










Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>11am Amazing Fitness with Volunteers Emma M and Hayley <b>1</b></p> <p>12-2pm SHOP-Cook-EAT – budget your money, shop for healthy food, cook simple dishes and then eat</p> <p>3pm How to use your device safely</p> <p>4pm Science workshop – fun yet safe science experiment</p> <p>5pm Pamper night</p> <p>7.30pm Football at Rowley Lane – New players welcome – please contact Debbie if you wish to join</p> <p>8pm Jam night – The Three Wishes</p>	<p>11am Cake and Create <b>2</b> New moon, New Month, New me- Lets learn about Rosh Chodesh</p> <p>12noon Drop in session to ask Emma L any Jewish related questions. For members and staff</p> <p>1pm *NEW SESSION ALERT* Reading workshop with retired teacher Lynne who now will be supporting you with SPELLING TOO!!</p> <p>2pm Gardening club</p> <p>3pm My Health Matters with retired GP Dr Jane</p>	<p>10.30am Meditation <b>3</b> 11am ART and Craft Club</p> <p>3pm Wellbeing Wednesday with Emma H. A wonderful uplifting hour to ease anxiety and learn to regulate emotions</p> <p>5pm Monthly Members Community Meeting – Come down and have your say about all things going on at KL. If you have been thinking about joining, please come to ask more about it</p> <p>6pm With the general election taking place tomorrow and because we only talked briefly last month, please join us to talk about how to vote, where to vote and what you need to take with you to vote. (We don't tell you who to vote for)</p>	<p>11am Hebrew with Dina and Hannit <b>4</b> 11.30am Drama with Emma H – Rehearsing for THE GREATEST SHOWMAN</p> <p>2pm *NEW SESSION ALERT* CREATIVE WRITING AND BOOK CLUB – run by volunteer Pat and Lisa. You don't need to write or read to come to this session. Just have a wild imagination</p> <p>3pm Guitar and Keyboard Club- Run by Volunteer Simon</p> <p>5pm Bleep Fitness class run by Lisa</p> <p>6.30pm Pub night- ZanZiBar</p>	<p><b>5</b></p> <p></p> <p>10am Yoga</p> <p>11am Feel Good Friday</p> <p>12noon Fabulous Friday Fun</p> <p>Shabbat begins 9.05pm</p>	<p><b>6</b></p> <p></p> <p>Shabbat Ends 10.23pm</p>	<p><b>7</b></p> <p></p> <p>12noon Spanish</p> <p>1-2pm Choir</p> <p>*NEW SESSION ALERT* 2-3pm QUIZ session (as well as table tennis and adult lego)</p>
<p>11am Amazing Fitness <b>8</b> 12-2pm SHOP-Cook-EAT</p> <p>3pm How to use your device safely</p> <p>4pm Science workshop</p> <p>*5pm INSTEAD OF Pamper night* Very important session with female Dr Jane on Breast awareness and other ladies issues. LADIES ONLY. Please sign up with Mirela. Please encourage all lady members to attend.</p> <p>7.30pm Football at Rowley Lane</p> <p>8pm Jam night – The Three Wishes</p>	<p>11am Cake and Create <b>9</b> Shabbat Candle Painting</p> <p>12noon Drop in session to ask Emma L any Jewish related questions. For members and staff</p> <p>1pm *NEW SESSION ALERT* Reading workshop with retired teacher Lynne who now will be supporting you with SPELLING TOO!!</p> <p>2pm Gardening club</p> <p>3pm My Health Matters with retired GP Dr Jane</p>	<p></p> <p>10.30am Meditation <b>10</b></p> <p>11am New and Improved ART and Craft Club</p> <p>3pm Wellbeing Wednesday with Emma H. A wonderful uplifting hour to ease anxiety and learn to regulate our emotions</p> <p>5pm Coffee at Creams</p> <p>6pm Streetwise are back with another of their amazing sessions. Let Mirela know what you wish the session to be about</p>	<p>11am Hebrew with Dina and Hannit <b>11</b> 11.30am Drama with Emma H – Rehearsing for THE GREATEST SHOWMAN</p> <p>2pm *NEW SESSION ALERT* CREATIVE WRITING AND BOOK CLUB – run by volunteer Pat and Lisa. You don't need to write or read to come to this session.