



September 2026

Community Activities Timetable

Monday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity	Room 4	Yes
10am – 7pm	Kilburn Library Pop-up	Independently run	Garden Room	
10am – 1pm	Citizen Advice Camden – Debt Advice North Camden Project	Appointment only (first and third Monday of the month) – 7th & 14th Sept	P. Pod	
12.00 – 2pm	Sanctuary Project – Volunteer Cooking Group	7th, 14th, 21st, 28th Sept	Priory Room	
1pm – 3.30pm	ESOL -English Entry 2 Award (Reading) with Anna – Adult Camden Learning	Term time only – from 24th Sept – 10th Dec (half term 29th Oct)	The Nook	
1.15pm – 2.15pm	Arsenal – Strength & Balance (1 st session)	Independently run activity – 7th, 14th, 21st, 28th Sept	Main Hall	
2.15pm – 3.15pm	Arsenal – Strength & Balance (2 nd session)	Independently run activity - 7th, 14th, 21st, 28th Sept	Main Hall	
1pm – 3.30pm	Henna Asian Women’s Group – Chai with Henna	7th, 14th, 21st, 28th Sept	Belsize Room	
4pm – 5.30pm	Abbey’s Community Singing for Fun Group	7th, 14th, 21st, 28th Sept	Main Hall	DW
5.30pm - 8pm	Abbey’s Bridge Club with Paul	7th, 14th, 21st, 28th Sept	Foyer	DW
5.30pm – 8pm	Chess Club with Ali	7th, 14th, 21st, 28th Sept	Foyer	
6pm - 8pm	Table Tennis with Jason	7th, 14th, 21st, 28th Sept	Main Hall	PAY £1

Special September dates

*AI Workshop:

Wednesday 9th September. 1.30pm-3.30pm. Bookings only!

***Salad Tuesdays:** Free salad every Tuesday from 12.00

***Saturday Community Lunch:** Saturday 5th September. Bookings only!

***Pampering Day for 60+ by Home Instead:** Thursday 10th September.
By appointment only! £3 refundable deposit

***New! Tai chi with volunteer Helen:** Twice a month. 3.30pm-4.30pm.
Tuesday 8th & 22nd September. Bookings only!

***New! Digital cards creation with Esi:** Thursdays in the Foyer. 2pm-3pm.
Drop-in

Classes not running

Children’s services resume on 7th September

Activities resume on 7th September

Adult Camden Learning and Term Time classes resume in September

DW – Donations Welcome:

Most of our directly delivered activities are free or low cost.

Your donations are very welcome and essential to support running costs, making sessions accessible to everyone 😊.

Tuesday	Activity	Note	Room	
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity	Room 4	Yes
10am - 5pm	Kilburn Library Pop-up	Independently run	Garden Room	
10am - 1pm	South Sudan Women - Cooking Class	Independently run activity – 8th, 15th, 22nd, 29th Sept (Not on 1st Sept)	Priory Room	
11am - 1pm	Save Money on your Energy Bills with Roger	By appointment only - Second Tuesday every month – 8th Sept	P.Pod	DW
From 12.00	Salad Tuesdays (free salad every Tuesday)	8th, 15th, 22nd, 29th Sept (Not on 1st Sept)	Foyer	
1pm – 4pm	Borough of Sanctuary support session with Good Work Camden	Drop-in sessions: First & third Tuesday of every month – 1st & 15th Sept	P.Pod	
1pm -2pm	Bingo- self led group	8th, 15th, 22nd, 29th Sept (Not on 1st Sept)	Belsize Room	DW
2pm - 3pm	Seated Exercise with Cheryl	8th, 15th, 22nd, 29th Sept (Not on 1st Sept)	Main Hall	DW
3.30pm - 4.30pm	NEW! Tai chi with volunteer Helen	Second and Fourth Tuesday every month – 8th & 22nd Sept	Main Hall	DW
2.30pm - 3.30pm	Colouring Calm with Simone	8th, 15th, 22nd, 29th Sept (Not on 1st Sept)	Belsize Room	DW

Wednesday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity	Room 4	Yes
10am - 5pm	Kilburn Library Pop up	Independently run	Garden Room	
9.30am - 4.30pm	Santander Community Banking Hub	Independently run	P.Pod	
10am – 12noon	Digital Improvers Stage 1 with Mohamed – Adult Camden Learning	Term time only – from 23rd Sept – 9th Dec (half term 28th Oct)		
10am - 11am	Fitness for Men over 60 with Daniel	9th, 16th, 23rd, 30th Sept (Not on 2nd Sept)	Belsize Room	DW
12am – 12.50	Henna Asian Women’s Group - Yoga	Independent run activity – 9th, 16th, 23rd, 30th Sept (Not on 2nd Sept)	Belsize Room	
1pm – 3pm	Sewing class with Prabhat – Adult Camden Learning	Term time only – from 23rd Sep – 16th Dec (half term 28th Oct)	Belsize Room	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only – 9th, 16th, 23rd, 30th Sept (Not on 2nd Sept)	Foyer	DW
2.30pm – 3.45pm	Seated Yoga with Alice – Adult Camden Learning	Term time only – from 16th Sep – 9th Dec (half term on 28th Oct)	Main Hall	
3.45pm - 4.45pm	Zumba Gold with Tissy	9th, 16th, 23rd, 30th Sept (Not on 2nd Sept)	Main Hall	DW
3pm – 5pm	Sewing class with Prabhat – Adult Camden Learning	Term time only – from 23rd Sep – 16th Dec (half term 28th Oct)	Belsize Room	
3pm – 4.30pm	Abbey Book Club	Around every 8 weeks - 9th Sept	The Nook	DW

