 18th April	Main Hall	DW
2.15pm - 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only - from 17th Jan to 4th Apr (No sessions next term)	Garden Room	
2.30pm - 3.30pm	Recycle Art	4th, 25th April - Not on 11th & 18th April	Belsize Room	DW

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 5th April (next on 10th May)	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - 5th April (next on 10th May)	Garden Room	DW
10am - 2pm	Camden Mobile Health Bus	5th April	In front of the building	
11am - 12noon	Camden Council Councillors Surgery	5th April (May's Surgery TBC)	Belsize Room	
11.30am - 12.30pm	Tea & Coffee with Jason	5th April (next on 10th May)	Foyer	DW
12.30pm - 1.30pm	Community Lunch	Booking required - 5th April (next on 10th May)	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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