

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
<b>3</b> 8 Shevat	<b>4</b> 9 Shevat	<b>5</b> 10 Shevat	<b>6</b> 11 Shevat	<b>7</b> 12 Shevat
11.30 am * 12.30 pm Tea & TED Talk 1.00 pm * Lunch 2.00 pm * 3.00 pm Sing Along with Dean 3.00 pm * 4.15 pm Games Afternoon	11.30 am * 12.45 pm Drama for Wellbeing 12.00 pm * 1.00 pm Poetry with Judy 1.00 pm * Lunch 2.00 pm * 3.15 pm Exploring Art Renoir 3.15 pm * 4.15 pm Discussion Group	11.30 am * 12.30 pm Creative Writing 12.30 pm * 1.00 pm Physio Phit 1.00 pm * Lunch 2.00 pm * 3.00 pm Dancercise or Walk with Foxy 3.00 pm * 4.00 pm Anxiety Management 2/4 Overcoming unhelpful thoughts	<b>HUB CLOSED</b> 11.00 am * 12.30 pm Community Group Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy a drink and a chat. (Last orders at 12.15pm)	11.15 am * 12.15 pm Finding Our Roots 12.30 pm * 1.45 pm Pre-Shabbat Experience Kneidlach Soup, Cake and Conversation  4.42 pm  5.54 pm
<b>10</b> 15 Shevat	<b>11</b> 16 Shevat	<b>12</b> 17 Shevat	<b>13</b> 18 Shevat	<b>14</b> 19 Shevat
<b>TU B'SHEVAT</b> <b>Hub opens at 12 pm</b> 12.15 pm * 2.00 pm Tu B'Shevat Seder and Lunch hosted by Rev. Levin 2.00 pm * 3.00 pm Sing Along with Dean 3.00 pm * 4.15 pm Our World	11.30 am * 12.45 pm Drama for Wellbeing 1.00 pm * Lunch 2.00 pm * 3.15 pm Exploring Art Peter Blake 3.15 pm * 4.15 pm Music Appreciation	11.30 am * 12.30 pm Creative Writing 12.30 pm * 1.00 pm Physio Phit 1.00 pm * Lunch 2.00 pm * 3.00 pm Dancercise or Walk with Foxy 3.00 pm * 4.00 pm Anxiety Management 3/4 Changing behaviour to overcome anxiety	<b>HUB CLOSED</b> 11.00 am * 12.30 pm Community Group Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy a drink and a chat. (Last orders at 12.15pm)	11.15 am * 12.15 pm We ❤️ Shabbat 12.30 pm * 1.45 pm Pre-Shabbat Experience Kneidlach Soup, Cake and Conversation  4.55 pm  6.06 pm
<b>17</b> 22 Shevat	<b>18</b> 23 Shevat	<b>19</b> 24 Shevat	<b>20</b> 25 Shevat	<b>21</b> 26 Shevat
11.30 am * 12.30 pm Tea & TED Talk 1.00 pm * Lunch 2.00 pm * 3.00 pm Sing Along with Dean 3.00 pm * 4.15 pm The Chocolate Quiz 	11.30 am * 12.45 pm Drama for Wellbeing 12.00 pm * 1.00 pm Poetry with Judy 1.00 pm * Lunch 2.00 pm * 3.00 pm Exploring Art L.S.Lowry 3.00 pm * 4.15 pm Recovery Rhythms a Music Workshop with Mark Pampel	11.30 am * 12.30 pm Creative Writing 12.30 pm * 1.00 pm Physio Phit 1.00 pm * Lunch 2.00 pm * 3.00 pm Dancercise or Walk with Foxy 3.00 pm * 4.00 pm Anxiety Management 4/4 Strategies to help manage anxiety	<b>HUB CLOSED</b> 11.00 am * 12.30 pm Community Group Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy a drink and a chat. (Last orders at 12.15pm)	11.15 am * 12.15 pm Friday Social 12.30 pm * 1.45 pm Pre-Shabbat Experience Kneidlach Soup, Cake and Conversation  5.07 pm  6.17 pm
<b>24</b> 29 Shevat	<b>25</b> 30 Shevat	<b>26</b> 1 Adar	<b>27</b> 2 Adar	<b>28</b> 3 Adar
11.30 am * 12.30 pm Tea & TED Talk 1.00 pm * Lunch 2.00 pm * 3.00 pm Sing Along with Dean 3.00 pm * 4.15 pm The "Jewish" in Jami Client Consultation	<b>ROSH CHODESH ADAR</b> 11.30 am * 12.45 pm Drama for Wellbeing 11.30 am * 1.00 pm <b>Head Room in the Hub</b> Accepting Ourselves 1.00 pm * Lunch 2.00 pm * 3.15 pm Exploring Art Egyptian Art and Hieroglyphics 3.15 pm * 4.15 pm Music Appreciation	<b>ROSH CHODESH ADAR</b> 11.30 am * 12.30 pm Creative Writing 12.30 pm * 1.00 pm Physio Phit 1.00 pm * Lunch 2.00 pm * 3.00 pm Dancercise 3.00 pm * 4.00 pm Your Turn	<b>HUB CLOSED</b> 11.00 am * 12.30 pm Community Group Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy a drink and a chat. (Last orders at 12.15pm)	<b>Hub opens at 6 pm</b> Friday Night Service and Dinner  Everyone Welcome!  5.20 pm  6.29 pm