Thursday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity	Room 4	Yes
10am - 5pm	Kilburn Library Pop-Up	Independently run	Garden Room	
10.30am – 3pm	Good Work Camden – Kilburn Job Hub	3rd, 10th, 17th, 24th Sept Registering new members into GWC Portal for 1-2-1 support	P.Pod	
11.30am - 1.30pm	Henna Asian Women’s Group – Bollywood Dance	Independently run activity – 10th, 17th, 24th Sept (Not on 3rd Sept)	Main Hall	
12.00 – 4pm	BoS activity session	10th, 17th, 24th Sept (Not on 3rd Sept)	The Nook	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	10th, 17th, 24th Sept (Not on 3rd Sept)	Foyer	DW
1pm -3.30pm	Low-Cost Cooking - Community Cooking Group	10th & 17th Sept (Not on 3rd & 24th Sept)	Priory Room	DW
1pm – 3.30pm	Eating Well with Lydia	No session in September	Priory Room	DW
1pm -3pm	ESOL -English Entry 2 Award (Reading) with Anna – Adult Camden Learning	Term time only – from 24th Sept – 10th Dec (half term 29th Oct)	Belsize Room	
1.45pm - 2.30pm	Strength and Balance Class with Sharon - SESSION 1	10th, 17th, 24th Sept (Not on 3rd Sept)	Main Hall	DW
2pm – 4pm	NEW! Digital card creation with Esi - Drop-in	10th, 17th, 24th Sept (Not on 3rd Sept)	Foyer	
2.45pm – 3.30pm	Strength and Balance Class with Sharon - SESSION 2	6th (Belsize Room), 13th (Main Hall), 20th Aug (Belsize Room)	Main Hall / Belsize Room	DW
4.30pm – 6pm	Pampering Day for 60+ by Home Instead	10th Sept – By appointment only! £3 refundable deposit	Belsize room	

Friday	Activity	Note	Room	Charge
10am - 4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity	Room 4	Yes
10am - 5pm	Kilburn Library Pop-Up	Independently run	Garden Room	
10am – 12.00	NHS – Diabetes Prevention Programme	Independently run activity- 11th Sept	Belsize Room	
10am - 11am	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – from 18th Sept - 11th Dec (half term 30th Oct)	Main Hall	
10.30am - 12.30pm	Abbey’s Green Guardians - Drop-in gardening group	11th, 18th, 25th Sept (Not on 4th Sept)	Garden	DW
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	11th, 18th, 25th Sept (Not on 4th Sept)	Foyer	DW
10.30am -12noon	Help for Heroes	Independently run activity - First Friday of every month – Not on 4th Sept	Foyer	
11am - 1pm	Creative Writing – Self led	11th, 18th, 25th Sept (Not on 4th Sept)	Priory Room	DW
11.30am - 1pm	Fun & Friendly Friday Table Tennis with Jason	11th, 18th, 25th Sept (Not on 4th Sept)	Main Hall	DW
11am - 2pm	Borough of Sanctuary support session - Anthony	11th, 18th, 25th Sept (Not on 4th Sept)	P.Pod	
11am - 3.30pm	Borough of Sanctuary support session - Parul	11th, 18th, 25th Sept (Not on 4th Sept)	Children’s Room	
1.30pm - 2.30pm	Gentle Dance with Emma	11th, 18th, 25th Sept (Not on 4th Sept)	Main Hall	DW
2pm - 4pm	NHS - Social Prescriber Service with Denise	First Friday of every month – Not in Sept. Next on 2nd Oct	Foyer	
2pm – 4.30pm	Massage Therapy & Reflexology with Anne Power	By appointment only - 11th, 18th Sept (Not on 4th & 25th Sept)	P.Pod	DW £5-£7
2pm - 4pm	Met Engage Advice Session	TBC	Priory Room	
2.30pm – 3.30pm	Creative Collage with Simone	First Friday of every month – Not on 4th Sept. Next on 2nd Oct	Belsize Room	DW
2.30pm - 3.30pm	Recycle Art with Simone	11th, 18th, 25th Sept	Belsize Room	DW
3.15pm-4.15pm	Tai chi – Qigong with Sheryl - Adult Camden Learning	Term time only – from 18th Sept - 11th Dec (half term 30th Oct)	Main Hall	

Saturday	Activity	Note	Room	Charge
9am - 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – 5th Sept (next on 3rd Oct)	Main Hall	DW
10am -12.00	Tech Buddies	By appointment 5th Sept (next on 3rd Oct)	Belsize Room	DW
11.30am - 12.30pm	Tea & Coffee	1st Aug (next on 5th Sept)	Foyer	DW
12.30pm - 1.30pm	Community Lunch	1st Aug (next on 5th Sept) BOOKINGS ONLY!	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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