



September 2025

Community Activities Timetable

*Community Activities will resume on Mon 1st September

*Children's Services will resume on Mon 8th September

*DW – Donations Welcome:

Most of our directly delivered activities are free or low cost. Your donations are very welcome and essential to support, making them accessible to everyone 😊.

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity - 1st, 8th, 15th, 22nd, 29th Sept	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 – Resumes on Mon 8th Sept	Main Hall	DW
10am - 4pm	Debt, Money & Scam Prevention Advice - Anne-Marie	Appointment only - (last Mon of the month) – 29th Sept	P. Pod	DW
12.30pm - 1.30pm	Yoga with Ros	Independently run activity – 15th, 22nd, 29th Sept (No sessions on 1st & 8th Sept)	Main Hall	Yes
1pm - 3pm	Creche	Term time only - Resumes on Mon 8th Sept	Children's Room	Yes
1pm - 2pm	Arsenal – Strength & Balance (1 st session)	Independently run activity 8th, 15th, 22nd, 29th Sept (No session on 1st Sept)	Garden Room	
2pm – 3pm	Arsenal – Strength & Balance (2 nd session)	Independently run activity 8th, 15th, 22nd, 29th Sept (No session on 1st Sept)	Garden Room	
1pm – 3.30pm	Henna Asian Women's Group – Chai with Henna	1st, 8th, 15th, 22nd, 29th Sept	Belsize Room	
2pm – 4pm	Lifting the lid on Dementia – What to know and when to seek help, risk factors UCLH / Alzheimer's Research UK	Event, Refreshments, Quiz & Awards - 22nd Sept	Main Hall	
2pm - 4pm	Digital Improvers Stage 1: Devices, Internet, Apps & Communication – Adult Camden Learning	Term time only – Next term from 22nd Sept to 8th Dec (Half term: 27th Oct)	Priory Room	
4pm - 5.30pm	Abbey's Community Singing for Fun Group	1st, 8th, 15th, 22nd, 29th Sept	Main Hall	DW
5.30pm - 8pm	Bridge Club with Paul	1st, 8th, 15th, 22nd, 29th Sept	Foyer	DW
6pm - 8pm	Table Tennis with Jason	1st, 8th, 15th, 22nd, 29th Sept	Main Hall	PAY £1
6.30pm - 8.30pm	Quilt Makers – Quilting Company	Independently run activity – 15th Sept	Belsize Room	

Tuesday	Activity	Note	Room	
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity - 2nd, 9th, 16th, 23rd, 30th Sept	Room 4	Yes
9.45am - 11.45am	More Life – Adult Weight Management	Independently run activity - 2nd, 9th, 16th, 23rd, 30th Sept	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 - Resumes on Mon 8th Sept	Main Hall	DW
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 9th Sept	P. Pod	DW
1pm - 3pm	Creche	Term time only - Resumes on Mon 8th Sept	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	2nd, 9th, 16th, 23rd, 30th Sept	Main Hall	DW
1pm -2pm	Bingo- self lead group	2nd, 9th, 16th, 23rd, 30th Sept	Belsize Room	
2.30pm - 3.30pm	Colouring Calm with Simone	2nd, 9th, 23rd, 30th Sept (No session on 16th Sept)	Belsize Room/Zoom	DW

