



February 2024

Community Activities Timetable

- Centre will be closed on Friday 9th February due to Staff Training Day
- Half Term: from Mon 12th Feb to Fri 16th Feb

Activity charges: LC = Limitless Card PAYG= Pay as you go DW = Donations Welcome

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity 5th, 12th, 19th, 26th Feb	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 – 26th Feb	Priory Room	DW
10.30 - 11.30am	Meditation with Sunny	5th, 12th, 19th, 26th Feb	Garden Room	DW
11am-1pm	Save Money on your Energy Bills with Roger	Appointment only (First & Third Mon of month)– 19th Feb (No session on 5th Feb)	Priory Room	DW
12.30pm-1.30pm	Yoga with Ros	Independently run activity – 5th, 12th, 19th, 26th Feb	Main Hall	Yes
1pm - 3pm	Creche	Term time only	Children's Room	Yes
12noon - 3.30pm	Henna Asian Women's Group	5th, 12th, 19th, 26th Feb	Belsize Room	
2pm - 3.30pm	Seated Yoga with Anna – Adult Camden Learning	Term time only – From 15th Jan to 18th Mar (No class on 12th Feb)	Main Hall	
2pm-4pm	Digital Basic Stage 2 Course – Adult Camden Learning	Term time only - From 15th Jan to 25th Mar (No class on 12th Feb)	Priory Room	
2.45pm-5.05pm	Monkey Music classes for children	5th, 12th, 19th, 26th Feb	Garden Room	Yes
6pm - 8pm	Table Tennis with Jason	5th, 12th, 19th, 26th Feb	Main Hall	PAYG £1

Tuesday	Activity	Note	Room	Charge
9.45am -11.45am	More Life – Adult Weight Management	Independently run activity – 6th, 13th, 20th, 27th Feb	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	Main Hall	DW
10.45am Departure	Love where you live-Local trip with Jordan	Second Tuesday of month – No Trip in Feb, Next Trip on 12th Mar		DW
11am - 1pm	Get Baking with Jordan	First & Third Tuesday of the month – 6th & 20th Feb	Priory Room	Yes: LC or PAYG
11.45am-2.30pm	Bumble Bee Physio for children	Independently run activity 6th, 13th, 20th, 27th Feb	Room 4	Yes
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	6th, 13th, 20th, 27th Feb - Currently full – see Strength & Balance on Thursdays instead	Main Hall	Yes: LC or PAYG
2.15pm - 3.30pm	Colouring Calm with Simone	6th, 13th, 20th, 27th Feb	Belsize Room/Zoom	DW
3.25pm-5.50pm	Regal Ballet	Independently run activity – 6th, 13th, 20th, 27th Feb	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 (No class on 14th Feb)		
10am - 12.30pm	Camden Job Hub	First Wednesday of the month – 7th Feb	Room 4	
10am – 12 noon	Reflexology with Theresa	By appointment Second Wed of month – 14th Feb		DW
10.30 - 11.30am	Fitness for Men over 50 with Daniel	7th, 14th, 21st, 28th Feb	Garden Room	Yes: LC or PAYG
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 (No class on 14th Feb)	Belsize Room	
2pm - 3pm	Crochet & Knitting Club with Romana	7th, 14th, 21st, 28th Feb	Foyer	DW
2pm - 4pm	1:1 Tech Buddies	By appointment - 7th, 14th, 21st, 28th Feb	Priory Room/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 – Next 20th Mar	Room 4	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	Term Time only - 7th, 21st, 28th Feb – no session on 14th Feb	Main Hall	Yes: LC or PAYG

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 1st, 8th, 15th, 22nd, 29th Feb	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 (No class on 14th Feb)	Garden Room	
11.30am - 12.30pm	Tai Chi – Qigong with Jennie – Adult Camden Learning	Term Time only – From 18th Jan to 21st Mar (No class on 14th Feb)	Garden Room	
11am -4pm	London Trip with Jason to the Tate Britain	Third Thursday of the month – 15th Feb		DW
11am - 12 noon	Abbey staff meeting	1st, 8th, 15th, 22nd, 29th Feb	Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	1st, 8th, 15th, 22nd, 29th Feb	Priory Room/Foyer	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	1st, 8th, 15th, 22nd – no session on 29th Feb	Priory Room	Yes: LC or PAYG
1pm - 3pm	Eating Well with Lydia	29th Feb	Priory Room	Yes: LC or PAYG
1pm - 3pm	Creche	Term time only	Children’s Room	Yes
2pm-3pm	Strength and Balance Class with Sharon	1st, 8th, 15th, 22nd, 29th Feb	Main Hall	Yes: LC or PAYG
3pm - 4pm	Arts and Crafts Club with Simone	1st, 8th, 15th (last session) Feb – 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	Gardening Group with Maria Elena	Restarts on 16th Feb	Garden	DW
10.30am - 12.30pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – 2nd Feb last session (returns on 19th April)	Room 4	
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	2nd, 16th, 23rd Feb (No session on 9th Feb)	Foyer	DW
11.30pm - 1pm	Table Tennis with Jason	2nd, 16th, 23rd Feb (No session on 9th Feb)	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	2nd, 16th, 23rd Feb (No session on 9th Feb)	Main Hall	Yes: LC or PAYG
2pm - 3pm	Over 60s Bingo with Claudia	2nd, 16th, 23rd Feb (No session on 9th Feb)	Belsize Room	DW
2.15pm – 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only - 2nd Feb last session (returns on 19th April)	Room 4	

Saturday	Activity	Note	Room	Charge
9am – 2.30pm	Community Cooking Group	Support our monthly Community Lunch – Sat 3rd Feb	Main Hall	DW
10am-12.00	Tech Buddies	By appointment - Sat 3rd Feb	Garden Room	DW
11am-12noon	Camden Council Councillors Surgery	Sat 3rd Feb	Room 4	
11.30am-12.30pm	Tea & Coffee with Jason	Sat 3rd Feb	Foyer	DW
12.30pm-1.30pm	Community Lunch	Booking required - Sat 3rd Feb	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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Charity no.295191 Company no.2028600