**Tu B'Shevat Seder and Lunch**  
hosted by Rev. Levin on Monday, 10<sup>th</sup> February at 12 pm  
Cost £5  
Everyone Welcome!



## Accepting Ourselves

For many of us self-acceptance is a journey of a lifetime. As we grow and mature, our feelings towards ourselves grow too. Sometimes self-acceptance is a journey of change, for other people it is meeting ourselves where we already are. However you want to accept yourself, join us to think about where we are now and what we can put in place to boost our sense of self.

### Head Room in the Hub

**25 Feb 2020**  
Tuesday  
11.30am – 1.00pm

Martin  
B. Cohen  
Centre,  
Edgware

### ★ DIARY DATES ★

#### Mental Health Awareness Shabbat

Saturday 1 February

#### Tu B'Shevat – New Year for Trees

Monday 10 February

#### Rosh Chodesh Adar

Tuesday 25 and Wednesday 26 February

#### Fast of Esther

Monday 9 March

#### Purim

Tuesday 10 March

#### Shushan Purim

Wednesday 11 March

#### Rosh Chodesh Nissan

Thursday 26 March

#### British Summer Time Begins

*Clocks go forward 1 hour at 1 am*

Sunday 29 March

#### 1<sup>st</sup> Seder Night

Wednesday 8 April

#### Pesach

Thursday 9 April to Thursday 16 April

#### Easter Weekend

Friday 10 April to Monday 13 April

#### Pesach Sheini

Friday 8 May

#### May Bank Holiday (VE Day)

Friday 8 May

#### Lag B'Omer

Tuesday 12 May

#### Rosh Chodesh Sivan

Sunday 24 May

#### Spring Bank Holiday

Monday 25 May

#### Shavuot

Friday 29 and Saturday 30 May

## Coffee and Culture



Join Joanna on

**Wednesday, 5<sup>th</sup> February**

**Meet at 2 pm at the Exhibition Road Entrance  
Victoria and Albert Museum**

Cromwell Road London SW7 2RL

Tube: South Kensington (District and Circle)

**Exhibition - "Concealed History:  
Uncovering the Story of Nazi Looting"**

For more information,  
call Joanna on 020 8458 2223  
or email [joanna.hahessy@jamiuk.org](mailto:joanna.hahessy@jamiuk.org)

### Friday Night Service & Dinner

at the Martin B. Cohen Centre for Wellbeing

**on 28<sup>th</sup> February at 6 pm**



**Cost £7.50**

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

**Everyone Welcome!**