


















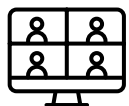
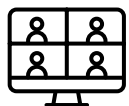


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	 1 10.30am - Meditation 11am-12.30pm - Art and Craft <b>**NEW ACTIVITY**</b> 3pm Photography with Tash. Different theme each week. Bring the camera on your phone - No phone or camera - doesn't matter, you can still attend 5pm COMMUNITY MEETING 6pm Healthy Eating with Amber - Curry Night	 2 11am Hebrew with Hannit 12pm Singing and Drama with Emma 3pm Rap music, lyric writing, Creative writing and poetry with Josh 6.30-8.30pm Pub Night - Zan Zi Bar	 3 <b>**NEW ACTIVITY**</b> 11am Feel Good Friday special edition with visit from 2 dogs, Leo and Hugo- come to meet these two cute dogs Shabbat begins 4.38pm	 4 Shabbat ends 5.44pm	 5 5pm Cooking with Ann 7pm Social night with Molly, including Karaoke and dancing
 6 11am Zumba with Molly 12 noon Pilates <b>**NEW ACTIVITY**</b> Tu Bishvat 3pm - Meet at Maccabi House for Tree planting ceremony 6.30pm Pamper night 7.30pm Football - Rowley Lane 8pm Jam night - Three Wishes	 7 <b>**NEW ACTIVITY**</b> 11am Improve your reading and spelling in a fun and friendly class 3pm Current affairs and discussion group with Jane	 8 10.30am - Meditation 11am-12.30pm - Art and Craft <b>**NEW ACTIVITY**</b> 1-2.30pm Multi sports with College at Maccabi House <b>**NEW ACTIVITY**</b> 3pm Photography with Tash - attend with or without a camera 5pm COFFEE NIGHT - Creams	 9 11am Hebrew with Hannit 12pm Singing and Drama with Emma 3pm Rap music, lyric writing, Creative writing and poetry with Josh 6.30-8.30pm Pub Night - Three Wishes	 10 11am-12pm Feel Good Friday - Maccabi House Shabbat begins 4.51pm	 11 Shabbat ends 5.56pm	 12 1pm Choir with Molly 2pm Musical theatre group 5pm Cooking with Ann
 13 11am Zumba with Molly 12 noon Pilates 6.30pm Pamper night 7.30pm Football - Rowley Lane 8pm Jam night - Three Wishes	 14 11am SHOP/COOK/EAT- Valentine's day theme 3pm - Current Affairs/ Discussion group with Jane	 15 10.30am - Meditation 11am-12.30pm - Art and Craft <b>**NEW ACTIVITY**</b> 1-2.30pm Multi sports with College at Maccabi House <b>**NEW ACTIVITY**</b> 3pm Photography with Tash 5pm Coffee Night - Starbucks 6pm Krav Maga	 16 11am Hebrew with Hannit 12pm Singing and Drama with Emma 3pm Rap music, lyric writing, Creative writing and poetry with Josh 6.30-8.30pm Pub Night - Harvester	 17 11am-12pm Feel Good Friday - Maccabi House Shabbat begins 5.04pm	 18 Shabbat ends 6.08pm	 19 5pm - Cooking with Ann <b>** NEW ACTIVITY</b> 7pm NIGHT CLUB NIGHT - Join Molly at Edgware's coolest night club. Maccabi House. Banging Tunes, dancing and a chilled vibe



The Zoom Link for the Virtual Activities for Langdon are the same for all the activities - **MEETING ID: 626-044-3026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>20</p> <p>11am Zumba with Molly 12 noon Pilates 6.30pm Pamper night 7.30pm Football - Rowley Lane 8pm Jam night - Three Wishes</p>	 <p>21</p> <p>3pm - Current Affairs/ Discussion group with Jane</p> <p><b>**NEW ACTIVITY**</b> Outing to Bowling - Meet Molly 7pm outside Bowling -Watford Atria Centre. Members pay on the night</p>	 <p>22</p> <p>10.30am - Meditation</p> <p>11am-12.30pm - Art and Craft</p> <p><b>**NEW ACTIVITY**</b> 1-2.30pm Multi sports with College at Maccabi House</p> <p><b>**NEW ACTIVITY**</b> 3pm Photography with Tash - attend with or without a camera</p> <p>5pm Coffee Night - Costa</p>	 <p>23</p> <p>11am Hebrew with Hannit 12pm Singing and Drama with Emma</p> <p>3pm Rap music, lyric writing, Creative writing and poetry with Josh</p> <p>6.30-8.30pm Pub Night - Zan Zi Bar</p>	 <p>24</p> <p>11am-12pm Feel Good Friday - Maccabi House</p> <p>Shabbat begins 5.17pm</p>	 <p>25</p> <p>Shabbat ends 6.20pm</p>	 <p>26</p> <p><b>** NEW ACTIVITY**</b> 1pm Table Tennis club</p> <p>2pm Musical Theatre Group and Choir</p>
 <p>27</p> <p>11am Zumba with Molly 12 noon Pilates 6.30pm Pamper night 7.30pm Football - Rowley Lane 8pm Jam night - Three Wishes</p>	 <p>28</p> <p>11am SHOP/COOK/EAT</p> <p>3pm - Current Affairs/ Discussion group with Jane</p>	1	2	3	4	5
6	7	8	9	10	11	12



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