</p> <p>3pm Guitar and Keyboard Club</p> <p>5pm Bleep Fitness class</p> <p>6.30pm Pub night - all meet at 6pm at MH and we will travel together by train to Golders Green to the Kosher restaurant – Hummus Bar – it serves amazing food and is wheelchair friendly. All must sign up with Mirela in advance and please bring money for food, oyster card or Freedom pass</p>	<p><b>12</b></p> <p></p> <p>10am Yoga</p> <p>11am Feel Good Friday</p> <p>12noon Fabulous Friday Fun</p> <p>Shabbat begins 9.00pm</p>	<p><b>13</b></p> <p></p> <p>Shabbat ends 10.16pm</p>	<p>12noon Spanish <b>14</b> 1-2pm Choir</p> <p>*NEW* 2-3pm QUIZ session</p> <p>3pm Visit to BELMONT FARM. Meet at MH at 3pm bring your Freedom Pass and Oyster for bus. Ticket cost £4.50. Back in Edgware approx. 6pm. Must book in advance with Mirela. Please bring some money to buy animal feed / snacks</p> <p>4-5pm Fusion Student/Henry Homes Football match – Rowley Lane Football club. Can just turn up on the day or tell Debbie in advance you are attending.</p>
<p>11am Amazing Fitness with Volunteers Emma M and Hayley <b>15</b></p> <p>12-2pm SHOP-Cook-EAT – budget your money, shop for healthy food, cook simple dishes and then eat</p> <p>3pm How to use your device safely</p> <p>4pm Science workshop – fun yet safe science experiment</p> <p>5pm Pamper night</p> <p>7.30pm Football at Rowley Lane – New players welcome – please contact Debbie if you wish to join</p> <p>8pm Jam night – The Three Wishes</p>	<p>11am Cake and Create <b>16</b> Lets make a Rosh Chodesh calendar</p> <p>12noon Drop in session to ask Emma L any Jewish related questions. For members and staff</p> <p>1pm *NEW SESSION ALERT* Reading workshop with retired teacher Lynne who now will be supporting you with SPELLING TOO!!</p> <p>2pm Gardening club</p> <p>3pm My Health Matters with retired GP Dr Jane</p>	<p>10.30am Meditation <b>17</b> 11am ART and Craft Club</p> <p>3pm Wellbeing Wednesday</p> <p>5pm Coffee – Go buy your favourite coffee from a shop of your choice and bring to MH to enjoy together</p> <p>6pm A special workshop on racism. This session will focus on understanding other races and religions, the similarities between Judaism and other religions and focus on embracing and respecting all. Please do not miss this very special workshop</p>	<p>11am Hebrew with Dina and Hannit <b>18</b> 11.30am Drama with Emma H – Rehearsing for THE GREATEST SHOWMAN</p> <p>2pm *NEW SESSION ALERT* CREATIVE WRITING AND BOOK CLUB – run by volunteer Pat and Lisa. You don't need to write or read to come to this session. Just imagination</p> <p>3pm Guitar and Keyboard Club – Run by Volunteer Simon</p> <p>5pm Bleep Fitness class run by Lisa</p> <p>6.30pm Pub night- Harvester, Mill Hill</p>	<p><b>19</b></p> <p></p> <p>10am Yoga</p> <p>11am Feel Good Friday</p> <p>12noon Fabulous Friday Fun</p> <p>Shabbat begins 8.53pm</p>	<p><b>20</b></p> <p></p> <p>Shabbat ends 10.06pm</p>	<p><b>21</b></p> <p></p> <p>12noon Spanish</p> <p>1-2pm Choir</p> <p>*NEW* 2-3pm QUIZ session (as well as table tennis and adult lego)</p> <p>6-9pm Singles mingle and dating evening at MH. Outside event. NOT RUN BY KL. For people with learning disability or autism. To book a ticket please email Sarahjcsinglegroup@gmail.com Tickets cost £10.00</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>11am Amazing