Wednesday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 3rd, 10th, 17th, 24th Sept	Room 4	Yes
9.30am-4.30pm	Santander	Independently run - 3rd, 10th, 17th, 24th Sept	P.Pod	
10am - 11.45am	Stay and Play Drop-in	Term time only - Resumes on Mon 8th Sept	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 – Next Term: From 17th Sept to 10th Dec (Half term: 29th Oct)	Priory room	
10.30 - 11.30am	Fitness for Men over 50 with Daniel	3rd, 10th, 17th, 24th Sept	Garden Room	DW
11am Departure	London Trip with Jason – Camden Arts Centre	First Wednesday of every month – 3rd Sept	Off site	Yes £3
10.45 Departure	Love Where You Live – Local Trip to Regents Canal/Camden	24th Sept	Off site	DW
12 noon – 2.30pm	Henna Dance	Independent run activity – 3rd, 10th, 17th, 24th Sept	Garden Room	
1pm - 3pm	Creche	Term time only - Resumes on Mon 8th Sept	Children's Room	Yes
1pm – 2.30pm	Henna Sisters Connect	Independent run activity – 3rd & 19th Sept	Garden Room	
1pm - 3pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – Next term: From 10th Sept to 5th Dec (No Half Term)	Belsize Room	
1.30pm – 2.30pm	Seated Yoga with Alice – Adult Camden Learning	Term Time only - Next term: From 8th Oct to 17th Dec (Half Term: 29th Oct)	Main Hall	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - 3rd, 10th, 17th, 24th Sept	Foyer	DW
2pm - 4pm	Learn My Way – Free Digital Skills Learning	Second & Fourth Wednesday of the month – 10th & 24th Sept	Foyer	DW
3pm - 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only – Next term: From 10th Sept to 5th Dec (No Half Term)	Belsize Room	
3pm - 4.30pm	Abbey Book Club	Around every 8 weeks – 10th Sept	Garden room	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	3rd, 10th, 17th, 24th Sept	Main Hall	DW

Thursday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 4th, 11th, 18th, 25th Sept	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 - Resumes on Mon 8th Sept	Main Hall	DW
10am - 12 noon	Digital Photography Project with Rebecca– Adult Camden Learning	Term time only – Next term: from 25th Sept to 11th Dec, (Half Term 30th Oct)	Belsize Room	
11am - 12 noon	Abbey staff meeting		Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	4th, 11th, 18th, 25th Sept	Foyer	DW
1pm-2pm	Henna Yoga	Independently run activity - 4th, 11th, 18th, 25th Sept	Garden Room	
1pm - 3.30pm	Low-Cost Cooking with Jordan	4th, 11th, 18th Sept (No session on 25th Sept)	Priory Room	DW
1pm - 3pm	Creche	Term time only - Resumes on Mon 8th Sept	Children's Room	Yes
2pm - 4pm	Nutrition for Brain Health with Lydia	25th Sept	Priory Room	DW
2.15pm - 3.15pm	Strength and Balance Class with Sharon	4th, 11th, 18th, 25th Sept	Main Hall	DW

Friday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity – 5th, 12th, 19th, 26th Sept	Room 4	Yes
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10am - 11am	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – Next Term: From 12 Sept to 12th Dec (Half Term 31st Oct)	Main Hall	
10.30am - 12.30pm	Abbey's Green Guardians - Drop-in gardening group with Maria Elena	5th, 12th, 19th, 26th Sept	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	5th, 12th, 19th, 26th Sept	Foyer	DW
11am – 1pm	Creative Writing – Self led	5th, 12th, 19th, 26th Sept	Belsize Room	
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	5th, 12th, 19th, 26th Sept	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	5th, 12th, 19th, 26th Sept	Main Hall	DW
2.30pm - 3.30pm	Recycle Art	5th, 12th, 19th Sept (No session on 26th Sept)	Belsize Room	DW

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 6th Sept (next on 4th Oct)	Main Hall	DW
10am -12.00	Tech Buddies	By appointment - 6th Sept (next on 4th Oct)	Garden Room	DW
11am - 12noon	Camden Council Councillors Surgery	6th Sept (next on 4th Oct)	Children's Room	
11.30am - 12.30pm	Tea & Coffee	6th Sept (next on 4th Oct)	Foyer	DW
12.30pm - 1.30pm	Community Lunch	Booking required - 6th Sept (next on 4th Oct)	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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www.abbeycc-kilburn.org.uk / Charity no.295191 Company no.2028600