

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1  11-12 pm Cake & Create gift Honey pots for Rosh Hashanah! with Emma L  12-1pm Dog Therapy with dog Brandy volunteer Emma Mero 1-2 pm Reading Club with volunteer Michael <i>No Friendly Footsteps this month!</i> 2-3 pm Gardening Club with Maria 3-4pm My Health Matters with retired GP Dr Jane 4-5pm Makaton beginner classes with Mirela & Maria	2 10.30-11am Meditation 11-12pm Art & Craft Club 12-1 pm • Photography Club • Jotform Lesson • Canva Lesson 2-3pm Board Games with Mandy 3-4pm Wellbeing Wednesday with Emma H 5-6pm Coffee Evening at Starbucks  6-7pm Bereavement Group run by Shelley & Terry from JBCS. A safe, supportive space for those experiencing loss. Pre-book with Mirela	3 11-11.30am Hebrew with Hannit & Dina 11.30-12.30pm Drama The Lion King with Emma H  2-3pm Creative Writing & Book Club 3-4pm Guitar & Keyboard Club 4-5pm Choreography/ Dancing Classes 5-6pm Bleep Fitness Class  6.30 – 8.30pm Pub Night The Three Wishes Edware	4 10-11am Yoga with Emma H 11-12pm Feel Good Friday  • 12-1pm Career Support CV help & work guidance with Shlomo • 12-1pm Fabulous Friday Fun  6-8pm Friday Night Dinner Main Hall at EHRS, Stonegrove Edware. Pre-book with Mirela Shabbat begins 7.26 pm	5  Shabbat ends 8.27 pm	6  11-12pm Woodwork Club with volunteer Robert 12-1pm Spanish lesson 1-2pm Choir/Karaoke with volunteer Mandy  2-3 pm • Quiz session • Table Tennis • Adult Lego  3pm Out Out with Josh London outing To join, sign up early. Josh: 07340 287094

