

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
1:00pm – 2:00pm Lunch  2:00pm – 3:30pm 	11:30am – 13:30pm <b>Wellness Workshop with Tracy</b> 4-week wellbeing programme 	Coffee and Culture   2:00pm – 4:00pm Coffee and Culture  See reverse for details	1:00pm – 2:00pm Lunch  2:00pm – 3:00pm Creative writing 	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
1:00pm – 2:00pm Lunch  2:00pm – 3:30pm <b>Music</b> 		11:30am – 1:30pm <b>IDS Residents Wellbeing Pop-Up</b> Be Brave: Have You Got What It Takes	1:00pm – 2:00pm Lunch  2:00pm – 3:00pm <b>Quiz: Yiddish</b>	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
1:00pm – 2:00pm Lunch  2:00pm – 3:30pm Session with Raul 			11:30pm – 1:00pm <b>Lunch Prep</b> 1:00pm – 3:30pm <b>Chanukah Celebration Lunch</b> 	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b> <b>CHRISTMAS DAY</b>	<b>CLOSED</b> <b>BOXING DAY</b>	<b>CLOSED</b>
<b>30</b>	<b>31</b>			
1:00pm – 2:00pm Lunch  2:00pm – 3:30pm <b>Current Affairs</b>				

## Coffee and Culture



### **Join Joanna for the Coffee and Culture Club**

#### **WHEN?**

Wednesday 4<sup>th</sup> December  
2pm-4pm

#### **WHERE?**

##### Meeting point:

Starbucks Covent Garden  
10 Russell Street WC2B 5HZ  
Northern Line to Leicester Square  
Piccadilly Line to Covent Garden

##### Exhibition:

Covent Garden Christmas Market



**Please contact Joanna if you have any questions**

[joanna.hahessy@jamiuk.org](mailto:joanna.hahessy@jamiuk.org)

## **Chanukah Celebration – Thursday 19<sup>th</sup> December!**

**Help up prepare lunch from 11:30 a.m.  
Then join us to eat together at 1p.m.**

**Music, quiz and great company provided!**