

Sunday 11 am - 3.30 pm	Monday	Tuesday 11 am - 3.30 pm	Wednesday 11 am - 3.30 pm	Thursday 11 am - 3.30 pm
<p>Friday Night Service & Dinner At the Martin B. Cohen Centre, Edgware 31st January 2020 at 6pm</p>  <p>Cost £7.50 For more information, or to book, call Priscilla on 020 8458 2223</p>			<p>1</p> <p>NEW YEARS DAY 1st JANUARY 2020</p>  <p>Open 11am Hot Lunch - 1pm Jami's Got Talent 2-3pm</p>	<p>2</p> <p>11:30am – 12:30pm <i>'Feel Good' with Ros</i></p> <p>2:00pm – 3:00pm <i>Ted Talks</i> With <i>Andrew</i></p>
5	6	7	8	9
<p>11:30am – 12:30pm <i>Sunday Social</i></p> <p>2:00pm – 3:00pm <i>Adam plays Guitar</i> music – Jewish songs and requests.</p>	<p>Hub opens at 12:15pm</p> <p>12:30pm – 2:00pm <i>Casual Crafts</i> With <i>Andrew</i></p>	<p>11:30pm – 12:30pm</p>  <p><i>Crystal Art</i> With <i>Carole</i></p> <p>2:00pm – 3:00pm Head Room in the Hub Managing Doubt</p>	<p>11:30am – 12:30pm <i>Yoga</i></p> <p>2:00pm – 3:00pm</p>  <p><i>Any Problem Group</i> With <i>Alyson</i> *Computer lessons With Carole – Please book a slot (2pm to 4pm) *</p>	<p>11:30am – 12:30pm <i>'Feel Good' with Ros</i></p> <p>2:00pm – 3:00pm</p>  <p>KEEP FIT with <i>Tracy</i> <i>Exercises to music move</i> <i>your body, get more</i> <i>flexible & fitter.</i></p>
12	13	14	15	16
<p>VISIT TO THE VICTORIA & ALBERT MUSEUM</p> <p>Meet Lorryne at <i>Golders Green Station</i> 11:00am *Moderate walking involved* For more info call on the day: 07522194290 ES HUB IS CLOSED</p>	<p>Hub opens at 12:15pm</p> <p>12:30pm – 2:00pm <i>Casual Crafts</i> With <i>Andrew</i></p>	<p>11:30pm – 12:30pm</p>  <p><i>Crystal Art</i> With <i>Carole</i></p> <p>2:00pm – 3:00pm <i>Writing Group</i> With <i>Sharon Barnett</i></p>	<p>11:30am – 12:30pm <i>Yoga</i></p> <p>2:00pm – 3:00pm</p>  <p><i>'Uno-versity Challenge'</i> <i>Card Game Tournament</i> With <i>Jess Harris</i> *Computer lessons With Carole – Please book a slot (2pm to 4pm) *</p>	<p>11:30am – 12:30pm <i>'Feel Good' with Ros</i></p> <p>2:00pm – 3:00pm SingAlong & Piano Music! With <i>Anthony Harkavy</i></p>  <p>Cream Tea afterwards</p>
19	20	21	22	23
<p>11:30am – 12:30pm <i>Sunday Social</i></p> <p>2:00pm – 3:00pm <i>Mark brings in</i> <i>Donny the Dog!</i></p> 	<p>Hub opens at 1:50pm</p> <p>2:00pm – 4:00pm WHETSTONE POOL AND SNOOKER CLUB Meet Andrew at Jami Finchley Centre at 2pm</p> 	<p>11:30pm – 12:30pm</p>  <p><i>Crystal Art</i> With <i>Carole</i></p> <p>2:00pm – 3:00pm <i>Learning Hebrew &</i> <i>Jewish Stories</i> With <i>Sue Landy</i></p>	<p>11:30am – 12:30pm <i>Yoga</i></p> <p>2:00pm – 3:00pm <i>Creative Recovery</i> With <i>Alyson & Jess</i></p>	<p>11:30am – 12:30pm <i>'Feel Good' with Ros</i></p> <p>2:00pm – 3:00pm</p>  <p>KEEP FIT with <i>Tracy</i> <i>Exercises to music move</i> <i>your body, get more</i> <i>flexible & fitter.</i></p>
26	27	28	29	30
<p>VISIT TO THE TATE MODERN</p> <p>Meet Lorryne at <i>Golders Green Station</i> 11:00am *Moderate walking involved* For more info call on the day: 07522194290 ES HUB IS CLOSED</p>	<p>*Rosh Chodesh*</p>  <p>From 4:30pm <i>North Finchley Vue</i> Meet there or go from <i>Finchley Centre with</i> <i>Andrew at 3.45pm</i> ES HUB IS CLOSED</p>	<p>11:30pm – 12:30pm</p>  <p><i>Crystal Art</i> With <i>Carole</i></p> <p>2:00pm – 3:00pm <i>Writing Group</i> With <i>Sharon Barnett</i></p>	<p>11:30am – 12:30pm <i>Yoga</i></p> <p>2:00pm – 3:00pm <i>Music Appreciation</i> With <i>David Richman</i></p>	<p>11:30am – 12:30pm <i>'Feel Good' with Ros</i> Or <i>'Poetry' with Judy.K</i></p> <p>2:00pm – 3:00pm <i>The Big Quiz</i> With <i>David Blanga</i></p>

CINEMA CLUB

Come to the cinema for £5, join Andrew and Priscilla at...
North Finchley Vue Cinema from 4pm on Monday 27th January
Please pay Andrew/Priscilla by Thur 23rd January at the latest
For more info: T: 020 8458 2223 E: andrew.barbarash@jamiuk.org

Jami Pool & Snooker Monthly Meet Up!

Monday January 20th 2 to 4pm!

Second last Monday off each month.

£3.00 for the afternoon, Whetstone Snooker Club.

Meet Andrew at Jami Finchley Centre at 2pm

5-10 min bus ride there.

Play Pool or Snooker

For more info contact Andrew:

E: andrew.barbarash@jamiuk.org or T: 020 8458 2223



Computers for Beginners

Enjoy relaxed one to one sessions with our
volunteer Carole! WEDNESDAYS 2-4pm

- Learn a number of basic computer skills at your own pace including... how to create an email account, online shopping and how to use social media.
- Help with looking up events, products or services you are interested in.
- How to use your mobile phone and tablet.
- For more info please speak to Andrew



Fun outings in & around
London

With Lorraine Bratter
Alternate Sundays each
month

For more info:
lorraine.bratter@jamiuk.org
CALL: 07522194290
only available on
Sundays from 9:45am

Bring a specific task/query



Practical support, guidance,
advice or signposting

Available on ad-hoc basis on
Tuesdays, Wednesdays & Thursdays

15 minute 1:1 appointments

Recovery Drop-In

Have a desired outcome/goal

With Jess

Jami