




Monday 10:30 am - 3.30 pm	Tuesday	Wednesday 11 am - 3.30 pm	Thursday	Friday 10.30 am – 2.00pm
3	4	5	6	7
Vegetable soup 11:30am -12:30pm <b>Let's Make Lunch</b>  12:30pm – 1:30pm <b>Light Lunch</b>  1:30 pm – 3:00 pm <b>Mens group</b> <b>Womens group</b>	community	Staff meeting to 10.45 <b>Music Appreciation with Steve</b> 11:00am – 12:30pm <b>walking group with tracy</b> ■ 1:00pm – 2:00pm <b>3 course Lunch</b> 2.00pm - 3.10pm <b>Headroom</b> <b>Coping with stress</b>	Community	<b>Comedy film 11-12</b> 12:00am – 1:00pm <b>Pre Shabbat Experience</b> <b>Chicken soup Mitkadem</b> Close 2:00pm <b>Shabbat</b> 🕯️ 4.42pm 🕯️ 5.52pm
10	11	12	13	14
11:30am -12:30pm <b>Let's Make Lunch</b> 12:30pm – 1:00pm <b>Light Lunch</b> 1:30 pm – 3:00 pm <b>Tubishvat</b> <b>Film and discussion</b> <b>Restoration of forest landscape in Ethiopia</b> <b>Regreening the desert with John D. Liu – 13.08 sec start</b> 	community	Staff meeting to 10.45 11:00am – 12:00pm <b>walking group with Tracy</b> ■ 1:00pm – 2:30pm ■ <b>Global warming Climate change – fact or fiction</b> 	Community	<b>Comedy film 11-12</b> 12:00am – 1:00pm <b>Pre Shabbat Experience</b> <b>Chicken soup Mitkadem</b> Close 2:00pm <b>Shabbat</b> 🕯️ 4.55pm 🕯️ 6.05pm
17	18	19	20	21
11:30am -12:30pm <b>Let's Make Lunch</b>  12:30pm – 1:30pm <b>Light Lunch</b>  1:30 pm – 3:00 pm <b>Mens group / looking after my health discussion</b> <b>Womens group – out for afternoon</b>	community	Staff meeting to 10.45 11:00am – 12:00pm <b>or walking group with Tracy</b> ■ 1:00pm – 2:00pm <b>3 course Lunch</b> <b>How to relax bryan keene</b> 	Community	Film - “Amazing grace” <b>Antislavery film based on wiliam wilberforce life 11-12</b> 12:00am – 1:00pm <b>Pre Shabbat Experience</b> <b>Chicken soup Mitkadem</b> Close 2.00pm <b>Shabbat</b> 🕯️ 5.07pm 🕯️ 6.17pm
24	25	26	27	28
11:am -12:pm <b>Open</b> 12:30pm – 1:30pm <b>Light Lunch</b> 1:30 pm – 3:00 pm <b>Mens group / Womens group</b>  <b>Cinema ?</b>	community	Staff meeting to 10.45 11:00am – 12:00pm <b>Walking group</b> ■ 1:00pm – 2:00pm <b>3 course Lunch</b>  2:00pm – 3:30pm <b>Quiz on Talmud</b>	Community	11-12 12:00am – 1:00pm <b>Pre Shabbat Experience</b> <b>Chicken soup Mitkadem</b> Close 2.00pm <b>Shabbat Dinner 5.30pm-8pm</b> <b>Shabbat</b> 🕯️ 5.20pm 🕯️ 6.30pm

The Mitkadem Centre for Wellbeing  
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■ The Arts  
■ Wellbeing & Recovery  
■ Talks & Discussion Groups

Tube: Gants Hill (Central Line)  
Bus: 66,123,128,150,167,179,296,396, 462



Wednesday 5<sup>th</sup> February 11-12.15  
With Steve –  
First Wednesday



**February 12<sup>th</sup>**

Global warming Climate change – fact or fiction 2.15-c3.15pm

**February 19<sup>th</sup>**

How to relax Bryan Keene 2.15-c3.15pm



environment

## Headroom

Wednesday 5<sup>th</sup> February  
Coping with Stress  
2-3.15pm.

### Friday Film

Friday 7<sup>th</sup> Comedy  
Friday 14<sup>th</sup> comedy  
Friday 21<sup>st</sup> Amazing grace – William  
Wilberforce life  
Friday 28<sup>th</sup> Comedy  
10.45am-12pm

## **Tubishvat**

**Monday 10<sup>th</sup> February  
2pm discussion**

Fruit eating and documentary -restoration  
of degraded landscape – from desert to  
woodland Regreening the desert with John  
D. Liu – 13.08 sec start

Discussion – improving natural