



# April 2024

## Community Activities Timetable

- Centre will be closed on Monday 1<sup>st</sup> April – BH
- Good news! All Abbey run day-time activities are now FREE to access.  
However, your donations are very welcome 😊 Your support will help keep our activities free of charge for everyone.

PAYG= Pay as you go

DW = Donations Welcome

Monday	Activity	Note	Room	Charge
9.30am - 5pm	Bumble Bee Physio for children	Independently run activity <b>8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April</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 - 1pm	Debt, Money & Scam Prevention Advice with Anne-Marie	Appointment only - Last Monday of the month – <b>29<sup>th</sup> April</b>	Priory Room	DW
10am-1pm	Henna Asian Women's Group - Workshop	<b>15<sup>th</sup> April</b>	Garden Room	
10.30am – 11.30am	Meditation with Sunny	<b>8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April</b>	Garden Room	DW
12.30pm-3pm	Henna Asian Women's Group	<b>15<sup>th</sup> April</b>	Belsize Room	
1.30pm-3pm	Henna Asian Women's Group – Chai with Henna	<b>8<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April</b>	Belsize Room	
12.30pm-1.30pm	Yoga with Ros	Independently run activity - <b>8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April</b>	Main Hall	Yes
1pm – 3pm	Creche	Term time only	Children's Room	Yes
2pm – 3.30pm	Seated Yoga with Anna – Adult Camden Learning	Term time only - <b>From 15<sup>th</sup> April to 8<sup>th</sup> July (Half term 27<sup>th</sup> May – no class)</b>	Main Hall	
2pm-4pm	Digital Basic Stage 3 Course – Adult Camden Learning	Term time only - <b>From 22<sup>nd</sup> April to 8<sup>th</sup> July (Half Term 6<sup>th</sup> May &amp; 27<sup>th</sup> May – no class)</b>	Priory Room	
2pm-4pm	Active for Life Campaign sign up sessions	<b>8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April</b>	Foyer	
2.45pm-5.05pm	Monkey Music classes for children	<b>8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April</b>	Garden Room	Yes
4pm-5.30pm	New! Abbey's Community Singing for Fun Group	<b>15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April</b>	Main Hall	DW
6pm – 8pm	Table Tennis with Jason	<b>8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April</b>	Main Hall	PAYG £1

Tuesday	Activity	Note	Room	Charge
9.45am -11.45am	More Life – Adult Weight Management	Independently run activity – <b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> April</b>	Belsize Room	
10am-4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10am-11am	Active for Life Taster session: Strength & Balance	<b>16<sup>th</sup> &amp; 23<sup>rd</sup> April</b>	Garden Room	DW
10am – 11.45am	Stay and Play Drop-in	Term time only	Main Hall	DW
10.45am Departure	Love where you live - Local trip	Second Tuesday of month – <b>9<sup>th</sup> April</b>	trip out	DW
11am-12noon	Active for Life Taster session: Fitness for over 60s	<b>30<sup>th</sup> April</b>	Garden Room	DW

Tuesday	Activity	Note	Room	Charge
11am-1pm	Save Money on your Energy Bills with Roger	By appointment only (Second & Fourth Monday of month) - <b>9<sup>th</sup> &amp; 23<sup>rd</sup> April</b>	Priory Room	DW
11am - 1pm	New! Learn My Way – Free Digital Skills Learning	By appointment only - First & Third Tuesday of the month – <b>2<sup>nd</sup> &amp; 16<sup>th</sup> April</b>	Priory Room	DW
11.45am-2.30pm	Bumble Bee Physio for children	Independently run activity - <b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> April</b>	Room 4	Yes
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm - 3pm	Seated Exercise with Cheryl	<b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> April</b>	Main Hall	DW
2.15pm - 3.30pm	Colouring Calm with Simone	<b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> April</b>	Belsize Room/Zoom	DW
3.25pm-5.50pm	Regal Ballet	Independently run activity - <b>16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> April</b>	Main Hall	Yes

Wednesday	Activity	Note	Room	Charge
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
10am – 12noon	ESOL – Learn English – Adult Camden Learning	Term time only – <b>From 17<sup>th</sup> April to 24<sup>th</sup> July (Half Term 27<sup>th</sup> May - no class)</b>	Belsize Room	
10am - 12.30pm	Camden Job Hub	First Wednesday of the month – <b>3<sup>rd</sup> April</b>	Room 4	
10am – 12 noon	Reflexology with Theresa	By appointment Second Wed of month – <b>10<sup>th</sup> April</b>		DW
10.30 - 11.30am	Fitness for Men over 50 with Daniel	<b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> April</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 17<sup>th</sup> April to 3<sup>rd</sup> July (Half Term 29<sup>th</sup> May – no class)</b>	Belsize Room	
2pm - 4pm	1:1 Tech Buddies – Develop your Digital skills	By appointment only - <b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> April</b>	Foyer	DW
3pm – 5pm	Sewing Class with Prabhat – Adult Camden Learning	Term Time only - <b>From 17<sup>th</sup> April to 3<sup>rd</sup> July (Half Term 29<sup>th</sup> May – no class)</b>		
3pm - 4.30pm	Bryony's Book Club	Around every 8 weeks – <b>29<sup>th</sup> May</b>	Room 4	DW
3.30pm - 4.30pm	Zumba Gold with Tissy	Term Time only - <b>17<sup>th</sup>, 24<sup>th</sup> April (no class on 3<sup>rd</sup> &amp; 10<sup>th</sup> April)</b>	Main Hall	DW

