

Monday 10:30 am - 3.30 pm	Tuesday	Wednesday 11 am - 3.30 pm	Thursday	Friday 10.30 am – 2.00pm
6	7	8	9	10
			2	3
			Community	<p>How are we 11-12 12:00am – 1:00pm Pre Shabbat Experience Chicken soup Mitkadem Close 2.00pm</p> <p style="text-align: center;">Shabbat</p> <p style="text-align: center;">🕯️ 3.46pm 🕯️ 4.55pm</p>
6	7	8	9	10
<p>Vegetable soup 11:30am -12:30pm Let's Make Lunch</p> <p>12:30pm – 1:30pm Light Lunch</p> <p>1:30 pm – 3:00 pm Quiz on 2019</p>	community	<p>Staff meeting to 10.45 11:00am – 12:30pm walking group ■ 1:00pm – 2:00pm 3 course Lunch 2.00pm - 3.10pm New Decisions/resolutions Making changes</p>	Community	<p>Comedy film only fools and horses 11-12 12:00am – 1:00pm Pre Shabbat Experience Chicken soup Mitkadem Close 2:00pm</p> <p style="text-align: center;">Shabbat</p> <p style="text-align: center;">🕯️ 3.55pm 🕯️ 5.04pm</p>
13	14	15	16	17
<p>Pasta Tagliateli and mushrooms or tomato-based sauces 11:30am -12:30pm Let's Make Lunch 12:30pm – 1:00pm Light Lunch 1:30 pm – 3:00 pm Mens /omens group Womens group</p>	community	<p>Staff meeting to 10.45 11:00am – 12:00pm Members forum ■ 1:00pm – 2:30pm ■ The Battle of Changing Your Behavior Eric Zimmer TEDxColumbus</p> <div style="text-align: center;">  </div>	Community	<p>Cool Runnings Comedy 11-12 12:00am – 1:00pm Pre Shabbat Experience Chicken soup Mitkadem Close 2:00pm</p> <p style="text-align: center;">Shabbat</p> <p style="text-align: center;">🕯️ 4.05pm 🕯️ 5.15pm</p>
20	21	22	23	24
<p>11:30am -12:30pm Let's Make Lunch</p> <p>12:30pm – 1:30pm Light Lunch</p> <p>1:30 pm – 3:00 pm Mens group / Womens group</p>	community	<p>Staff meeting to 10.45 11:00am – 12:00pm Music Appreciation with Steve or walking group with tracy ■ Walking group with tracy 1:00pm – 2:00pm 3 course Lunch 2:00pm – 3:30pm Short talk on diabetes with questions – diabetes uk volunteer rep</p>	Community	<p style="text-align: center;">Closed AM</p> <p style="text-align: center;">Shabbat Dinner 5.30pm- 8pm</p> <p style="text-align: center;">Shabbat</p> <p style="text-align: center;">🕯️ 4.17pm 🕯️ 5.27pm</p>
27	28	29	30	31
<p>Holocaust Memorial Day Valentines Park 11:am -12:pm Open 12:30pm – 1:30pm Light Lunch 1:30 pm – 3:00 pm discussion ■</p> <div style="border: 1px solid black; padding: 5px;"> <p>Holocaust Memorial Day 2020 Theme Vision</p> <p>Stand Together</p> <p><small>"Don't let comfort in your life just to do no wrong, we prepared every day to try and do some good." By Nicholas Winton, who rescued 659 children from Nazi-occupied Europe</small></p> </div>	community	<p>Staff meeting to 10.45 11:00am – 12:00pm Walking group with tracy ■ 1:00pm – 2:00pm 3 course Lunch</p> <p>2:00pm – 3:30pm Quiz on Yiddish</p>	Community	<p>Film - Invictus</p> <p>11-12 12:00am – 1:00pm Pre Shabbat Experience Chicken soup Mitkadem Close 2.00pm</p> <p style="text-align: center;">Shabbat</p> <p style="text-align: center;">🕯️ 4.29pm 🕯️ 5.39pm</p>

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 22nd January 11-12.15
With Steve – later than normal first wednesday

Members Forum

Wednesday 15th January
11am-12pm

Friday Film

Friday 10th Only fools and horses
Friday 17th Cool Runnings
Friday 24th Shabbat Dinner
Friday 31 January Invictus
10.45am-12pm



January 15th

The Battle of Changing Your Behavior | Eric Zimmer | TEDxColumbus

2.15-c3.15pm

Holocaust Memorial Day 2020
Theme vision

Stand Together



'Don't be content in your life just to do no wrong, be prepared every day to try and do some good.'

Sir Nicholas Winton, who rescued 669 children from Nazi-occupied Europe

Monday 27th January
11am valentines park
2pm discussion

**Recent and current genocides – what are
today's issues - which countries**

Shabbat Dinner
Friday 24th January
5.30pm.
Booking required

