


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
2	3	4	5	6
11:30am – 12:30pm <i>Sunday Social</i>	HUB CLOSED VOLUNTEER TRAINING	11:30pm – 12:30pm  <i>Crystal Art</i> With Carole	11:30am – 12:30pm Yoga	11:30am – 12:30pm <i>'Feel Good' with Ros</i>
2:00pm – 3:00pm <i>Adam plays Guitar</i> <i>music – Jewish songs</i> <i>and requests.</i>		2:00pm – 3:00pm <i>Bingo Bonanza</i> With <i>Philippa</i>	2:00pm – 3:00pm <i>Art Therapy</i> With <i>Cary Whitworth</i>	2:00pm – 3:00pm <i>The Big Quiz</i> With <i>David Blanga</i>
9	10	11	12	13
VISIT TO THE RAF MUSEUM <i>Meet Lorryne at</i> <i>Golders Green Station</i> 11:00am <i>*Moderate walking involved*</i> <i>For more info call on the day:</i> <i>07522194290</i> ES HUB IS CLOSED	<i>Tu B'Shevat Seder</i> @ MBCC Edgware 12pm – 2.00pm £5.00  ES Hub opens at 12:15pm 12:30pm – 2:00pm <i>Casual Crafts</i> With Andrew	11:30pm – 12:30pm  <i>Crystal Art</i> With Carole	11:30am – 12:30pm Yoga	11:30am – 12:30pm <i>'Feel Good' with Ros</i>
		2:00pm – 3:00pm <i>Writing Group</i> With Sharon Barnett	2:00pm – 3:00pm  <i>Any Problem Group</i> With Alyson	2:00pm – 3:00pm  <i>with Tracy</i>
			<i>*Computer lessons</i> With Carole – Please book a slot (2pm to 4pm) *	<i>Exercises to music move</i> <i>your body, get more</i> <i>flexible & fitter.</i>
16	17	18	19	20
11:30am – 12:30pm <i>Sunday Social</i>	Hub opens at 1:50pm	11:30pm – 12:30pm  <i>Crystal Art</i> With Carole	11:30am – 12:30pm Yoga	11:30am – 12:30pm <i>'Feel Good' with Ros</i>
2:00pm – 3:00pm <i>Music Appreciation</i> With <i>Andrew</i>	2:00pm – 4:00pm WHETSTONE POOL AND SNOOKER CLUB <i>Meet Andrew at Jami</i> <i>Finchley Centre at 2pm</i> 	2:00pm – 3:00pm <i>Learning Hebrew &</i> <i>Jewish Stories</i> With Sue Landy	2:00pm – 3:00pm  <i>'Uno-versity Challenge'</i> <i>Card Game Tournament</i> With Jess Harris	2:00pm – 3:00pm  DRAMA CLUB
			<i>*Computer lessons</i> With Carole – Please book a slot (2pm to 4pm) *	<i>WITH</i> ELLA
23	24	25	26	27
VISIT TO THE WHITE CHAPEL ART GALLERY <i>Meet Lorryne at</i> <i>Golders Green Station</i> 11:00am <i>*Moderate walking involved*</i> <i>For more info call on the day:</i> <i>07522194290</i> ES HUB IS CLOSED	 From 4:30pm <i>North Finchley Vue</i> <i>Meet there or go from</i> <i>Finchley Centre with</i> <i>Andrew at 3.45pm</i> ES HUB IS CLOSED	11:30pm – 12:30pm  <i>Crystal Art</i> With Carole	11:30am – 12:30pm Yoga	11:30am – 12:30pm <i>'Feel Good' with Ros</i>
		2:00pm – 3:00pm <i>Writing Group</i> With Sharon Barnett	2:00pm – 3:00pm  With <i>Adam Frankenberg</i>	2:00pm – 3:00pm <i>Music Appreciation</i> With <i>Andrew</i>
			<i>*Computer lessons</i> With Carole – Please book a slot (2pm to 4pm) *	

Friday Night Service & Dinner
At the Martin B. Cohen Centre, Edgware
28th February 2020 at 6pm



Cost £7.50 For more information, or to book,
call Priscilla on 020 8458 2223


Coffee & Exhibitions
at a new location each month with Joanna
Wed. 5th February from 2pm
For more info:
Please see Edgware programme
or contact Joanna.
joanna.hahessy@jamiuk.org or 020 8458 2223



GINEMA CLUB

Come to the cinema for £5, join Andrew and Priscilla at...
North Finchley Vue Cinema from 4pm on Monday 24th February
Please pay Andrew/Priscilla by Thur 20th February at the latest
For more info: T: 020 8458 2223 E: andrew.barbarash@jamiuk.org

Jami Pool & Snooker Monthly Meet Up!

Monday February 17th 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