

# Programme for Jami Finchley September 2019 – Elul 5779/Tishrei 5780

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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
11:30am – 12:30pm <i>Sunday Social</i>  2:00pm – 3:00pm <i>Adam brings in Oscar the Dog.</i>	<b>Hub opens at 12:15pm</b> 12:30pm – 2:00pm <i>Casual Crafts With Andrew</i>	11:30pm – 12:30pm  <i>Crystal Art With Carole</i>  2:00pm – 3:00pm <i>Bingo Bonanza</i>	11:30am – 12:30pm <i>Yoga</i>  2:00pm – 3:00pm <i>ART with Cary Whitworth</i>  *Computer lessons With Carole – Please book a slot (2pm to 4pm) *	11:30am – 12:30pm <i>'Feel Good' with Ros</i>  2:00pm – 3:00pm  <b>DRAMA CLUB</b> <i>*NEW GROUP* WITH ELLA</i>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
 <b>FINCHLEY NURSERIES GARDEN CENTRE</b> <i>Meet Lorraine at Golders Green Station 11:30am</i> <i>*Moderate walking involved*</i> <b>ES HUB IS CLOSED</b>	<b>Hub opens at 12:15pm</b> 12:30pm – 2:00pm <i>Casual Crafts With Andrew</i>	11:30pm – 12:30pm  <i>Crystal Art With Carole</i>  2:00pm – 3:00pm <i>Writing Group With Alyson</i>	11:30am – 12:30pm <i>Yoga</i>  2:00pm – 3:00pm <i>The Big Quiz With Andrew</i>  *Computer lessons With Carole – Please book a slot (2pm to 4pm) *	11:30am – 12:30pm <i>'Feel Good' with Ros Or Poetry with Judy.K</i>  2:00pm – 3:00pm <b>Women's Health (Week 1 of 2)</b> <i>With Tracy and Alyson</i>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>ES HUB IS CLOSED</b>	<b>Hub opens at 1:50pm</b>  2:00pm – 4:00pm <b>WHETSTONE POOL AND SNOOKER CLUB</b> <i>Meet Andrew at Jami Finchley Centre at 2pm</i> 	12:00pm – 12:45pm <i>Check-in and Discussion</i>  2:00pm – 3:00pm <i>Fun with Hebrew &amp; Yiddish עִבְרִית</i> <i>With Sue Landy</i>	11:30am – 12:30pm <i>Yoga</i>  2:00pm – 3:00pm  <i>Any Problem Group With Alyson</i>  *Computer lessons With Carole – Please book a slot (2pm to 4pm) *	11:30am – 12:30pm <i>'Feel Good' with Ros</i>  2:00pm – 3:00pm <b>Women's Health (Week 2 of 2)</b> <i>With Tracy and Alyson</i>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
 <b>FREIGHTLINERS FARM</b> <i>Meet Lorraine at Golders Green Station 11:30am</i> <i>*Moderate walking involved*</i> <b>ES HUB IS CLOSED</b>	 <b>CINEMA CLUB</b> From 4:30pm <i>North Finchley Vue Meet there or go from Finchley Centre with Andrew at 3.45pm</i> <b>ES HUB IS CLOSED</b>	2:00pm – 3:00pm <i>Writing Group With Alyson</i>	11:30am – 12:30pm <i>Yoga</i>  2:00pm – 3:00pm <i>The Big Quiz With Andrew</i>  *Computer lessons With Carole – Please book a slot (2pm to 4pm) *	11:30am – 12:30pm <i>'Feel Good' with Ros Or Poetry with Judy.K</i>  2:00pm – 3:00pm <i>Creative Recovery With Alyson and Jess</i>
<b>29</b>	<b>30</b>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p><b>Friday Night Service &amp; Dinner</b> At the Martin B. Cohen Centre, Edgware On 27<sup>th</sup> September 2019 at 6pm</p>  Cost £7.50 For more information, or to book, call Priscilla on 020 8458 2223</div>		
11:30am – 12:30pm <i>Sunday Social</i>  2:00pm – 3:00pm <i>Adam plays Jewish &amp; Regular music in the Garden</i>	<b>Rosh Hashanah Day 1</b> <i>Open at 1:00pm</i> <b>1:10pm Kiddush</b> <b>1:30 – 2:30pm Deli Lunch</b> <b>3:00pm – 4:00pm Service by Rabbi Gancz</b> <b>4:30pm Close</b> <b>Price: £3.50</b>			
		<div style="text-align: right;">  Coffee &amp; Exhibitions at a new location each month with Lauren Turk Wed 4<sup>th</sup> September from 2pm For more info: Please see Edgware programme or contact Lauren. <a href="mailto:lauren.turk@jamiuk.org">lauren.turk@jamiuk.org</a> or 020 8458 2223</div>		

The Elliott Simmons Centre for Wellbeing  
55 Christchurch Avenue, London N12 0DG  
T: 020 8458 2223

**Lunch Served Daily at 1:00pm**  
(except Mondays). **Members must be in by 12:40pm to guarantee a meal. Deli lunch on Sunday.**

**Tube: West Finchley (Northern Line)**  
**Bus: 13,125,134,221,263,460**





# GINEMA CLUB

Come to the cinema for £5, join Andrew and Priscilla at...  
North Finchley Vue Cinema from 4pm on Monday 23rd September  
Please pay Andrew/Priscilla by Thurs 19th September at the latest  
For more info: T: 020 8458 2223 E: [andrew.barbarash@jamiuk.org](mailto:andrew.barbarash@jamiuk.org)

# Jami Pool & Snooker Monthly Meet Up!

Monday September 16th 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](mailto: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](mailto:lorraine.bratter@jamiuk.org)  
CALL: 07522194290  
only available on  
Sundays from 9:45am



## Women's Health



ALYSON & TRACY WILL BE RUNNING A 2 WEEK SESSION  
AROUND WOMEN'S HEALTH.

THURSDAY 12th AND 19th OF SEPTEMBER 2-3pm

- Themes around:
- Self Care
  - Boundaries
  - Respect
  - Aging
  - Healthy Habits
  - Loneliness