

June 2025



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 😊.

Community Activities Timetable

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 2nd, 9th, 16th, 23rd, 30th June	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 - 2nd, 9th, 16th, 23rd, 30th June	Main Hall	DW
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) – 30th June	P. Pod	DW
10am - 12.00	Reflexology with Teresa	Appointment only – (first Monday of the Month) – 2nd June	P. Pod	DW
10.30am - 11.30am	Outdoor Meditation with Sunny	2nd, 9th, 16th, 23rd, 30th June	Garden - Courtyard	DW
12.30pm - 1.30pm	Yoga with Ros	Independently run activity - 2nd, 9th, 16th, 23rd, 30th June	Main Hall	Yes
1pm - 3pm	Creche	Term time only - 2nd, 9th, 16th, 23rd, 30th June	Children's Room	Yes
1pm - 2pm	Arsenal – Strength & Balance (1 st session)	2nd, 9th, 16th, 23rd, 30th June	Garden Room	
2pm – 3pm	Arsenal – Strength & Balance (2 nd session)	2nd, 9th, 16th, 23rd, 30th June	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	2nd, 9th, 16th, 23rd, 30th June	Belsize Room	
2pm - 4pm	Digital Improvers Stage 3 – Online accounts & Digital safety - Adult Camden Learning	Term time only – from 28th April to 8th July	Priory Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	2nd, 9th, 16th, 23rd, 30th June	Main Hall	DW
5.30pm - 8pm	Bridge Club with Paul	2nd, 9th, 16th, 23rd, 30th June	Foyer	DW
6pm - 8pm	Table Tennis with Jason	2nd, 9th, 16th, 23rd, 30th June	Main Hall	PAY £1
6.30pm - 8.30pm	Quilt Makers – Quilting Company	Independently run activity – 16th June	Belsize Room	

Tuesday	Activity	Note	Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 3rd, 10th, 17th, 24th June	Room 4	Yes
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity – 3rd, 10th, 17th, 24th June	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 - 3rd, 10th, 17th, 24th June	Main Hall	DW
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 10th June	P. Pod	DW
1pm - 3pm	Creche	Term time only - 3rd, 10th, 17th, 24th June	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	3rd, 10th, 17th, 24th June	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	Term Time only - 17th, 24th June (No sessions on 3rd & 10th June)	Belsize Room/Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 4th, 11th, 18th, 25th June	Room 4	Yes
10am - 11.45am	Stay and Play Drop-in	Term time only - 4th, 11th, 18th, 25th June	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	Priory room	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	4th, 11th, 18th, 25th June	Garden Room	DW
11am Departure	London Trip with Jason – Kew Gardens	First Wednesday of every month – 4th June	Off site	Yes £3
11am Departure	Love Where You Live – Local Trip (destination TBC)	25th	Off site	DW
12 noon – 2.30pm	Henna Dance	4th, 11th, 18th, 25th June	Garden Room	
1pm - 3pm	Creche	Term time only - 4th, 11th, 18th, 25th June	Children's Room	Yes
1pm – 2.30pm	Henna Sister Connect	Independent run activity - 25th June	Garden Room	
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - from 30th April to 9th July	Belsize Room	
1.45pm - 3pm	Seated Yoga with Anna – Adult Camden Learning	Term Time only - from 30th April to 9th July	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 4th, 11th, 18th, 25th June	Foyer	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month – 11th & 25th June	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – from 30th April to 9th July	Belsize Room	
3pm - 4.30pm	Abbey Book Club	Around every 8 weeks – next session on 2nd July	Garden room	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	Term time only - 4th, 11th, 18th, 25th June	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 5th, 12th, 19th, 26th June	Room 4	Yes
9.30am - 1pm	South Sudan Women Association – Cookery class	Third Thursday of every month – 19th June	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 - 5th, 12th, 19th, 26th June	Main Hall	DW
10am - 12 noon	Digital Photography Project – Adult Camden Learning	Term time only – from 1st May to 10th July	Belsize Room	
11am - 12 noon	Abbey staff meeting	5th, 12th, 19th, 26th June	Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	5th, 12th, 19th, 26th June	Foyer	DW
1pm-2pm	Henna Yoga	Independently run activity – 12th, 19th, 26th June (No session on 5th June)	Garden Room	
1pm - 3.30pm	Low-Cost Cooking with Jordan	5th, 12th, 19th June (No session on 26th June)	Priory Room	DW
1pm - 3pm	Creche	Term time only - 5th, 12th, 19th, 26th June	Children's Room	Yes
1.15pm-2.15pm	Bingo	5th, 12th, 19th, 26th June	Belsize Room	
2pm - 4pm	Eating & Living Well with Lydia	26th June	Priory Room	DW
2.15pm - 3.15pm	Strength and Balance Class with Sharon	5th, 12th, 19th, 26th June	Main Hall	DW

Friday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 6 th , 13 th , 20 th , 27 th June	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 - from 2nd May to 11th July	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	6 th , 13 th , 20 th , 27 th June	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	6 th , 13 th , 20 th , 27 th June	Foyer	DW
10.30am - 12.30	Creative Writing with Bryony – Adult Camden Learning	Term time only - (No sessions this term)	Garden Room	
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	6 th , 13 th , 20 th , 27 th June	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	6 th , 13 th , 20 th , 27 th June	Main Hall	DW
2.15pm - 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only - (No sessions this term)	Garden Room	DW
2.30pm - 3.30pm	Recycle Art	20 th , 27 th June (No session on 6th & 13th June)	Belsize Room	DW

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 7 th June (next on 5th July)	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - 7th June (next on 5th July)	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	7 th June (next on 5th July)	Children's Room	
11.30am - 12.30pm	Tea & Coffee	7 th June (next on 5th July)	Foyer	DW
12.30pm - 1.30pm	Community Lunch	Booking required - 7th June (next on 5th July)	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**



Abbey Community Centre 172 Belsize Road, London, NW6 4BJ – Tel. 020 7624 8378
www.abbeycc-kilburn.org.uk / Charity no.295191 Company no.2028600