



- **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 – <b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> March</b>	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) - <b>31<sup>st</sup> March</b>	P. Pod	DW
10am – 12.00	Reflexology with Teresa	Appointment only - <b>3<sup>rd</sup> March – Fully booked</b>	P. Pod	DW
10.30am - 11.30am	Meditation with Sunny	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> March</b>	Garden Room	DW
10.45am Departure	Love where you live - Local trip – Abbey Road Crossing	<b>10<sup>th</sup> March</b>	Off site	
12.30pm - 1.30pm	Yoga with Ros	Independently run activity – <b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> March</b>	Main Hall	Yes
1pm - 3pm	Creche	Term time only	Children's Room	Yes
1pm – 2pm	Arsenal – Strength & Balance (1 <sup>st</sup> session)	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> March</b>	Garden Room	
2-m – 3pm	Arsenal – Strength & Balance (2 <sup>nd</sup> session)	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> March</b>	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> March</b>	Belsize Room	
2pm - 4pm	Digital Improvers Stage 2 – Adult Camden Learning	Term time only – <b>from 13<sup>th</sup> Jan to 31<sup>st</sup> Mar</b>	Priory Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> March</b>	Main Hall	DW
5.30pm - 8pm	Bridge Club with Paul	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> March</b>	Foyer	DW
6pm - 8pm	Table Tennis with Jason	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> March</b>	Main Hall	PAY £1
6.30pm – 8.30pm	Quilt Makers – Quilting Company	Independently run activity - <b>17<sup>th</sup> March</b>	Belsize Room	

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

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

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

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

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

## Abbey's community activity sessions

Please book in advance on **020 7624 8378** or email [reception@abbeycc-kilburn.org.uk](mailto: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](mailto:kgn@abbeycc-kilburn.org.uk)



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