












## ACTIVITIES CALENDAR March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	 1 10am Yoga 11am Feel Good Friday – Positive mental Health group 12 Noon Fabulous Friday Fun. Table Tennis and other fun to see the week out on a high Shabbat begins: 5.26pm	 2 Shabbat ends: 6.29pm	 3 12noon Spanish 1pm Choir 2- 3pm Table tennis and adults group Lego club
11am FITNESS with Emma M. *NEW* 12- 2pm SHOP-COOK-EAT. Learn how to budget your money, shop for healthy foods, cook simple meals, then eat with your pals. 3pm How to use your device safely, plus using social media safely. 4pm 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 Pub	10am-12.30pm – Employment workshop with our dedicated employment team 11am Cake & Create with Emma L- Purim story arts & craft session 12pm – Staff and member TRAINING on PURIM with ROBIN JACOBS *NEW* 1pm READING WORKSHOP – want to improve your reading or just practice reading? This is the group for you!! 2pm Gardening club 3pm "My health matters" with GP Jane - No personal questions!	10.30am Meditation 11am New and improved Arts and Crafts. This week making crafts to sell at Sunday's Bring and buy sale 3pm Well being Wednesday with Emma H. A wonderful uplifting hour to ease anxiety and help regulate your emotions 5pm Community Meeting-come down and have your say. 6pm Basic First aid course suitable for all	 7 11am Hebrew with Hannit and Dina 11.30 Drama with Emma H – rehearsing for THE GREATEST SHOWMAN 3pm Guitar and Keyboard club with New volunteer Simon 6.30-8.30pm Pub Night - Three Wishes	 8 10am Yoga 11am Feel Good Friday – Positive mental Health group 12 Noon Fabulous Friday Fun. Table Tennis and other fun to see the week out on a high Shabbat begins: 5.38pm	 9 Shabbat ends: 6.41pm	 10 1-3pm BRING & BUY SALE FOR KISHARON LANGDON MATCHED FUNDING CAMPAGNE – Please bring goods listed in Debbie's email to MH week before or on day. Please invite family and friends. Call Debbie or Mirela for more details
11am FITNESS with Emma M. *NEW* 12- 2pm SHOP-COOK-EAT. Learn how to budget your money, shop for healthy foods, cook simple meals, then eat with your pals. 3pm How to use your device safely 4pm 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 Pub	11am Cake & Create with Emma L- PURIM! Making Mishloach Manot gift bags 12pm Staff and member drop in with Emma Lester with any questions on Judaism *NEW* 1pm READING WORKSHOP – want to improve your reading or just practice reading? This is the group for you!! 2pm Gardening club 3pm "My health matters" with GP Jane - No personal questions!	 13 10.30am Meditation 11am New and improved Arts and Crafts. 3pm Well being Wednesday with Emma H. A wonderful uplifting hour to ease anxiety and help regulate your emotions 5pm Coffee Night – Starbucks 6pm Healthy eating, cookery demonstration and food tasting with nutritionist Amber	 14 11am Hebrew with Hannit and Dina 11.30 Drama with Emma H – rehearsing for THE GREATEST SHOWMAN 3pm Guitar and Keyboard club with New volunteer Simon 6.30-8.30pm Pub Night - The Harvester, Mill Hill	 15 10am Yoga 11am Feel Good Friday – Positive mental Health group 12 Noon Fabulous Friday Fun. Table Tennis and other fun Shabbat begins: 5.50pm 6pm Friday Night Dinner at Langdon College. Please sign up with Mirela on 07918 586134	 16 Shabbat ends: 6.53pm	 17 No Spanish, choir or table tennis ***New Outing alert*** ***OUTING to PUTT SHACK, Harrow. Meet MH at 3pm. Bring bus pass and money to pay for session. Please call Mirela to book on 07918 586134.

