

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
2	3	4	5	6
11.30 am * 12.30 pm Tea & TED Talk 1.00 pm * Lunch 2.00 pm * 3.00 pm Sing Along 3.00 pm * 4.15 pm Games Afternoon	11.30 am * 1.00 pm Art Class: Cartoons 1.00 pm * Lunch 2.00 pm * 3.00 pm Charades 3.15 pm * 4.15 pm Hub Poetry Society	11.00 am * 12.30 pm Creative Writing 12.30 pm * 1.00 pm Physio Phit 1.00 pm * Lunch 2.00 pm * 2.45 pm Walk with Foxy 2.00 pm * 4.00 pm Lifestyle & Wellbeing	HUB CLOSED 11.00 am * 12.30 pm Community Group Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy coffee and a chat (Last orders at 12.15pm)	11.15 am * 12.00 pm About Rosh Hashanah with Sylvia 12.00 pm * 1.45 pm Pre-Shabbat Experience Kiddush and Kneidlach Soup, Cake and Conversation
9	10	11	12	13
11.30 am * 12.30 pm Tea & TED Talk 1.00 pm * Lunch 2.00 pm * 3.00 pm Song Writing 3.00 pm * 4.15 pm Prize Bingo	11.30 am * 1.00 pm Art Class: Clay Modelling 1.00 pm * Lunch 2.00 pm * 3.00 pm Meditation For Beginners 3.15 pm * 4.15 pm Music Appreciation	11.00 am * 12.30 pm Creative Writing 12.30 pm * 1.00 pm Physio Phit 1.00 pm * Lunch 2.00 pm * 2.45 pm Walk with Foxy 2.00 pm * 4.00 pm Lifestyle & Wellbeing 3.00 pm * 4.00 pm Say Cheese! taking photos for Jami's website	HUB CLOSED 11.00 am * 12.30 pm Community Group Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy coffee and a chat (Last orders at 12.15pm)	11.15 am * 12.00 pm Friday Social 12.00 pm * 1.45 pm Pre-Shabbat Experience Kiddush and Kneidlach Soup, Cake and Conversation
16	17	18	19	20
11.30 am * 12.30 pm Tea & TED Talk 1.00 pm * Lunch 2.00 pm * 3.00 pm Sing Along 3.00 pm * 4.15 pm Quote, Unquote	11.30 am * 1.00 pm Art Class: Decorating Clay Models 1.00 pm * Lunch 2.00 pm * 3.00 pm Kelvin's Kwiz (on Barbra Streisand) 3.15 pm * 4.15 pm Hub Poetry Society	11.00 am * 12.30 pm Creative Writing 12.30 pm * 1.00 pm Physio Phit 1.00 pm * Lunch 2.00 pm * 2.45 pm Walk with Foxy 2.00 pm * 4.00 pm Lifestyle & Wellbeing 3.00 pm * 4.00 pm Turning Problems Into Opportunities	HUB CLOSED 11.00 am * 12.30 pm Community Group Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy coffee and a chat (Last orders at 12.15pm)	11.15 am * 12.00 pm Jewish Culture 12.00 pm * 1.45 pm Pre-Shabbat Experience Kiddush and Kneidlach Soup, Cake and Conversation
23	24	25	26	27
11.30 am * 12.30 pm Tea & TED Talk 1.00 pm * Lunch 2.00 pm * 3.00 pm Song Writing 3.00 pm * 4.15 pm My Favourite Tune	11.30 am * 1.00 pm Rosh Hashanah Card Making 1.00 pm * Lunch 2.00 pm * 3.00 pm Meditation For Beginners 3.15 pm * 4.15 pm Music Appreciation	11.00 am * 12.30 pm Creative Writing 12.30 pm * 1.00 pm Physio Phit 1.00 pm * Lunch 2.00 pm * 2.45 pm Wellbeing Walk 3.00 pm * 4.00 pm Laughter as Therapy	HUB CLOSED 11.00 am * 12.30 pm Community Group Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy coffee and a chat (Last orders at 12.15pm)	Hub opens at 6 pm Friday Night Service and Dinner  Everyone Welcome!

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HUB CLOSED

1st Day ROSH HASHANAH

Join us at Jami Finchley
from 1 pm to 4.30 pm
Kiddush and Deli Lunch
Afternoon Service
led by Rabbi Gancz
Tashlich
Cost £3.50
To book, call Andrew
on 020 8458 2223

שנה טובה



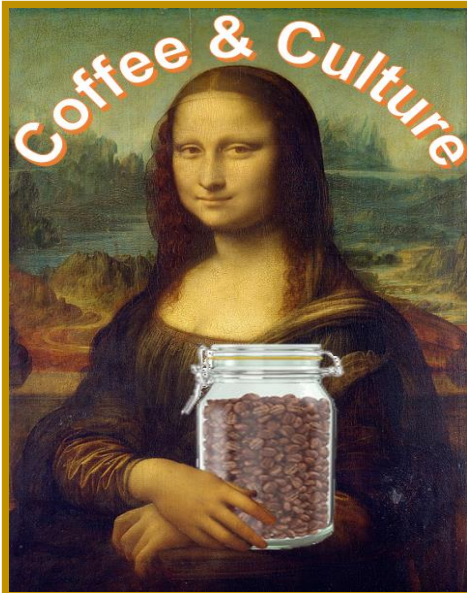
**Wishing you a happy, healthy
and peaceful 5780**

Join Tracy in the Hub from 2 - 4 pm on
Wednesday 4th, 11th and 18th September
for Support and Tips on your

LIFESTYLE & WELLBEING

Healthy Living
Diet Plan
Exercise Routine

Email Tracy.Jacobs@jamiuk.org
to book a 1:1 consultation



Join Simone & Joanna for the Coffee and Culture Club

WHEN?

Wednesday, 4th September 2 pm - 4 pm

WHERE?

Meet at: Starbuck's, 442 Strand, Charing Cross, WC2R 0QU

Exhibition: BP Portrait Awards 2019
at the National Portrait Gallery

HOW?

Closest station: Charing Cross (Bakerloo and Northern Line)

QUESTIONS?

Contact: Simone.Saidel@jamiuk.org



Join Tracy in the Hub from 2 - 4 pm on
Wednesday 4th, 11th and 18th September
for Support and Tips on your

LIFESTYLE & WELLBEING

Healthy Living
Diet Plan
Exercise Routine

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to book a 1:1 consultation

MUSIC JAM

at Head Room Café
89 Golders Green Road, NW11 8EN
Wednesday 25th September
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 27th September at 6 pm



Cost £7.50

Traditional 4-course Meat Meal

Please call Priscilla on 020 8458 2223 to advise of any dietary requirements (by noon on Wednesday, 25th September), for further information, or to book.

Everyone Welcome!

HIGH HOLY DAYS

EREV ROSH HASHANAH

18.26 Sunday, 29th September

ROSH HASHANAH 1st Day

19.31 Monday, 30th September

ROSH HASHANAH 2nd Day

Tuesday, 1st October 19.28

FAST OF GEDALIAH

Wednesday, 2nd October

05.17 19.10

EREV YOM KIPPUR (Kol Nidre)

18.05 Tuesday, 8th October

YOM KIPPUR

Wednesday, 9th October 19.10