












## ACTIVITIES CALENDAR February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	 1 11am Hebrew with Hannit and Dina 11.30 Drama with Emma H – Final rehearsal for Annie before performance on Sunday 4th. Essential to attend if you are performing on Sunday 3pm Guitar and Keyboard club 6.30-8.30pm Pub night, Zanzibar	 2 10am Yoga 11am Feel Good Friday – Positive mental health group 12noon Fabulous Friday Fun – Table tennis and other fun to see out the week on a high. Shabbat begins 4.36pm	 3 Shabbat ends 5.43pm	No Spanish or choir this week *NEW* 12.30pm Performers of Annie only to arrive 1.30pm Audience to arrive. Performance of Annie by our drama group. All members and family are invited to watch this lovely show. Light refreshments will be served *NEW* 6pm FILM SHOW at Maccabi House, to include popcorn for all. For more details and to book, please call/message Mirela: 07496 235725
11am Fitness with Emma M 3pm How to use your device safely. Including using social media and other online applications safely and securely. 4pm *NEW SCIENCE workshops* Each week you will do a simple, safe science experiment. 5pm Pamper Night with Justyna and Mirela 7.30pm Football, Rowley Lane 8pm Jam Night, Three Wishes	11am Cake and Create with Emma L - Topic: Tzedakah-Charity, come along and make a Tzedakah/ Charity box 12noon Drop in with Emma L for everyone. Ask Emma about any Jewish questions you may have. 2pm *NEW* Gardening club, meet Mirela at MH 3pm My health matters. All your general health questions answered by volunteer GP Jane, no personal questions please.	10.30am Meditation 11am New and improved ART and Crafts 3pm Wellbeing Wednesday with Emma H 5pm Community Meeting for all members. Come and have your say! 6pm "Hard to talk about topics" with Senior social worker Sue and Debbie Contact Debbie for more details, MH	 8 11am Hebrew with Hannit and Dina 11.30 Drama with Emma H – Come along to decide with Emma and other members what will be the next show you will be putting on! 3pm Guitar and Keyboard club 6.30-8.30pm Pub night, Secret location. Please meet Mirela at Maccabi House at 6.30pm	 9 10am Yoga 11am Feel Good Friday – Positive mental health group 12noon Fabulous Friday Fun – Table tennis and other fun to see out the week on a high. Shabbat begins 4.49pm	 10 Shabbat ends 5.54pm	 11 Mirela is away today. No Spanish class but Debbie is running choir and Karaoke session at 12noon. Come along to practice for our upcoming choir performance. No table tennis/ Lego- back next week
11am Fitness with Emma M 3pm How to use your device safely. Including using social media and other online applications safely and securely. 4pm *NEW SCIENCE workshops* Each week you will do a simple, safe science experiment. 5pm Pamper Night with Justyna and Mirela 7.30pm Football, Rowley Lane 8pm Jam Night, Three Wishes	11am Cake and Create with Emma L - Challah bake. Challah to be given to families in need 12noon Drop in with Emma L for everyone. Ask Emma about any Jewish questions you may have. 2pm *NEW* Gardening club, meet Mirela at MH 3pm My health matters. All your general health questions answered by volunteer GP Jane, no personal questions please.	10.30am Meditation for your mental and physical wellbeing 11am New and improved ART and Crafts. Each week Mirela delivers a new art project 3pm Wellbeing Wednesday with Emma H 5pm Coffee night, Creams 6pm Valentines Day Special Streetwise session – Different relationships and healthy boundaries	 15 11am Hebrew with Hannit and Dina 11.30 Drama with Emma H, rehearsing for new show 3pm Guitar and Keyboard club 6.30-8.30pm Pub night, The Three Wishes	 16 10am Yoga 11am Feel Good Friday – Positive mental health group 12noon Fabulous Friday Fun – Table tennis and other fun to see out the week on a high. Shabbat begins 5.02pm	 17 Shabbat ends 6.06pm	 18 12noon Spanish 1pm Choir 2pm Table tennis and adult lego

## ACTIVITIES CALENDAR February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>11am Fitness with Emma <b>19</b> 3pm How to use your device safely. Including using social media and other online applications safely and securely. 4pm *NEW SCIENCE workshops* Each week you will do a simple, safe science experiment. 5pm Pamper Night with Justyna and Mirela 7.30pm Football, Rowley Lane 8pm Jam Night, Three Wishes</p>	<p>11am Cake and Create with Emma L - What is a Mitzvah? 40 acts of kindness <b>20</b> 12noon Drop in with Emma L for everyone. Ask Emma about any Jewish questions you may have. 2pm *NEW* Gardening club, meet Mirela at MH 3pm My health matters. All your general health questions answered by volunteer GP Jane, no personal questions please.</p>	<p>10.30am Meditation for your mental and physical wellbeing <b>21</b> 11am New and improved ART and Crafts. This week Mirela will be making masks for the Masked Ball on Sunday 3pm Wellbeing Wednesday with Emma H. A relaxing and uplifting session to help regulate your emotions 5pm Coffee, Starbucks 6pm Self defence, Krav Maga class</p>	<p> <b>22</b> 11am Hebrew with Hannit and Dina 11.30 Drama with Emma H, rehearsing for new show 3pm Guitar and Keyboard club 6.30-8.30pm Pub night, The Harvester, Mill Hill</p>	<p> <b>23</b> 10am Yoga 11am Feel Good Friday 12noon Fabulous Friday Fun - Table tennis and other fun to see out the week on a high. 6pm Friday Night Dinner at Langdon College. Please sign up with Debbie - debbierees@kisharonlangdon.org.uk Shabbat begins 5.15pm</p>	<p> <b>24</b> Shabbat ends 6.19pm</p>	<p> <b>25</b> Please note no sessions until 6.00pm today ***NEW*** 6pm Grand masked ball - This is a belated Valentine's ball to include drinks and snacks. Please come dressed to party and if possible with a mask. (Mirela will be making masks at art on Wednesday 21st) To book a place please call or text Mirela on 07496 235725</p>
<p>11am Fitness with Emma <b>26</b> 3pm How to use your device safely. Including using social media and other online applications safely and securely. 4pm *NEW SCIENCE workshops* Each week you will do a simple, safe science experiment. 5pm Pamper Night with Justyna and Mirela 7.30pm Football, Rowley Lane 8pm Jam Night, Three Wishes</p>	<p>11am Cake and Create with Emma L - Raising money for charity, our fundraising events and why it is good to give. <b>27</b> 12noon Drop in with Emma L for everyone. Ask Emma about any Jewish questions you may have. 2pm *NEW* Gardening club, meet Mirela at MH 3pm My health matters. All your general health questions answered by volunteer GP Jane, no personal questions please.</p>	<p>10.30am Meditation for your mental and physical wellbeing <b>28</b> 11am New and improved ART and Crafts. 3pm Wellbeing Wednesday with Emma H. A relaxing and uplifting session to help regulate your emotions 5pm Coffee, Café Nero 6pm Cookery demonstration and food tasting with nutritionist Amber</p>	<p> <b>29</b> 11am Hebrew with Hannit and Dina 11.30 Drama with Emma H, rehearsing for new show 3pm Guitar and Keyboard club 6.30-8.30pm Pub night, Zanzibar</p>	<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>