

Monday 10:30 am - 3.00 pm	Tuesday 10 am - 3.30 pm	Wednesday 11 am - 3.30 pm	Thursday	Friday 11 am – 2.30pm
2 11:30am -12:30pm Let's Make Lunch 12:30pm – 1:30pm Light Lunch  1:30 pm – 3:00 pm	3	4 11:00am – 12:00pm Walking group with Paul 1:00pm – 2:00pm 3 course Lunch 2.00pm - 3.00pm Creative Writing 	5 Community	6 11-12 Music quiz 12:00am – 1:00pm Pre Shabbat Experience Chicken soup Mitkadem Close 3:00pm 
9 11:30am -12:30pm Let's Make Lunch 12:30pm – 1:30pm Light Lunch 1:30 pm – 3:00 pm Arts & Crafts	10	11 11:00am – 12:00pm Walking group with Paul 1:00pm – 2:00pm 3 course Lunch 2:00pm – 3:30pm TED Talks <u>8 principles to achieve optimum mental health</u> <u>(Dan Banos)</u>	12 MBCC Training	13 11-12 Music appreciation 12:00am – 1:00pm Pre Shabbat Experience Chicken soup Mitkadem Close 3:00pm 
16 11:30am -12:30pm Let's Make Lunch 12:30pm – 1:30pm Light Lunch 1:30 pm – 3:00 pm 	17 Cake making for friday	18 11:00am – 12:00pm Easy Exercise with Tracy 1:00pm – 2:00pm 3 course Lunch Do we do lunch out Tracy suggestion 2:00pm – 3:30pm Wellbeing talk with tracy	19 Cake making and Soup making for friday	20  Dementia UK coffee morning fund raiser 10-1pm
23 11:30am -12:30pm Let's Make Lunch 12:30pm – 1:30pm Light Lunch 1:30 pm – 3:00 pm Making decorations for Rosh Hashanah	24	25 11:00am – 12:00pm Easy Exercise with Tracy 1:00pm – 2:00pm 3 course Lunch 2:00pm – 3:30pm Speaker kindertransport!! TBC	26 Community	27 11-12 Music appreciation 12:00am – 1:00pm Pre Shabbat Experience Chicken soup Mitkadem Close 3.00pm 
30	1	2	3	4
Rosh Hashanah Closed	Rosh Hashanah Closed	 May this be a sweet and happy New Year! Happy Rosh Hashanah!		

The Mitkadem Centre for Wellbeing
39 Clarence Avenue, Ilford, Essex IG2 6JH
T: 020 8458 2223

■ The Arts
■ Wellbeing & Recovery
■ Talks & Discussion Groups

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



Men's Space

A new group for men In the Jewish Community

A space to meet, chat & laugh.

Grow the group and make it your own.

Open to all!

When: Wednesday's at 2pm
31st July
28th August
25th September

Where: Jami Hackney Hub,
Entrance at gate by 141 Stoke
Newington Road, N16 8BP
Refreshments available

The group is free and open to all but please contact Chris on 020 8418 2166 to book your place.

JEWISH CARE

Registered Charity, 2023886. A Company limited by Guarantee 2819175.

Jami

The Men's Health Centre for our Community



Coffee

Morning

Friday 20th 10-
1pm Mitkadem in
aid of Dementia
UK

Coffee and Culture



Join Simone for
Coffee and Culture Club

WHEN?

Wednesday 4th September

2pm-4pm

WHERE?

Meeting point: Starbuck's, 442 Strand, Charing Cross, WC2R 0QU
(Nearest station is Charing Cross on Bakerloo line and Northern line)

Exhibition:

BP Portrait Awards 2019 @ the National Portrait Gallery

Please contact Simone if you have any questions