Langdon
Empowering independence

ACTIVITIES CALENDAR
May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	1 Shabbat ends 9:22pm	2 Lag B'Omer Scavenger Hunt 5 – 6pm
3 Bank holiday	4 Healthy eating 11am-12pm Ladies yoga • 5-6pm One Voice committee 6-7pm	5 Yoga with Lisa 11am-12pm Music Hour • 5-6pm Magazine Workshop 6–7pm HIIT Exercise • 7–8pm	6 Dance with Lisa 5-6pm Virtual dinner 6-7pm	7 Relaxation/Wellbeing with Melissa 10.30–11:15am Shabbat in: 8:19pm	8 Shabbat ends 9:36pm	9 50 & 60 Disco 3-4pm
10 Walk in the community 11am • Meet at Maccabi House Video Podcast Music Hour • 5–6pm Football at Borehamwood • 7pm	11 Healthy eating 11am-12pm Ladies yoga • 5-6pm One Voice committee 6-7pm	12 Yoga with Lisa 11am-12pm Residents Meeting 5-6pm Magazine Workshop 6–7pm HIIT Exercise • 7–8pm	13 Dance with Lisa 5-6pm Virtual dinner 6-7pm	14 Relaxation/Wellbeing with Melissa 10.30–11:15am Shabbat in: 8:19pm	15 Shabbat ends 9:50pm	16 Ann's Shavuot cheesecake competition 3-4pm

The Zoom ID for Virtual Activities is the same for all the activities: **626 044 3026**

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May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17 Walk in the community 11am • Meet at Maccabi House Video Podcast Music Hour • 5–6pm Football at Borehamwood • 7pm	18 Healthy eating 11am-12pm Ladies yoga • 5-6pm One Voice committee 6-7pm	19 Yoga with Lisa 11am-12pm Coffee Shop • TBC Magazine Workshop 6–7pm HIIT Exercise • 7–8pm	20 Dance with Lisa 5-6pm Virtual dinner 6-7pm	21 Relaxation/Wellbeing with Melissa 10.30–11:15am Shabbat in: 8:40pm	22 Shabbat ends 10:03pm	23 Akashi Indian cook along 5 – 6pm
24 Coffee drop in at Maccabi • 11am-12pm Video Podcast Music Hour • 5–6pm Football at Borehamwood • 7pm	25 Healthy eating 11am-12pm Ladies yoga • 5-6pm One Voice committee 6-7pm	26 Yoga with Lisa 11am-12pm Coffee Shop • TBC Magazine Workshop 6–7pm HIIT Exercise • 7–8pm	27 Dance with Lisa 5-6pm Virtual dinner 6-7pm	28 Relaxation/Wellbeing with Melissa 10.30–11:15am Shabbat in: 8:49pm	29 Shabbat ends 10:15pm	30 Quiz • 5-6pm
31 Bank holiday	1	2	3	4	5	6

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