

Monday 11 am - 4.30 pm	Tuesday 11 am - 4.30 pm	Wednesday 11 am - 4.30 pm	Thursday Out & About	Friday 11 am – 2 pm
<p style="text-align: center;">SUMMER WELLBEING</p> <p style="text-align: center;">Join us in the Hub on Wednesday 14th, 21st and 28th August in the Hub for activities designed to boost your mind, body and spirit</p>			1	2
			<p style="text-align: center;">HUB CLOSED</p> <p>11.00 am * 12.30 pm Community Group Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy coffee and a chat. (Last orders at 12.15pm)</p>	<p>11.15 am * 12.00 pm About Tu B'Av with Sylvia</p> <p>12.00 pm * 1.45 pm Pre-Shabbat Experience Kiddush and Kneidlach Soup, Cake and Conversation</p>
5	6	7	8	9
<p>11.30 am * 12.30 pm Tea & TED Talk</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Song Writing</p> <p>3.00 pm * 4.15 pm Games Afternoon</p>	<p>11.30 am * 1.00 pm Art Class: Andy Warhol</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Drama for Wellbeing</p> <p>3.15 pm * 4.15 pm Hub Poetry Society</p>	<p>11.00 am * 12.30 pm Creative Writing</p> <p>12.30 pm * 1.00 pm Physio Phit</p> <p>1.00 pm * Lunch</p> <p>1.30 pm * 4.00 pm Help to plan our Summer Fun Day</p> <p>2.00 pm * 2.45 pm Walk with Foxy</p>	<p style="text-align: center;">HUB CLOSED</p> <p>11.00 am * 12.30 pm Community Group Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy coffee and a chat. (Last orders at 12.15pm)</p>	<p>11.15 am * 12.00 pm Friday Social</p> <p>12.00 pm * 1.45 pm Pre-Shabbat Experience Kiddush and Kneidlach Soup, Cake and Conversation</p>
12	13	14	15	16
<p>11.30 am * 12.30 pm Tea & TED Talk</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Sing Along</p> <p>3.00 pm * 4.15 pm Join Guest Speaker Geoff Dennis to hear everything you ever wanted to know about Wills, Probate and POA but were too afraid to ask!</p>	<p>11.30 am * 12.00 pm Check-In</p> <p>11.30 am * 1.00 pm Art Class: Papier-Mâché</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Drama for Wellbeing</p> <p>3.15 pm * 4.15 pm Music Appreciation</p>	<p>11.00 am * 12.30 pm Creative Writing</p> <p>12.30 pm * 1.00 pm Physio Phit</p> <p>1.00 pm * Lunch</p> <p>1.30 pm * 4.00 pm Summer Wellbeing</p> <p>2.00 pm * 2.45 pm Walk with Foxy</p>	<p style="text-align: center;">HUB CLOSED</p> <p>11.00 am * 12.30 pm Community Group Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy coffee and a chat. (Last orders at 12.15pm)</p>	<p>11.15 am * 12.00 pm Jewish Culture</p> <p>12.00 pm * 1.45 pm Pre-Shabbat Experience Kiddush and Kneidlach Soup, Cake and Conversation</p>
19	20	21	22	23
<p>11.30 am * 12.30 pm Tea & TED Talk</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Song Writing</p> <p>3.00 pm * 4.15 pm Picture Pick</p>	<p>12.00 pm * 4.30 pm Summer Fun Day Hosted by the young people of the National Citizen Service Join us in the Hub for a day of summer fun —lunch included Cost £5</p>	<p>11.00 am * 12.30 pm Creative Writing</p> <p>12.30 pm * 1.00 pm Physio Phit</p> <p>1.00 pm * Lunch</p> <p>1.30 pm * 4.00 pm Summer Wellbeing</p> <p>2.00 pm * 2.45 pm Walk with Foxy</p>	<p style="text-align: center;">HUB CLOSED</p> <p>11.00 am * 12.30 pm Community Group Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy coffee and a chat. (Last orders at 12.15pm)</p>	<p>11.15 am * 12.00 pm Something Jewish with Geoff</p> <p>12.00 pm * 1.45 pm Pre-Shabbat Experience Kiddush and Kneidlach Soup, Cake and Conversation</p>
26	27	28	29	30
<p style="text-align: center;">HUB CLOSED</p> <p style="text-align: center;">for Bank Holiday</p>	<p>11.30 am * 12.00 pm Check-In</p> <p>11.30 am * 1.00 pm Art Class: Van Gogh</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Drama for Wellbeing</p> <p>3.15 pm * 4.15 pm Music Appreciation</p>	<p>11.00 am * 12.30 pm Creative Writing</p> <p>12.30 pm * 1.00 pm Physio Phit</p> <p>1.00 pm * Lunch</p> <p>1.30 pm * 4.00 pm Summer Wellbeing</p> <p>2.00 pm * 2.45 pm Walk with Lexi</p>	<p style="text-align: center;">HUB CLOSED</p> <p>11.00 am * 12.30 pm Community Group Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy coffee and a chat. (Last orders at 12.15pm)</p>	<p style="text-align: center;">Hub opens at 6 pm</p> <p style="text-align: center;">Friday Night Service and Dinner</p>  <p style="text-align: center;">Everyone Welcome!</p>



Join Simone and Raisel for the Coffee and Culture Club

WHEN?

Wednesday 7th August July 2pm - 4pm

WHERE?

Meeting point: Starbucks, 442 Strand, Charing Cross, WC2R 0QU

Exhibition: The World Illustration Awards at Somerset House

HOW?

Closest station is Charing Cross (Bakerloo Line, Northern Line)

Bus 6, 9, 11, 15, 87, 91, 139, 176 stop nearby

QUESTIONS?

Contact Simone.Saidel@jamiuk.org or Raisel.Byrne@jamiuk.org



MUSIC JAM
 at Head Room Café
 89 Golders Green Road, NW11 8EN
 Wednesday 28th August
 8 pm – 10 pm

Join us for a fun and informal evening of music, singing and expression. Use an instrument or/and your voice. Bring your own instrument if you have one. All levels welcome!

Friday Night Service & Dinner
 at the Martin B. Cohen Centre for Wellbeing
 on 30th August at 6 pm



Cost £7.50

For information, or to book, call Priscilla on 020 8458 2223

Everyone Welcome!



SUMMER WELLBEING

Tracy, our Fitness Instructor is in Edgware on Wednesdays from 1.30 pm to 4 pm for 1:1 support with—

- Healthy Living
- Diet Plan
- Exercise Routine

or join a Wellbeing Group—

- Pathway to Pilates Group** at the Martin B. Cohen Centre for Wellbeing **Wednesdays from 2 pm – 2.30 pm**
- Summer Walking Group** at Golders Hill Park, North End Road, Golders Green (meet at the main gate) **Thursdays at 11 am – 12 pm**
- Supported Gym Sessions** in Totteridge & Whetstone

Call Tracy on 020 8458 2223 or email her at Tracy.Jacobs@jamiuk.org to book your 1:1 consultation, or for more information on the groups.