

March 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 – 3rd, 10th, 17th, 24th, 31st March	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 - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) - 31st March	P. Pod	DW
10am – 12.00	Reflexology with Teresa	Appointment only - 3rd March – Fully booked	P. Pod	DW
10.30am - 11.30am	Meditation with Sunny	3rd, 10th, 17th, 24th, 31st March	Garden Room	DW
10.30am - 1.30pm	Henna Asian Women’s Group – Cooking class	Last Monday of the month – 31st March	Priory room	
10.45am Departure	Love where you live - Local trip	TBC	Off site	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity – 3rd, 10th, 17th, 24th, 31st March	Main Hall	Yes
1pm - 3pm	Creche	Term time only	Children’s Room	Yes
1pm – 2pm	Arsenal – Strength & Balance (1 st session)	3rd, 10th, 17th, 24th, 31st March	Garden Room	
2-m – 3pm	Arsenal – Strength & Balance (2 nd session)	3rd, 10th, 17th, 24th, 31st March	Garden Room	
1pm – 3.30pm	Henna Asian Women’s Group – Chai with Henna	3rd, 10th, 17th, 24th, 31st March	Belsize Room	
2pm - 4pm	Digital Improvers Stage 2 – Adult Camden Learning	Term time only – from 13th Jan to 31st Mar	Priory Room	
4pm - 5.30pm	Abbey’s Community Singing for Fun Group	3rd, 10th, 17th, 24th, 31st March	Main Hall	DW
5.30pm - 8pm	Bridge Club with Paul	3rd, 10th, 17th, 24th, 31st March	Foyer	DW
6pm - 8pm	Table Tennis with Jason	3rd, 10th, 17th, 24th, 31st March	Main Hall	PAY £1
6.30pm – 8.30pm	Quilt Makers – Quilting Company	Independently run activity - 17th March	Belsize Room	

Tuesday	Activity	Note	Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 4th, 11th, 18th, 25th Mar	Room 4	Yes
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity – 4th, 11th, 18th, 25th Mar	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
10am - 4pm	Being Kind to Yourself – Recovery College	11th March	Garden Room	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 11th Mar	P. Pod	DW
1pm - 3pm	Creche	Term time only	Children’s Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	4th, 11th, 18th, 25th Mar	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	Term Time only 4th, 11th, 18th, 25th Mar	Belsize Room/Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 5th, 12th, 19th, 26th Mar	Room 4	Yes
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
10.30am-2.30pm	Home Education – Tom Rosenthal	Independently run activity – Term time only From 15th Jan to 26th Mar	Priory room	
10am – 2pm	Debt Advice North Camden – Citizen Advice Camden	Second and fourth Wednesday every month – 5th and 26th Mar	P. Pod	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	5th, 12th, 19th, 26th Mar	Garden Room	DW
11am Departure	London Trip with Jason – The Museum of House	First Wednesday of every month - 5th March	Off site	
12.30pm-1.30pm	Therapeutic Dance with Kata	5th, 12th, 19th, 26th Mar	Garden Room	DW
1pm - 3pm	Creche	Term time only	Children's Room	Yes
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – from 15th Jan to 2nd Apr	Belsize Room	
1.45pm – 3pm	Seated Yoga with Anna – Adult Camden Learning	Term Time only – from 15th Jan to 2nd Apr	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 5th, 12th, 19th, 26th Mar	Foyer	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month – 5th and 26th Mar	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – from 15th Jan to 2nd Apr	Belsize Room	
3pm - 4.30pm	Abbey Book Club	Around every 8 weeks - 5th March	Belsize room	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	Term time only 5th, 12th, 19th, 26th Mar	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 6th, 13th, 20th, 27th Mar	Room 4	Yes
9.30am – 1pm	South Sudan Women Association – Cookery class	Third Thursday of every month – 20th March	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	Main Hall	DW
10am – 12.00	Digital Photography Project – Adult Camden Learning	Term time only - from 16th Jan to 3rd April	Belsize Room	
11am - 12 noon	Abbey staff meeting	6th, 13th, 20th, 27th Mar	Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	6th, 13th, 20th, 27th Mar	Foyer	DW
12.30pm- - 2pm	Boccia (8 sessions)	6th, 13th, 20th, 27th Mar (8 sessions: from 20 Feb to 10th Apr)	Main Hall	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	6th, 13th, 20th Mar (no session on 27th Mar)	Priory Room	DW
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm - 4pm	Eating & Living Well with Lydia	27th Mar	Priory Room	DW
2.15pm – 3.15pm	Strength and Balance Class with Sharon	6th, 13th, 20th, 27th Mar	Main Hall	DW

Friday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 7th, 14th, 21st, 28th Mar	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 17th Jan to 4th Apr	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	7th, 14th, 21st, 28th Mar	Garden	DW
10.30am - 12.30pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – from 17th Jan to 4th Apr	Garden Room	
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	7th, 14th, 21st, 28th Mar	Foyer	DW
11.30pm - 1pm	Fun & Friendly Friday Table Tennis with Jason	7th, 14th, 21st, 28th Mar	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	7th, 14th, 21st, 28th Mar	Main Hall	DW
2.15pm - 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – from 17th Jan to 4th Apr	Garden Room	
2.30pm - 3.30pm	Recycle Art	7th, 14th, 21st Mar (No session on 28th Mar)	Belsize Room	DW

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 1st Mar (next on 5th Apr)	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - 1st Mar (next on 5th Apr)	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	1st Mar (next on 5th Apr)	Belsize Room	
11.30am - 12.30pm	Tea & Coffee with Jason	1st Mar (next on 5th Apr)	Foyer	DW
12.30pm - 1.30pm	Community Lunch	Booking required - 1st Mar (next on 5th Apr)	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