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 11-12 pm Amazing Fitness with Emma M & Hayley  12-2 pm Shop-Cook-Eat 3-4 pm How to use devices safely 3-4 pm Makaton beginner classes with Mirela & Maria  4-5pm Science Fun 5-6pm Pamper Night 8pm Jam Night The Three Wishes	8 11-12 pm Cake & Create Honey Cake making! Joint with Golders Green with Emma L  1-2 pm Reading Club  2-3 pm Gardening Club with Maria 3-4pm My Health Matters retired GP Dr Jane  4-5pm Makaton beginner classes with Mirela & Maria	9 10.30-11am Meditation 11-12pm Art & Craft Club 12-1 pm • Photography Club • Jotform Lesson • Canva Lesson 2-3pm Board Games 3-4pm Wellbeing Wednesday A healing session to relax & restore with Emma H 5-6pm Members Community Meeting  6pm Q&A Jewish Life workshop Rabbi Bolovski Open & friendly session Pre-book with Mirela	10 11-11.30am Hebrew 11.30-12.30pm Drama The Lion King 2-3pm Creative Writing & Book Club 3-4pm Guitar & Keyboard Club  4-5pm Choreography/ Dancing Classes 5-6pm Bleep Fitness Class  6.30 – 8.30pm Pub Night at Zanzibar Edgware	11 Erev Rosh Hashanah  10-11am Yoga with Emma H 11-12pm Feel Good Friday  • 12-1pm Career Support CV help & work guidance with Shlomo • 12-1pm Fabulous Friday Fun Yom Tov and Shabbat begin 7.10pm	12 Rosh Hashanah 1  Shabbat ends and Yom Tov begins 8.10pm Light candles from an existing light at or after this time.	13 Rosh Hashanah 2 WORK NOT PERMITTED NO SESSIONS! Yom Tov ends 8.07pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fast of Gedaliah ¹⁴ Fast Begins 4.51am Fast ends 7.59pm 11-12 pm Amazing Fitness with Emma M & Hayley 12-2 pm Shop-Cook-Eat  3-4 pm How to use devices safely 3-4 pm Makaton beginner classes with Mirela & Maria 4-5pm Science Fun 5-6pm Pamper Night 8pm Jam Night The Three Wishes	11-12 pm Cake & Create Yom Kippur kindness! with Emma L ¹⁵  1-2 pm Reading Club with Michael  2-3 pm Gardening Club with Maria 3-4pm My Health Matters with retired GP Dr Jane  4-5pm Makaton beginner classes with Mirela & Maria	10.30-11am Meditation ¹⁶ 11-12pm Art & Craft Club  2-3pm Board Games 3-4pm Wellbeing Wednesday A healing session 4-5pm Recorder Classes with Debby Cohen 5-6pm Coffee Evening at Café Nero 6-7pm Personal Safety Workshop run by Adam from Streetwise. Pre- book with Mirela	11-11.30am Hebrew ¹⁷ with Hannit & Dina 11.30-12.30pm Drama: The Lion King with Emma H 2-3pm Creative Writing & Book Club 3-4pm Guitar & Keyboard Club 4-5pm Choreography/ Dancing Classes 5-6pm Bleep Fitness Class  6.30 – 8.30pm Kosher restaurant Pizzaza Edgware Meet Mirela 6.15pm at MH and walk together, or meet at the venue. Pre-book with Mirela	¹⁸  10-11am Yoga with Emma H 11-12pm Feel Good Friday  • 12-1pm Career Support CV help & work guidance with Shlomo • 12-1pm Fabulous Friday Fun Shabbat begins 6.54 pm	¹⁹  Shabbat ends 7.53 pm	Erev ²⁰ Yom Kippur NO REGULAR SESSIONS! Fast and Yom Tov begin 6.49pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21	22	23	24	25	26	27
Yom Kippur  WORK NOT PERMITTED NO SESSIONS! Fast and Yom Tov ends 7.48pm	11-12 pm Cake & Create Succot the 7 species! with Emma L  1-2 pm Reading Club with Michael  2-3 pm Gardening Club with Maria 3-4pm My Health Matters with retired GP Dr Jane  4-5pm Makaton beginner classes with Mirela & Maria	10.30-11am Meditation 11-12pm Art & Craft Club  2-3pm Board Games with volunteer Mandy  3-4pm Wellbeing Wednesday A healing session 5-6pm Coffee Evening at MH  6-7pm Healthy Eating nutritionist Amber. Pre-book with Mirela	11-11.30am Hebrew with Hannit & Dina 11.30-12.30pm Drama: The Lion King with Emma H 2-3pm Creative Writing & Book Club 3-4pm Guitar & Keyboard Club 4-5pm Choreography/ Dancing Classes 5-6pm Bleep Fitness Class  6.30 – 8.30pm Pub Night Harvester Mill Hill	Erev Succot  10-11am Yoga with Emma H 11-12pm Feel Good Friday No Career Support Session No Fabulous Friday Fun today due to Succot Yom tov and Shabbat begin 6.38pm	Succot 1  Shabbat ends 7.37pm Light candles from an existing light at or after this time.	Succot 2 WORK NOT PERMITTED NO SESSIONS!

Monday	Tuesday	Wednesday
Succot 3 28 11-12 pm Amazing Fitness with Emma M & Hayley 12-2 pm Shop-Cook-Eat  3-4 pm How to use devices safely 3-4 pm Makaton beginner classes with Mirela & Maria  4-5pm Science Fun 5-6pm Pamper Night 8pm Jam Night at The Three Wishes	Succot 4 29 <i>No Cake and Create today</i>  10.15am-3pm SPECIAL OUTING: Visit Western Marble Arch Synagogue with Emma Lester Meet Emma at MH, 10:15am. Travel by train together. Light refreshments provided. Booking required: Emma or Rachel. 1-2 pm Reading Club with Michael 2-3 pm Gardening Club with Maria 3-4pm My Health Matters with retired GP Dr Jane 4-5pm Makaton beginner classes with Mirela & Maria	Succot 5 30 10.30-11am Meditation 11-12pm Art & Craft Club  12-2pm Succot Party at MH! Join us for pizza, drinks and a great time! Pre-book with Mirela 2-3pm Board Games 3-4pm Wellbeing Wednesday A healing session with Emma H. 5-6pm Coffee Evening at Costa 6-7pm Healthy Relationships Workshop by Justine & Jeremy, health nurses from Edgware Hospital. Must book with Mirela