




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
 <h1 style="color: red;">Arts and Minds</h1> <p>Join us every Tuesday from 11 am and unlock your creative mind with art, craft, music, drama and poetry</p>  				<p>1 3 Cheshvan</p> <p>11.15 am * 12.15 pm Friday Social</p> <p>12.30 pm * 1.45 pm Pre-Shabbat Experience Kneidlach Soup, Cake and Conversation</p> <p>🕯️ 4.16 pm 🕯️ 5.24 pm</p>

4 6 Cheshvan	5 7 Cheshvan	6 8 Cheshvan	7 9 Cheshvan	8 10 Cheshvan
<p>11.30 am * 12.30 pm Tea & TED Talk</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Sing Along with HJ Special Guest</p> <p>3.00 pm * 4.15 pm Games Afternoon</p>	<p>11.30 am * 1.00 pm Art Class: Fireworks Art</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Charades</p> <p>3.15 pm * 4.15 pm Music Appreciation</p>	<p>11.00 am * 12.30 pm Creative Writing</p> <p>12.30 pm * 1.00 pm Physio Phit</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 4.00 pm Lifestyle & Wellbeing 2 pm Healthy Living 3 pm Smoking Cessation</p> <p>3.00 pm * 4.00 pm Pot Luck</p>	<p>HUB CLOSED</p> <p>11.00 am * 12.30 pm Community Group</p> <p>Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy a drink and a chat. (Last orders at 12.15pm)</p>	<p>11.15 am * 12.15 pm Friday Social</p> <p>12.30 pm * 1.45 pm Pre-Shabbat Experience Kneidlach Soup, Cake and Conversation</p> <p>🕯️ 4.04 pm 🕯️ 5.13 pm</p>
11 13 Cheshvan	12 14 Cheshvan	13 15 Cheshvan	14 16 Cheshvan	15 17 Cheshvan
<p>11.30 am * 12.30 pm Tea & TED Talk</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Sing Along with HJ Special Guest</p> <p>3.00 pm * 4.15 pm A to Z of the 80's</p>	<p>11.30 am * 1.00 pm Art Class: Decoupage</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Balloon Debate</p> <p>3.15 pm * 4.15 pm Hub Poetry Society</p>	<p>11.00 am * 12.30 pm Creative Writing</p> <p>12.30 pm * 1.00 pm Physio Phit</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 4.00 pm Lifestyle & Wellbeing 2 pm Healthy Living 3 pm Smoking Cessation</p> <p>3.00 pm * 4.00 pm Interesting Things</p>	<p>HUB CLOSED</p> <p>11.00 am * 12.30 pm Community Group</p> <p>Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy a drink and a chat. (Last orders at 12.15pm)</p>	<p>11.15 am * 12.15 pm Friday Social</p> <p>12.30 pm * 1.45 pm Pre-Shabbat Experience Kneidlach Soup, Cake and Conversation</p> <p>🕯️ 3.54 pm 🕯️ 5.04 pm</p>
18 20 Cheshvan	19 21 Cheshvan	20 22 Cheshvan	21 23 Cheshvan	22 24 Cheshvan
<p>11.30 am * 12.30 pm Tea & TED Talk</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Sing Along with Dean</p> <p>3.00 pm * 4.15 pm Prize Bingo</p>	<p>11.30 am * 1.00 pm Art Class: Salvador Dali</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Kelvin's Kwiz (on Rashi, but I didn't tell you!)</p> <p>3.15 pm * 4.15 pm Music Appreciation</p>	<p>11.00 am * 12.30 pm Creative Writing</p> <p>12.30 pm * 1.00 pm Physio Phit</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 4.00 pm Lifestyle & Wellbeing 2 pm Walk with Foxy 3 pm Smoking Cessation</p> <p>3.00 pm * 4.00 pm Quote, Unquote</p>	<p>HUB CLOSED</p> <p>11.00 am * 12.30 pm Community Group</p> <p>Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy a drink and a chat. (Last orders at 12.15pm)</p>	<p>11.15 am * 12.15 pm Friday Social</p> <p>12.30 pm * 1.45 pm Pre-Shabbat Experience Kneidlach Soup, Cake and Conversation</p> <p>🕯️ 3.45 pm 🕯️ 4.57 pm</p>
25 27 Cheshvan	26 28 Cheshvan	27 29 Cheshvan	28 30 Cheshvan	29 1 Kislev
<p>11.30 am * 12.30 pm Tea & TED Talk</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Sing Along with Dean</p> <p>3.00 pm * 4.15 pm Words 'n' Pictures</p>	<p>11.30 am * 1.00 pm Art Class: Art Nouveau</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 3.00 pm Looking Forward</p> <p>3.15 pm * 4.15 pm Hub Poetry Society</p>	<p>11.00 am * 12.30 pm Creative Writing</p> <p>12.30 pm * 1.00 pm Physio Phit</p> <p>1.00 pm * Lunch</p> <p>2.00 pm * 4.00 pm Lifestyle & Wellbeing 2 pm Healthy Living 3 pm Smoking Cessation</p> <p>3.00 pm * 4.00 pm Winter Blues</p>	<p>ROSH CHODESH</p> <p>HUB CLOSED</p> <p>11.00 am * 12.30 pm Community Group</p> <p>Meet at Costa Coffee in the Broadwalk Centre by Edgware station to enjoy a drink and a chat. (Last orders at 12.15pm)</p>	<p>ROSH CHODESH</p> <p>Hub opens at 6 pm</p> <p>Friday Night Service and Dinner</p>  <p>Everyone Welcome!</p> <p>🕯️ 3.39 pm 🕯️ 4.53 pm</p>