Thursday	Activity	Note	Room	Charge
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> April</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)	Term time only	Main Hall	DW
10am - 11am	Tai Chi – Qigong with Jennie – Adult Camden Learning	<b>From 2<sup>nd</sup> May to 11<sup>th</sup> July (no half term break)</b>	Garden Room	
10.30am-3.30pm	London Trip with Jason to the Hampstead Heath	<b>18<sup>th</sup> April (Meeting at the Gospel Oak Station at 10.30am)</b>	trip out	DW
11.30am - 12.30pm	Tai Chi – Qigong with Jennie – Adult Camden Learning	<b>From 2<sup>nd</sup> May to 11<sup>th</sup> July (no half term break)</b>	Garden Room	
11am - 12 noon	Abbey staff meeting	<b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> April</b>	Priory Room	
12.30pm - 2.30pm	Tech Buddies Drop-in for over 50s with Roger	<b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> April</b>	Foyer	DW
1pm - 3.30pm	Low-Cost Cooking with Jordan	<b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> April (no session on 25<sup>th</sup> April)</b>	Priory Room	DW
1pm - 3pm	Eating Well with Lydia	<b>25<sup>th</sup> April</b>	Priory Room	DW

Thursday	Activity	Note	Room	Charge
1pm - 3pm	Creche	Term time only	Children's Room	Yes
2pm-3pm	Crochet & Knitting Club with Romana	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> April	Foyer	DW
2pm-3pm	Strength and Balance Class with Sharon	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> April	Main Hall	DW
3pm - 4pm	Arts and Crafts Club with Simone	No sessions – returns in July	Belsize Room	DW
3.30pm-4.30pm	Karaoke with Rosamund	25 <sup>th</sup> April	Main Hall	DW

Friday	Activity	Note	Room	Charge
10am-4pm	Warm Welcome Space	Enjoy a cuppa and some company in our foyer	Foyer	DW
10.30am-12.30pm	Abbey's Green Guardians	Drop-in gardening group with Maria Elena	Garden	DW
10.30am - 12.30pm	Creative Writing with Bryony – Adult Camden Learning	Term time only – From 19 <sup>th</sup> April to 5 <sup>th</sup> July (Half term on 31 <sup>st</sup> May – no class)	Room 4	
10.30am - 12noon	Friday Coffee Morning for over 50s with Jason	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> April	Foyer	DW
11.30pm - 1pm	Table Tennis with Jason	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> April	Main Hall	DW
1.30pm-2.30pm	Active for Life Taster session: Table Tennis	12 <sup>th</sup> April	Main Hall	DW
1.30pm - 2.30pm	Gentle Dance with Emma	19 <sup>th</sup> , 26 <sup>th</sup> April (no class on 5 <sup>th</sup> & 12 <sup>th</sup> April)	Main Hall	DW
2pm - 3pm	Over 60s Bingo with Claudia	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> April	Belsize Room	DW
2.15pm – 4.15pm	Creative Writing with Bryony – Adult Camden Learning	Term time only - From 19 <sup>th</sup> April to 5 <sup>th</sup> July (Half term on 31 <sup>st</sup> May – no class)	Room 4	

Saturday	Activity	Note	Room	Charge
9am – 2.30pm	Volunteer Community Cooking Group	Support our monthly Community Lunch – Sat 6 <sup>th</sup> April	Main Hall	DW
10am-12.00	Tech Buddies	By appointment - Sat 6 <sup>th</sup> April	Belsize Room	DW
10am-2.30pm	Gardening Day – Help us get our garden ready for Spring & Summer	Sat 6 <sup>th</sup> April	Garden Room and Courtyard	DW
11am-12noon	Camden Council Councillors Surgery	Sat 6 <sup>th</sup> April	Room 4	
11.30am-12.30pm	Tea & Coffee with Jason	Sat 6 <sup>th</sup> April	Foyer	DW
12.30pm-1.30pm	Community Lunch	Booking required - Sat 2 <sup>nd</sup> Mar	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 befriending and community support for local over 60s

Please call **020 7604 4823** or email [kgn@abbeycc-kilburn.org.uk](mailto:kgn@abbeycc-kilburn.org.uk)



**Abbey Community Centre**

172 Belsize Road, London, NW6 4BJ – Tel. 020 7624 8378

[www.abbeycc-kilburn.org.uk](http://www.abbeycc-kilburn.org.uk) / Charity no.295191 Company no.2028600