Programme for Jami Edgware August 2019 – Tammuz/Av 5779 Mondav Tuesdav Wednesday Thursday Friday 11 am - 4.30 pm 11 am - 4.30 pm 11 am - 4.30 pm **Out & About** 11 am – 2 pm 1 2 SUMMER WELLBEING **HUB CLOSED** 11.15 am * 12.00 pm 11.00 am * 12.30 pm About Tu B'Av Join us in the Hub on Wednesday **Community Group** with Sylvia 14th, 21st and 28th August Meet at Costa Coffee 12.00 pm * 1.45 pm in the Broadwalk Centre **Pre-Shabbat Experience** in the Hub for activities designed to by Edgware station Kiddush and Kneidlach Soup, to enjoy coffee and a chat. Cake and Conversation boost your mind, body and spirit (Last orders at 12.15pm) 9 5 6 7 8 11.00 am * 12.30 pm 11.30 am * 1.00 pm **Creative Writing HUB CLOSED** 11.30 am * 12.30 pm Art Class: 12.30 pm * 1.00 pm 11.15 am * 12.00 pm Tea & TED Talk 11.00 am * 12.30 pm Andy Warhol **Physio Phit Friday Social Community Group** 1.00 pm * Lunch 1.00 pm * Lunch 1.00 pm * Lunch 12.00 pm * 1.45 pm Meet at Costa Coffee 2.00 pm * 3.00 pm 2.00 pm * 3.00 pm in the Broadwalk Centre **Pre-Shabbat Experience** 1.30 pm * 4.00 pm Song Writing **Drama for Wellbeing** Kiddush and Kneidlach Soup, by Edgware station Help to plan our 3.00 pm * 4.15 pm Cake and Conversation to enjoy coffee and a chat. 3.15 pm ***** 4.15 pm Summer Fun Day Games Afternoon **Hub Poetry Society** (Last orders at 12.15pm) 2.00 pm * 2.45 pm Walk with Foxy 12 13 15 16 14 11.30 am * 12.00 pm 11.30 am * 12.30 pm 11.00 am * 12.30 pm **Check-In** Tea & TED Talk **Creative Writing HUB CLOSED** 1.00 pm * Lunch 11.30 am * 1.00 pm 11.15 am * 12.00 pm 12.30 pm * 1.00 pm 11.00 am * 12.30 pm Art Class: 2.00 pm * 3.00 pm **Jewish Culture Physio Phit Community Group** Papier-Mâché Sing Along 12.00 pm * 1.45 pm Meet at Costa Coffee 1.00 pm * Lunch 1.00 pm * Lunch 3.00 pm * 4.15 pm **Pre-Shabbat Experience** in the Broadwalk Centre 1.30 pm * 4.00 pm Join Guest Speaker 2.00 pm * 3.00 pm Kiddush and Kneidlach Soup, by Edgware station Summer Wellbeing Cake and Conversation Geoff Dennis to hear **Drama for Wellbeing** to enjoy coffee and a chat. everything you ever wanted to 3.15 pm * 4.15 pm 2.00 pm * 2.45 pm (Last orders at 12.15pm) know about Wills, Probate and **Music Appreciation** Walk with Foxy POA but were too afraid to ask! 23 19 20 21 22 12.00 pm * 4.30 pm 11.00 am * 12.30 pm **Creative Writing HUB CLOSED** 11.30 am * 12.30 pm **Summer Fun Day** 11.15 am * 12.00 pm 12.30 pm * 1.00 pm Tea & TED Talk 11.00 am * 12.30 pm Something Jewish Hosted by the young **Physio Phit Community Group** 1.00 pm * Lunch with Geoff people of the National Meet at Costa Coffee 1.00 pm * Lunch 2.00 pm * 3.00 pm **Citizen Service** 12.00 pm * 1.45 pm in the Broadwalk Centre **Song Writing Pre-Shabbat Experience** 1.30 pm * 4.00 pm Join us in the Hub for by Edgware station Kiddush and Kneidlach Soup. 3.00 pm * 4.15 pm Summer Wellbeing to enjoy coffee and a chat. a day of summer fun Cake and Conversation **Picture Pick** -lunch included 2.00 pm * 2.45 pm (Last orders at 12.15pm) Walk with Foxy Cost £5 29 26 27 30 28 11.30 am * 12.00 pm Hub opens at 6 pm 11.00 am * 12.30 pm Check-In **Creative Writing HUB CLOSED** Friday Night 11.30 am * 1.00 pm 12.30 pm * 1.00 pm **Service and Dinner** 11.00 am * 12.30 pm **HUB CLOSED** Art Class: **Physio Phit Community Group** Van Gogh Meet at Costa Coffee for 1.00 pm * Lunch 1.00 pm * Lunch in the Broadwalk Centre **Bank Holiday** 1.30 pm * 4.00 pm by Edgware station 2.00 pm * 3.00 pm Summer Wellbeing to enjoy coffee and a chat. **Drama for Wellbeing** 2.00 pm * 2.45 pm (Last orders at 12.15pm) 3.15 pm * 4.15 pm Walk with Lexi **Music Appreciation Everyone Welcome!**

The Martin B. Cohen Centre for Wellbeing Gould Way, Deansbrook Road, Edgware HA8 9BG

T: 020 8458 2223

Tube: Edgware (Northern Line) Bus: 32,142,204,251,288,292,303



🔰 JamiMentalHealth



Jami People

HeadRoomCafe





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



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

Everyone Welcome!

SUMMER WELLBEING

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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.