Fitness with Volunteers Emma M and Hayley <b>22</b></p> <p>12-2pm SHOP-Cook-EAT - budget your money, shop for healthy food, cook simple dishes and then eat</p> <p>3pm How to use your device safely</p> <p>4pm Science workshop - fun yet safe science experiment</p> <p>5pm Pamper night</p> <p>7.30pm Football at Rowley Lane - New players welcome - please contact Debbie if you wish to join</p> <p>8pm Jam night - The Three Wishes</p>	<p><b>FAST OF TAMMUZ- Work permitted Fast 2.31am-9.55pm 23</b></p> <p>11am Cake and Create - Scratch art and talk about the upcoming 3 solemn weeks in Jewish calendar</p> <p>12noon Drop in session to ask Emma L any Jewish related questions. For members and staff</p> <p>1pm <b>*NEW SESSION ALERT*</b> Reading workshop with retired teacher Lynne who now will be supporting you with <b>SPELLING TOO!!</b></p> <p>2pm Gardening club</p> <p>3pm My Health Matters with retired GP Dr Jane</p>	<p> <b>24</b></p> <p>10.30am Meditation</p> <p>11am ART and Craft Club</p> <p>3pm Wellbeing Wednesday with Emma H</p> <p>5pm Coffee at Starbucks</p> <p>6pm Amber is back with her nutrition talk, cookery demonstration and then you will eat supper together. Please message Mirela with your ideas of what to cook this week</p>	<p>11am Hebrew with Dina and Hanit <b>25</b></p> <p>11.30am Drama with Emma H - Rehearsing for THE GREATEST SHOWMAN</p> <p>2pm <b>*NEW SESSION ALERT*</b> CREATIVE WRITING AND BOOK CLUB - run by volunteer Pat and Lisa</p> <p>3pm Guitar and Keyboard Club</p> <p>5pm Bleep Fitness class run by Lisa</p> <p>6.30pm Pub night- The Three Wishes. Please eat before or after pub as no food is served. This location supports people who are budgeting / do not want to eat out</p>	<p> <b>26</b></p> <p>10am Yoga</p> <p>11am Feel Good Friday</p> <p>12noon Fabulous Friday Fun</p> <p>6pm Friday night dinner - Langdon College. Please sign up with Mirela if you or your support wish to attend</p> <p>Shabbat begins 8.44pm</p>	<p> <b>27</b></p> <p>Shabbat ends 9.55pm</p>	<p> <b>28</b></p> <p>12noon Spanish</p> <p>1-2pm Choir</p> <p><b>*NEW SESSION ALERT*</b> 2-3pm QUIZ session (as well as table tennis and adult lego)</p>
<p>11am Amazing Fitness with Volunteers Emma M and Hayley <b>29</b></p> <p>12-2pm SHOP-Cook-EAT - budget your money, shop for healthy food, cook simple dishes and then eat</p> <p>3pm How to use your device safely</p> <p>4pm Science workshop - fun yet safe science experiment</p> <p>5pm Pamper night</p> <p>7.30pm Football at Rowley Lane - New players welcome - please contact Debbie if you wish to join</p> <p>8pm Jam night - The Three Wishes</p>	<p>11am Cake and Create <b>30</b> New moon cookie decorating</p> <p>12noon Drop in session to ask Emma L any Jewish related questions. For members and staff</p> <p>1pm <b>*NEW SESSION ALERT*</b> Reading workshop with retired teacher Lynne who now will be supporting you with <b>SPELLING TOO!!</b></p> <p>2pm Gardening club</p> <p>3pm My Health Matters with retired GP Dr Jane</p>	<p>10.30am Meditation <b>31</b></p> <p>11am ART and Craft Club</p> <p>3pm Wellbeing Wednesday with Emma H</p> <p>5pm Coffee at Costa Broadwalk</p> <p>6pm A special dating workshop. This workshop is designed to help navigate the dating world safely, to talk about online dating and give hints and tips on where to meet a partner putting your safety first. Please sign up with Mirela. Light refreshments provided.</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b></p>	<p><b>9</b></p>	<p><b>10</b></p>	<p><b>11</b></p>