Coffee and Culture



Join Joanna on

Wednesday, 6th November

Meet at 2 pm at the Wellcome Collection Café

183 Euston Road, Euston, NW1 2BE

before heading off to explore the exhibits at

the museum and library for the incurably curious!

Tube: Euston Square (Circle, Hammersmith & City, Metropolitan)

or Euston (Northern, Victoria)

Bus: 18, 30, 73, 205, 390

For more information, call Joanna on 020 8458 2223

or email joanna.hahessy@jamiuk.org

Friday Night Service & Dinner at Jami Edgware

Martin B. Cohen Centre for Wellbeing
Gould Way, Edgware HA8 9BG

on 29th November at 6 pm



Cost £7.50

(4-course meat meal)

For information, or to book,
call Priscilla on 020 8458 2223
or email priscilla.velde@jamiuk.org

Everyone Welcome!

★ DIARY DATES ★

Remembrance Sunday

Sunday 10 November

First Night Chanukah

Sunday 22 December

Christmas Day Bank Holiday

Wednesday 25 December

Boxing Day Bank Holiday

Thursday 26 December

8th Day Chanukah

Monday 30 December

New Year's Day

Wednesday 1 January

Fast of Tevet

Tuesday 7 January

Mental Health Awareness Shabbat

Friday 31 January & Saturday 1 February

Tu B'Shevat – New Year for Trees

Monday 10 February

Writers' Open Mic Night



Do you fancy yourself as a budding writer or poet or do you prefer to be in the audience? Join us at Head Room Café for our writers' open mic night. Sit back, relax, have a drink and a bite to eat whilst our writers and performers share some of their own work.

Interested in reading your work? Please drop us a line at headroom@jamiuk.org to join our list for the night.

free drop-in session

Doors Open: 7.30pm

Readings: 8.00 – 9.00pm

12 Dec 2019
Thursday

Coping with Stress



Stress accompanies us throughout our lives, even the most relaxed of us experiences periods of stress. We know that stress can motivate us if we manage it well. Whilst we can't erase all stress from our lives, we can learn to cope better. Join us to learn more about stress and hear from each other about the best ways to cope.

Head Room in the Hub

23 Dec 2019
Monday
11.30am – 1.00pm

Martin
B. Cohen
Centre,
Edgware

Save the Date!
Tuesday, 24th December
Chanukah Party
at Jami Edgware

