

## ACTIVITIES CALENDAR January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p><b>BANK HOLIDAY</b></p> <p>No Sessions</p>	<p>11am Cake and Create - Special New Year edition with Emma L</p> <p>12 noon Drop-in session with Emma L for staff and members - Talk to Emma about any Jewish questions you may have.</p> <p>2pm *NEW SESSION ALERT* Weekly Gardening club with Mirela - Meet at MH.</p> <p>3pm "MY HEALTH MATTERS" Weekly session with GP Jane on medical topics. Come along with your general health questions.</p>	<p>10.30am Meditation</p> <p>11am *NEW IMPROVED Arts and Crafts SESSION* Each week Mirela presents a new art project</p> <p>5pm Members meeting- first of the New Year. Come and have your say on your programme for the rest of the year</p> <p>6pm NEW Year's resolution session. Come and discuss all the things you want to achieve in 2024 - MH</p>	<p>11am Hebrew with Hannit</p> <p>11.30 Drama with Emma H - rehearsing for Annie</p> <p>3pm Guitar and Keyboard Club</p> <p>6.30-8.30pm Pub night - Contact Mirela for surpsie location: 07918 586134</p>	<p>10am Yoga</p> <p>11am Feel Good Friday - Positive Mental Health group</p> <p>12 noon Fabulous Friday Fun - Table tennis and other fun stuff to see out the week on a high</p> <p>Shabbat begins - 3.51pm</p>	<p>6</p> <p>Shabbat Ends - 5.01pm</p>	<p>7</p> <p>12noon Beginners Spanish</p> <p>1pm Choir</p> <p>*NEW* 2pm -Table tennis AND ADULT TEAM LEGO -This is an adult team form of Lego that has proven benefits to your dexterity, team building and enhances mental health.</p>
<p>11am Fitness with Emma M</p> <p>3pm - How to use your device safely. Including using social media and other online applications safely and securely</p> <p>4pm *NEW session alert* Science Workshop - Each week you will do a simple, safe science experiment</p> <p>5pm Pamper night with Justyna and Mirela</p> <p>7.30pm Football - Rowley Lane</p> <p>8pm Jam night - Three Wishes</p>	<p>11am Cake and Create - "I'm a Celebrity Get me Out of Here" Tu' Bishvat Special</p> <p>12 noon Drop-in session with Emma L for staff and members - Talk to Emma about any Jewish questions you may have.</p> <p>2pm *NEW SESSION ALERT* Weekly Gardening club with Mirela - Meet at MH.</p> <p>3pm "MY HEALTH MATTERS" Weekly session with GP Jane on medical topics. Come with your general health questions.</p>	<p>10.30am Meditation</p> <p>11am *NEW IMPROVED Arts and Crafts SESSION* Each week Mirela presents a new art project to work on</p> <p>3pm Wellbeing Wednesday with Emma H</p> <p>5pm Coffee night at Creams</p> <p>6pm Street Wise Session dealing with Kindness. Please sign up at: <a href="mailto:debbierees@langdonuk.org">debbierees@langdonuk.org</a></p>	<p>11am Hebrew with Hannit</p> <p>11.30 Drama with Emma H - rehearsing for Annie</p> <p>3pm Guitar and Keyboard Club</p> <p>6.30-8.30pm Pub night - Harvester, Mill Hill</p>	<p>10am Yoga</p> <p>11am Feel Good Friday - Positive Mental Health group</p> <p>12 noon Fabulous Friday Fun - Table tennis and other fun stuff to see out the week on a high</p> <p>Shabbat begins - 4.01pm</p>	<p>13</p> <p>Shabbat Ends - 5.10pm</p>	<p>12pm Beginners Spanish</p> <p>1pm Choir</p> <p>*NEW* 2pm -Table tennis AND ADULT TEAM LEGO</p> <p>6pm Night CLUB Night - this week is 90's theme. So come dressed in your best 90's clothes and rock the night away to 90's tunes</p>
<p>11am Fitness with Emma M</p> <p>3pm - How to use your device safely. Including using social media and other online applications safely and securely</p> <p>4pm *NEW session alert* Science Workshop - Each week you will do a simple, safe science experiment</p> <p>5pm Pamper night with Justyna and Mirela</p> <p>7.30pm Football - Rowley Lane</p> <p>8pm Jam night - Three Wishes</p>	<p>11am Cake and Create - Special recycling session</p> <p>12 noon Drop-in session with Emma L for staff and members - Talk to Emma about any Jewish questions you may have.</p> <p>2pm *NEW SESSION ALERT* Weekly Gardening club with Mirela - Meet at MH.</p> <p>3pm "MY HEALTH MATTERS" Weekly session with GP Jane on medical topics. Come along with your general health questions.</p>	<p>10.30am Meditation</p> <p>11am *NEW IMPROVED Arts and Crafts SESSION* Each week Mirela presents a new art project to work on</p> <p>3pm Wellbeing Wednesday with Emma H</p> <p>5pm Coffee night at Starbucks</p> <p>6pm Self Defence Class - Krav Maga - with teacher from CST. Please sign up at: <a href="mailto:debbierees@langdonuk.org">debbierees@langdonuk.org</a></p>	<p>11am Hebrew with Hannit</p> <p>11.30 Drama with Emma H - rehearsing for Annie</p> <p>3pm Guitar and Keyboard Club</p> <p>6.30-8.30pm Pub night - The Alfred Arms Borehamwood</p>	<p>10am Yoga</p> <p>11am Feel Good Friday - Positive Mental Health group</p> <p>12 noon Fabulous Friday Fun - Table tennis and other fun stuff to see out the week on a high</p> <p>6pm - FRIDAY NIGHT DINNER - at Langdon College. Admittance only if you have signed up with Debbie by Monday 15th January.</p> <p>Shabbat begins - 4.12pm</p>	<p>20</p> <p>Shabbat ends - 5.20pm</p>	<p>12noon Beginners Spanish</p> <p>1pm Choir</p> <p>*NEW* 2pm -Table tennis AND ADULT TEAM LEGO -This is an adult team form of Lego that has proven benefits to your dexterity, team building and enhances mental health.</p>