## ACTIVITIES CALENDAR March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>11am FITNESS with Emma M. <b>18</b></p> <p>*NEW* 12- 2pm SHOP-COOK-EAT. Learn how to budget your money, shop for healthy foods, cook simple meals, then eat with your pals.</p> <p>3pm How to use your device safely</p> <p>4pm SCIENCE workshops. 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 Pub</p>	<p>10am-12.30pm – Employment workshop with our dedicated employment team <b>19</b></p> <p>11am Cake &amp; Create with Emma L- PURIM – HAMANTASHAN BAKE OFF!!</p> <p>12pm – Staff and member drop in with Emma Lester with any questions on Judaism</p> <p>*NEW* 1pm READING WORKSHOP – want to improve your reading or just practice reading? This is the group for you!!</p> <p>2pm Gardening club</p> <p>3pm "My health matters" with GP Jane - No personal questions!</p>	<p>10.30am Meditation <b>20</b></p> <p>11am Arts &amp; Crafts</p> <p>*SPECIAL CHOIR PERFORMANCE at JBD BUSHEY* Meet at Maccabi House at 2pm to go with Emma L. by bus. Bring bus passes. Special Purim outing with refreshments provided by JBD</p> <p>3pm Well being Wednesday with Emma H. Ease anxiety and help regulate your emotions</p> <p>5pm Coffee Night – Café Nero</p> <p>6pm Self defence class – Krav Maga for fitness and safety</p>	<p> <b>21</b></p> <p>11am Hebrew with Hannit and Dina</p> <p>11.30 Drama with Emma H – rehearsing for THE GREATEST SHOWMAN</p> <p>3pm Guitar and Keyboard club with New volunteer Simon</p> <p>6.30-8.30pm Pub Night – Zanzi bar</p>	<p> <b>22</b></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 to see the week out on a high</p> <p>Shabbat begins: 6.02pm</p>	<p> <b>23</b></p> <p>Shabbat ends 7.06pm at which time you can hear the megillah.</p> <p>For details of where to hear megillah, please contact Emma Lester on 07341 518250</p>	<p>PURIM. Usual activities not running. We have arranged many megillah readings For times and locations of Megillah readings, please call Emma on: 07341 518250 <b>24</b></p> <p>*Grand, best ever Purim party* 6-8pm at Maccabi House. With Disco and delicious food and surprise entertainment. You do not want to miss this!! Wear Fancy Dress or normal clothes, whichever you prefer. To sign up please contact Mirela on 07918 586134</p>
<p>11am FITNESS with Emma M. <b>25</b></p> <p>*NEW* 12- 2pm SHOP-COOK-EAT. Learn how to budget your money, shop for healthy foods, cook simple meals, then eat with your pals.</p> <p>3pm How to use your device safely</p> <p>4pm SCIENCE workshops. 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 Pub</p>	<p>11am Cake &amp; Create with Emma L- Matzo making <b>26</b></p> <p>workshop. Come along to make your own Matzo!!</p> <p>12pm – Staff and member drop in with Emma Lester with any questions on Judaism</p> <p>*NEW* 1pm READING WORKSHOP – want to improve your reading or just practice reading? This is the group for you!!</p> <p>2pm Gardening club</p> <p>3pm "My health matters" with GP Jane - No personal questions!</p>	<p>10.30am Meditation <b>27</b></p> <p>11am Arts and Crafts.</p> <p>3pm Well being Wednesday with Emma H. Ease anxiety and help regulate your emotions</p> <p>5pm Coffee Night – Costa, Broadwalk shopping Centre</p> <p>6pm *SPECIAL LADIES ONLY SESSION* With Sexual health nurse Justine. Answering any questions you may have. Feel free to submit anonymous questions in advance to Debbie in a sealed envelope. (Men only next month)</p>	<p> <b>28</b></p> <p>11am Hebrew with Hannit and Dina</p> <p>11.30 Drama with Emma H – rehearsing for THE GREATEST SHOWMAN</p> <p>3pm Guitar and Keyboard club with New volunteer Simon</p> <p>6.30-8.30pm Pub Night – Secret Location. Meet Mirela at MH at 6.30pm. Call Mirela for more details</p>	<p><b>29</b></p> <p>BANK HOLIDAY - GOOD FRIDAY</p> <p>No sessions</p> <p>Shabbat begins: 6.14pm</p>	<p> <b>30</b></p> <p>Shabbat Ends 7.18pm</p> <p>Clocks go forward at 2.00am</p>	<p><b>31</b></p> <p>Easter Sunday</p> <p>No sessions</p> <p>British Summer Time begins</p>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>