







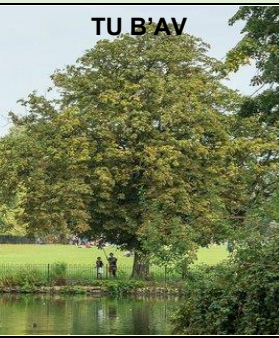





Monday 1 pm - 3.30 pm	Tuesday 11:30 am - 1.30 pm	Wednesday	Thursday 1 pm - 3.30 pm	Friday
			1	2
			1:00pm – 2:00pm Lunch  2.00pm – 3.00pm <i>Creative writing</i>	
5	6	7	8	9
1:00pm – 2:00pm Lunch 2:00pm – 3:30pm <b>Music Group</b> 	 <p><b>Wellness workshop</b> 11:30am – 1:30pm See reverse for details</p>	 <p>Coffee and Culture</p> <p>2:00pm – 4:00pm Coffee and Culture</p> <p>See reverse for details</p>	1:00pm – 2:00pm Lunch  2:00pm – 3:00pm <b>Quiz:</b> <b>Jewish Women</b>	
12	13	14	15	16
1:00pm – 2:00pm Lunch  2:00pm – 3:30pm <b>Art group</b> 	 <p><b>Wellness workshop</b> 11:30am – 1:30pm See reverse for details</p>		1:00pm – 3:00pm <b>Clissold Park Picnic &amp; Walk</b> 	TU B'AV 
19	20	21	22	23
1:00pm – 2:00pm Lunch 2:00pm – 3:30pm <b>Session with Raul</b>  Please bring interesting or meaningful items from your garden or local park. We are going to share memories and thoughts	 <p><b>Wellness workshop</b> 11:30am – 1:30pm See reverse for details</p>		1:00pm – 2:00pm Lunch  2:00pm – 3:30pm <b>TED Talks</b> Ryan Martin: Why we get mad – and why it's healthy	
26	27	28	29	30
<b>Bank Holiday Hub Closed</b>		 <p><b>Men's Space</b> A new group for men in the Jewish Community Contact Hub Team for more info</p>	1:00pm – 2:00pm Lunch  2:00pm – 3:30pm <b>Board Games &amp; Mindful Colouring</b> 	



## Men's Space

A new group for men In the Jewish Community

A space to meet, chat & laugh.

Grow the group and make it your own.

**Open to all!**

**When:** Wednesday's at 2pm  
31<sup>st</sup> July  
28<sup>th</sup> August  
25<sup>th</sup> September

**Where:** Jami Hackney Hub,  
Entrance at gate by 141 Stoke  
Newington Road, N16 8BP  
Refreshments available

The group is free and open to all but please contact Chris on 020 8418 2166 to book your place.

JEWISH CARE

Registered Charity 303346, A Company, Limited by Guarantee 2118175

**Jami**

The Men's Health Service for our Community

## Coffee and Culture



### Join Simone and Lauren for the Coffee and Culture Club

#### WHEN?

Wednesday 7<sup>th</sup> August 2pm-4pm

#### WHERE?

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

Exhibition: The World Illustration Awards at Somerset House

#### HOW?

Charing Cross (Bakerloo Line, Northern Line) Bus 6, 9, 11, 15, 87, 91, 139, 176 stop nearby

#### QUESTIONS?

Contact [simone.saidel@jamiuk.org](mailto:simone.saidel@jamiuk.org) or [lauren.turk@jamiuk.org](mailto:lauren.turk@jamiuk.org)



## Wellness Workshop

Hackney Hub

Tuesdays 11.30am – 1.30pm

- 6<sup>th</sup> August
- 13<sup>th</sup> August
- 20<sup>th</sup> August

Join our fitness and wellbeing coordinator for a 6 week programme focussed on your physical wellbeing.

Please contact the Hub team to book your place.

Your 6 week wellbeing programme

## Clissold Park – Walk & Picnic

Meet at the Church Street Entrance, just off Stoke Newington Church Street next to the bus stop for route 393 at 1:00pm.