# ACTIVITIES CALENDAR

## December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>11am Fitness with Emma M <sup>22</sup></p> <p>3pm – How to use your device safely. Including using social media and other online applications safely and securely</p> <p>4pm *NEW session alert* Science Workshop – Each week you will do a simple, safe science experiment</p> <p>5pm Pamper night with Justyna and Mirela</p> <p>7.30pm Football – Rowley Lane</p> <p>8pm Jam night – Three Wishes</p>	<p>11am Cake and Create <sup>23</sup></p> <p>Tu'Bishvat edition, making granola with three fruits</p> <p>12 noon Drop-in session with Emma L for staff and members - Talk to Emma about any Jewish questions you may have.</p> <p>2pm *NEW SESSION ALERT* Weekly Gardening club with Mirela – Meet at MH.</p> <p>3pm "MY HEALTH MATTERS" Weekly session with GP Jane on medical topics. Come with your general health questions.</p>	<p>Tu Bishvat – New Year for Trees begins at night fall – work is permitted</p> <p>10.30am Meditation</p> <p>****NEW IMPROVED 11.00am Arts and Crafts SESSION*****Each week Mirela presents a new art project to work on</p> <p>3pm Wellbeing Wednesday</p> <p>5pm Coffee at Costa – Broadwalk shopping Centre</p> <p>6pm – "More Sex, Drugs and Rock and Roll". Debbie and senior social worker Sue aim to inform you on some of life's more challenging topics. Please sign up: <a href="mailto:debbierees@langdonuk.org">debbierees@langdonuk.org</a></p>	<p> <sup>25</sup></p> <p>Tu Bishvat – New Year For trees. Work is permitted</p> <p>11am Hebrew with Hannit</p> <p>11.30 Drama with Emma H – rehearsing for Annie</p> <p>3pm Guitar and Keyboard Club</p> <p>6.30-8.30pm Pub night – Zanzibar</p>	<p> <sup>26</sup></p> <p>10am Yoga</p> <p>11am Feel Good Friday – Positive Mental Health group</p> <p>12 noon Fabulous Friday Fun – Table tennis and other fun stuff to see out the week on a high</p> <p>Shabbat begins – 4.24pm</p>	<p> <sup>27</sup></p> <p>Shabbat ends- 5.31pm</p>	<p>12pm Beginners Spanish</p> <p>1pm Choir</p> <p>*NEW* 2pm -Table tennis AND ADULT TEAM LEGO</p> <p>4pm *OUTING* Bowling at Watford. Meet Mirela at Maccabi House at 4.00pm. You will all travel together by bus, so please bring oyster cards and bring your staff too! You will need to pay for yourself and your staff to bowl. Must sign up with Mirela in advance as she needs to book lanes. Mirela 07918 586134</p>
<p>11am Fitness with Emma M <sup>29</sup></p> <p>3pm – How to use your device safely. Including using social media and other online applications safely and securely</p> <p>4pm *NEW session alert* Science Workshop – Each week you will do a simple, safe science experiment</p> <p>5pm Pamper night with Justyna and Mirela</p> <p>7.30pm Football – Rowley Lane</p> <p>8pm Jam night – Three Wishes</p>	<p>11am Cake and Create <sup>30</sup></p> <p>Lets Clean up the environment Park Outing. Meet at MH</p> <p>12 noon Drop-in session with Emma L for staff and members - Talk to Emma about any Jewish questions you may have.</p> <p>2pm *NEW SESSION ALERT* Weekly Gardening club with Mirela – Meet at MH.</p> <p>3pm "MY HEALTH MATTERS" Weekly session with GP Jane on medical topics. Come with your general health questions.</p>	<p>10.30am Meditation</p> <p>11am Arts and Crafts</p> <p>3pm Wellbeing Wednesday with Emma H</p> <p>5pm Coffee night at Café Nero</p> <p>6pm "Sex Education" - An informative and fun workshop brought to you by Justine and Jeremy the sexual health nurses from Edgware community hospital. Please sign up with Debbie at: <a href="mailto:debbierees@langdonuk.org">debbierees@langdonuk.org</a></p>	<p><sup>1</sup></p>	<p><sup>2</sup></p>	<p><sup>3</sup></p>	<p><sup>4</sup></p>
<p><sup>5</sup></p>	<p><sup>6</sup></p>	<p><sup>7</sup></p>	<p><sup>8</sup></p>	<p><sup>9</sup></p>	<p><sup>10</sup></p>	<p><sup>11</sup></p>