## Programme for Jami Redbridge

## February 2020 5780

Monday	Tuesday	Wednesday	Thursday	Friday
			Thursday	
10:30 am - 3.30 pm		11 am - 3.30 pm		10.30 am – 2.00pm
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3	4	5	6	1
Vegetable soup		Staff meeting to 10.45		Comedy film11-12
11:30am -12:30pm		Music Appreciation with		12:00am – 1:00pm
Let's Make Lunch		Steve		Pre Shabbat Experience
		11:00am – 12:30pm		Chicken soup Mitkadem
12:30pm – 1:30pm		walking group with tracy	• •	Close 2:00pm
Light Lunch		1:00pm – 2:00pm	Community	Shabbat
	community	3 course Lunch		Shabbat
	•			
1:30 pm – 3:00 pm		2.00pm - 3.10pm		🕶 4.42pm 👐 5.52pm
Mens group		Headroom		
Womens group		Coping with stress		
womens group				
10	11	12	13	14
11:30am -12:30pm		Staff meeting to 10.45	-	Comedy film
Let's Make Lunch		11:00am – 12:00pm		11-12
12:30pm – 1:00pm		walking group with Tracy		12:00am – 1:00pm
Light Lunch	community	1:00pm – 2:30pm 📕		Pre Shabbat Experience
1:30 pm – 3:00 pm				Chicken soup Mitkadem
		Global warming Climate	Community	
Tubishvat		change – fact or fiction	· · · · · · · · · · · · · · · · · · ·	Close 2:00pm
Film and discussion				Shabbat
Restoration of forest				Shabbat
landscape in Ethiopia		TEDTALKS IDEASWORTH SPREADING		3 X
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Wednesday 5<sup>th</sup> February 11-12.15 With Steve – First Wednesday

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

#### <u>Friday Film</u>

Friday 7th 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



February 12<sup>th</sup>

February 19th

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

How to relax Bryan Keene 2.15-c3.15pm



### 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

environment